



**AUSTRALIAN
COLLEGE**
EXPANDING YOUR HORIZONS

Course Brochure

SIS30321

Certificate III in Fitness

www.australiancollege.edu.au

Why should you choose to study with Australian College?



✓ Flexible Learning

- Self paced
- Access your training wherever and whenever suits your lifestyle

✓ Unparalleled Support

- Full access to your virtual campus 24/7
- Unlimited trainer, assessor and student services support throughout your studies

✓ Payment Plans To Suit You

- Flexible, cost-effective, interest free, payment options
- Price-match opportunity available

✓ More Opportunities For You

- Thousands of our students have already graduated with nationally recognised qualifications
- Begin an exciting career with some of the best-known companies in Australia or Internationally
- Own and operate your own business
- Up skill and climb the corporate ladder
- Learn something different and take your hobby to the next level

**Join our graduates enjoying successful,
exciting careers across many industries.**

Our Courses


Use our key to help you identify where you're at and which course would be suitable for you.

Certificate level	Description
Certificate II	First job or entry into the workforce.
Certificate III	VET education for high school students.
Certificate IV	Already employed in an entry level job and looking to expand your knowledge, move up the corporate ladder.
Diploma	Already working and looking to move into a frontline management role, more senior position, or area of specialisation.

Accredited Courses

SIS30321 Certificate III in Fitness

COURSE SUMMARY

Course Code:	SIS30321	Flexible duration:	Up to 18 months
Qualification gained:	Certificate III in Fitness	Study load:	Self-paced
Training Package:	SIS Sport, Fitness and Recreation Training Package	Start date:	Start anytime
Nationally recognised:			

Weekly Duration: A minimum of 20hrs/week of structured learning and 10 hrs of assessment preparation is recommended for each unit of competency

Delivery Methods: Self-paced completed online in your own time, at your own pace. We provide our students ongoing support throughout the course duration via telephone, emails and/or virtual online meetings with the trainer/assessor, on request.

It is recommended that students have access to a real sport, fitness and/or recreation work environment to be able to practice their skills while learning and completing assessment tasks which may require specific software and equipment

*Note: It is the student's responsibility to organise their own access to a real work-specific environment for the course.

Assessment method: Knowledge/theory-based short answer questions, case-studies, audio/video (role-plays), projects, third party reports, practical activities and observations
Please note that practical demonstrations and roleplays will have to be video recorded and submitted via Australian College LMS.

Course units:	SISFFIT047 Use anatomy and physiology knowledge to support safe and effective exercise	Core
	SISFFIT052 Provide healthy eating information	Core
	SISFFIT032 Complete pre-exercise screening and service orientation	Core
	SISFFIT033 Complete client fitness assessments	Core
	BSBOPS304 Deliver and monitor a service to customers	Core
	BSBPEF301 Organise personal work priorities	Core
	HLTWHS001 Participate in workplace health and safety	Core
	BSBXTW301 Work in a team	Elective
	CHCDIV001 Work with diverse people	Elective
	SISXCAI010 Develop strength and conditioning programs	Elective
	SISFFIT035 Plan group exercise sessions	Core
	SISFFIT036 Instruct group exercise sessions	Core
	SISFFIT040 Develop and instruct gym-based exercise programs for individual clients	Core
	SISXCAI009 Instruct strength and conditioning techniques	Elective
HLTAID011** Provide first aid	Core	

*Note: Students are required to complete the 'HLTAID011 Provide First Aid' unit with another training provider. Upon completion, students are required to provide Australian College with a copy of the Statement of Attainment achieved to be recorded for credit transfer towards this qualification.

Note: All the above listed units of competency must be completed to receive the SIS30321 Certificate III in Fitness full qualification.

Course Completion: This qualification consists of 15 units (11 core units and 4 elective units).

Students obtaining a 'Competent' result for all units of competency will achieve the **SIS30321 Certificate III in Fitness** certificate. A Statement of Attainment will be issued to students who complete less than the required units for the full qualification.

*Note: Australian College does not guarantee successful completion of the course nor guarantees a particular employment outcome on completion of the qualification.

Career opportunities: Group exercise instructor, aqua instructor, gym instructor or exercise instructor

COURSE DESCRIPTION/SUMMARY

This qualification reflects the role of group and gym fitness instructors. These fitness instructors may plan and deliver group exercise sessions and develop gym-based programs for individuals where the level of personalised instruction and ongoing client monitoring is limited. They work in predictable environments under general supervision. When instructing groups or interacting with clients, they use discretion and judgement to solve routine issues within the parameters of clearly defined organisational policies and procedures.

