



# Certificate III in Fitness

National ID: SIS30321 | State ID:BHE5

## Gain the knowledge and skills to step into the dynamic and fast paced world of Fitness

Do you have a passion for the power of exercise and see your future in fitness? The Certificate III in Fitness is the first qualification you need if you want to kick-start your career in this thriving industry.

We offer real world knowledge to plan and conduct **fitness programs** for a variety of clients and to build up your communication, organisation and time management skills through our locally, and nationally qualified team of lecturers.

You will learn about the roles of **fitness instruction** and **exercise science** while gaining an overview of work performance in the industry. You will undertake Industry relevant learning in areas that include; anatomy, physiology, appraisals and programming, analysis of risk, responding to emergency situations and the maintenance of equipment.

As part of this qualification, you will undertake a **supervised work placement** in the Fitness Industry where you will be able to apply the skills and knowledge you have learned.

## Gain these skills

- Ability to deliver Circuit style classes, to athletes or the general community, including youth and young teens
- Practical skills for working with a wide range of clients including youth, older adults and individuals with disabilities
- Communication skills to positively motivate others to succeed in their fitness goals

## Your qualification prepares you for roles such as:

Gym Instructor | Fitness Instructor

Further Study Option(s)

Certificate IV in Fitness

[Apply now](#)



## Course Overview



Location	Duration	Competitive	Selection criteria
Joondalup (Kendrew Crescent)	One semester	Yes	<u>Academic achievement and work history</u>
Perth	One semester	Yes	<u>Academic achievement and work history</u>



Location	Duration	Competitive	Selection criteria
Murdoch	One semester	No	No selection criteria



Location	Duration	Competitive	Selection criteria
Albany	One semester	Yes	<u>Academic achievement and work history</u>
Bunbury	One semester	No	No selection criteria