



## Information Sheet

### SIS30315 Certificate III in Fitness

CRICOS Code: 091715M

The code, title and current status of Eagle Academy courses can be found by visiting the National Register, [www.training.gov.au](http://www.training.gov.au) and entering the course code into the search field

The Eagle Academy is responsible for the quality of the training and assessment in compliance with the Standards, and for the issuance of the AQF certification documentation. This includes where a Third Party provides part of the training and assessment.



### SIS30315 Certificate III in Fitness – Information Sheet

<b>Course Description:</b>	This qualification provides the skills and knowledge for an individual to be competent in a range of activities and functions requiring autonomous work within a defined range of exercise instruction situations and activities. Qualification outcomes include providing exercise instruction for groups, teams or gym programs. Work may be undertaken in locations such as gyms, fitness facilities, pools, community facilities or outdoor environments.
<b>Course Length:</b>	12 months (52 weeks: 40 weeks tuition + 12 weeks holiday).
<b>Mode of Study:</b>	Full Time, Part Time (domestic only), Distance Education (domestic only)
<b>Hours per Week:</b>	Full time: 20 hours per week (15 hours on campus + 5 hours distance education)
<b>Commencement:</b>	Any Monday of academic term. See Academic Calendar on our website download page.
<b>Course Cost:</b>	Ask for our Payment Options Sheet or see Quick Guide on our website download page.
<b>Payment Options:</b>	Full or Split Payment
<b>Discounts:</b>	See website specials including the price beat guarantee <a href="http://eagleacademy.com.au/specials/">http://eagleacademy.com.au/specials/</a>
<b>Gov. Funding:</b>	May be available to eligible domestic students. Find more information here <a href="http://eagleacademy.com.au/courses/australian-students/funding-and-support/">http://eagleacademy.com.au/courses/australian-students/funding-and-support/</a>
<b>Pre-requisites:</b>	<ul style="list-style-type: none"> <li>• English to a “Intermediate” level</li> <li>• Completion of Year 10 (Australia), or equivalent.</li> <li>• Students can apply for Recognition of Prior Learning, or Direct Credit. This may reduce course time. See website for details.</li> </ul>
<b>Inclusions:</b>	<p>This course is available at Brisbane and Gold Coast locations. More course and campus information can be found on the All Course and Campus Quick Guide. The fees include everything that students require to complete the course. This course includes a textbook &amp; membership to the Fitness Centre (Gym &amp; Classes) located at your chosen campus, for the duration of the course.</p> <p><b>Exclusions (Part Time &amp; Distance Education Students Only):</b> Mentor Fees &amp; Provide First Aid*. To attain the first aid unit you can attend our full-time course sessions for free or direct credit another providers certificate at no cost.</p>
<b>Student Rights:</b>	You have rights with regards to refunds, complaints and appeal processes. These rights are outlined in detail, in the Policies and procedures found on the download page of the website, and you <b>MUST</b> acquaint yourself with them prior to enrolment. The refund policy will also cover what your rights are should we, as the RTO, or a third-party training organisation closes, or ceases to deliver any part of the training product that you were enrolled in. In short, we would make arrangements suitable to yourself, to access another provider delivering that training, OR we offer you a refund
<b>Visa Students:</b>	<p>Be aware that agents can act on our behalf to recruit students. These agents are listed on our website.</p> <p><b>ATTENDANCE IS NOT RECORDED OR MONITORED for visa compliance purposes. Progress Is Monitored For Visa Compliance Purposes:</b> The Academy has implemented a Course Progress Policy and Procedure. More detail can be found in the Policies and procedures found on the download page of the website.</p>
<b>Units:</b>	<b>Students must study all 16 units below to gain the Qualification</b>
SISFFIT001	Provide health screening and fitness orientation
SISXCCS001	Provide quality service
SISFFIT002	Recognise and apply exercise considerations for specific populations
SISFFIT004	Incorporate anatomy and physiology principles into fitness programming
SISFFIT005	Provide healthy eating information
SISFFIT003	Instruct fitness programs
SISFFIT014	Instruct exercise to older clients
SISXCAI006	Facilitate groups
SISXFAC001	Maintain equipment for activities
SISXIND001	Work effectively in sport, fitness and recreation environments
BSBRK401	Identify risk and apply risk management processes
HLTAID003	Provide First Aid*
HLTWHS001	Participate in workplace health and safety
SISFFIT007	Instruct group exercise sessions
SISFFIT011	Instruct approved community fitness programs
SISFFIT006	Conduct fitness appraisals



Gold Coast Campuses at Southport & Coolangatta - Ph (07) 5526 6222 | Brisbane Campuses at Carina & Fortitude Valley - Ph (07) 3398 4488  
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**More Information:** Ask our administration team or visit our website <http://eagleacademy.com.au/downloads/>

