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

North Metropolitan

Location	Duration	Competitive	Selection criteria
Joondalup (Kendrew Crescent)	One semester	No	No selection criteria
Perth	One semester	No	No selection criteria

South Metropolitan

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

South Regional

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