

# Fitness

## SIS30321 - Certificate III in Fitness

Interested in how the body moves and can be used to maintain health and vitality? Our fitness qualification provides you with the foundation skills of fitness and how to help others build their strength. Concentrating on moving clients through their exercise journey, you will gain the skills and knowledge of the human body, its abilities and limitations.

This qualification will take you through the following areas:

- Keeping yourself organised
- Anatomy & Physiology
- Healthy Eating
- Pre-screening and fitness assessments
- Gym programs and group fitness
- First aid & CPR
- Setting up a PT business and marketing yourself
- Safety and Manual Handling

## 2024



HSH Bunbury Hub  
62 Wittenoom Street, Bunbury



Classroom - Terms 1 - 3.



Preferable Entry Requirements:  
Year 10 or 11 - C Grades for English & Maths + OLNA



- BSBOPS304 Deliver and monitor a service to customers
- BSBPEF301 Organise personal work priorities
- SISFFIT032 Complete pre-exercise screening and service orientation
- SISFFIT033 Complete client fitness assessments
- SISFFIT035 Plan group exercise sessions
- SISFFIT036 Instruct group exercise sessions
- SISFFIT040 Develop and instruct gym-based exercise programs for individual clients
- SISFFIT047 Use anatomy and physiology knowledge to support safe and effective exercise
- SISFFIT052 Provide healthy eating information
- BSBTEC301 Design and produce business documents
- SIRXSL001 Sell to the retail customer
- HLTWHS005 Conduct manual tasks safely
- HLTAID011 Provide First Aid
- HLTAID009 Provide CPR
- HLTWHS001 Participate in workplace health and safety



NATIONALLY RECOGNISED  
TRAINING



**More information :**

[www.healthsciencehub.com.au](http://www.healthsciencehub.com.au)

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