This qualification provides a pathway to work as a fitness instructor in settings such as fitness facilities, gyms, and leisure and community services.

The skills in this qualification must be applied in accordance with Commonwealth and State or Territory legislation, Australian standards and industry codes of practice.

WORK PLACEMENT* (Experience)

This qualification does not require mandatory work placement. However, Australian College recommend students to have access to real sport and fitness work environment for them to practice and complete tasks using specific software and equipment, such as:

- One set of dumbbells (5 – 25kg)
- Two barbells and collars
- A minimum of two pieces of cardio equipment (e.g. bike, rower, treadmill)
- A minimum of one squat racks
- A minimum of two suspension trainers
- A range of medicine/slam balls
- Resistance bands of varying tensions
- A minimum of one bench
- One tape measure
- One blood pressure monitor
- One exercise mat
- One set of kettlebells (8 – 24kg)
- At least one cable based resistance machines (e.g. seated row, lat pulldown, chest press)
- Access to a sport, fitness or recreation workplace

Australian College provides students with a 'Workplace Experience Agreement' to support them finding a workplace where they can practice and complete assessment tasks. It is the student's responsibility to find a workplace that accepts them to complete their work experience. Students may contact the College should they have any issues finding a workplace.

ENTRY REQUIREMENTS

The training package does not stipulate any mandatory entry requirements for the qualification delivered by this course. However, Australian College has certain admission criteria for this course. Prospective students must:

- Students should be a minimum of 18 years of age at the time of enrollment. Applications from students under 18 may be considered on an individual basis, with parental consent required for all students under 18.
- obtain their Unique Student Identifier (USI) and provide it to Australian College;
- complete the pre-enrolment process including the pre-enrolment Language, Literacy and Numeracy test;
- Agree to comply with Australian College policies and procedures as published on the website and outlined in the Student Handbook

Students must have access to and be able to operate:

- An internet-enabled PC/Laptop or similar running a current operating system (E.g Windows 10 or Mac OSX)
- An audio/video recording device (such as a mobile phone) for the purpose of preparing audio/video assessment recordings
- Microsoft Office (or compatible software)
- Current web browser (e.g., Chrome)
- Adobe Acrobat Reader or another PDF document viewer
- Valid email address
- Access to a sport, fitness or recreation workplace
- Access to a mentor

QUALIFICATION PATHWAYS

On successful completion of this qualification, students may choose to undertake further studies in the qualifications listed below or a qualification in a related field:

- SIS40221 Certificate IV in Fitness
- SIS40321 Certificate IV in Sport Coaching
- SIS50321 Diploma of Sport

TARGET GROUP

Prospective students would see this course as a stepping-stone in their career development, regardless of their current role. It may be a job requirement or a request from and supported by their employer. For some prospective students, undertaking this course may also be at their own initiative, aligning with their personal or professional career objectives.

Prospective students may be:

- Potential students who want to develop skills and knowledge to be able to work and build on a career within the Australian sport, fitness and recreation sector.
- Employees who have previously worked in this area but don't have formal recognised qualifications.

RECOGNITION OF PRIOR LEARNING (RPL) AND CREDIT TRANSFER

RPL and Credit Transfer is available for all students to consider. Students will be provided with information about RPL and Credit Transfer prior to enrolment. Australian College will recognise the AQF qualifications and statements of attainment issued by other RTO's, upon verification with the issuing organisation.

For more information on RPL and Credit Transfer please refer to the student handbook.

Email us for inquiries at admin@australiancollege.edu.au.

NSW GOVERNMENT FUNDING

This course is subsidised by the NSW government under the Smart and Skilled program. For more information and if you qualify for funding, please visit our website at: <https://www.australiancollege.edu.au/smart-and-skilled-funding/>.

OVERSEAS STUDENTS POLICY

This course is not available to students on an Overseas Student Visa. As defined in the ESOS Act 2000, 'Overseas students' are not eligible to apply to enrol in this nationally recognised course, nor are they eligible for certification. Please refer to the student handbook.

WHERE CAN I FIND MORE INFORMATION

It is important to us that prospective students have all the information needed to ensure this is the right course for them and we are the right training provider for them.

Please, visit our website at www.australiancollege.edu.au/ and read our Student Handbook, our policies and procedures for more information needed to make that all-important decision.

Document Review: October 2025



AUSTRALIAN COLLEGE

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**If you have any questions about the
College, our courses, or need help with
enrolment, please contact us.**



**Unit 10 17 Gerrale Street
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**General enquiries:
enquiry@australiancollege.edu.au**



**Office hours:
Mon-Fri 9am-5pm**



**Payment enquiries:
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