



GYM INSTRUCTOR

Certificate III in Fitness [SRF30206]



The vocational outcomes in the fitness industry are primarily those of a fitness instructor, fitness trainer and fitness specialist. Other functional areas in the fitness industry include administration, program management, facility management, and community development. The fluid nature of fitness programs and vocational outcome means that the particular competencies required are dependent on the individual's and workplace situation. Those who complete the Certificate III in Fitness will develop the following knowledge and skills:

- ✳ identify clients' general fitness requirements, provide a basic screening form to clients, and advise client on fitness facilities and services;
- ✳ take a client through a process of screening, a discussion of fitness goals, and a basic fitness appraisal in preparation for writing a fitness program;
- ✳ develop basic fitness programs for fitness industry clients;
- ✳ provide the basic applied exercise science required for fitness instructors;
- ✳ maintain equipment commonly used in the fitness industry, and operate it to manufacturer's specifications;
- ✳ educate clients on the application of basic anatomy and physiology of the major systems of the human body and understand the functional significance of these structures in relation to movement and exercise;
- ✳ provide basic nutritional information and advice to fitness industry clients, who have no dietary or nutritional concerns;
- ✳ provide appropriate advice to specific population clients on participation in fitness appraisals and fitness activities, including the pathology of the more common disease states and conditions encountered within the fitness industry and the limiting effects of the condition on exercise performance and functional capacity;
- ✳ instruct and supervise individual clients in fitness using basic fitness industry equipment; and,
- ✳ provide leadership to groups of clients within a fitness or sport and recreation context.

Employability Skills: A summary of the employability skills developed through this qualification can be downloaded from <http://employabilityskills.training.com.au>.

- Subjects Include:**
- Principles of Sport, Recreation, and Fitness Administration
 - Anatomy and Physiology I
 - Basic Fitness Instruction
 - Basic Nutrition for Fitness Instructors, Coaches and Health Professionals
 - Exercise Delivery to Special Populations
 - Gym Instructor
 - Teaching Group Exercise

Electives can include Units of Competency from the following areas:

✳ Coaching & instruction	✳ Small Business	✳ Community Programs
✳ Older persons	✳ Events and Facilities	✳ Sports Trainer
✳ Sales	✳ General Coaching Principles	✳ Marketing



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To meet the requirements for the Certificate III in Fitness, students must complete all of the following Units of Competency:

CORE (all must be completed)

BSBCMN302A	Organise personal work priorities and development
BSBFLM303A	Contribute to effective workplace relationships
ICAITU006C	Operate computing packages
SRXFAD002A	Provide advanced first aid response (Sports Medicine Australia at an extra cost)
SRXGCS004A	Meet client needs and expectations
SRXGCST03A	Process client complaints
SRXINU002A	Apply sport and recreation law
SRXOHS001B	Follow defined Occupational Health and Safety policies and procedures
SRXRIK001A	Undertake risk analysis of activities

STREAM (all must be completed)

SRFFIT001B	Provide orientation to clients prior to undertaking a fitness program
SRFFIT003B	Undertake client induction and screening
SRFFIT004B	Develop basic fitness programs
SRFFIT005B	Apply basic exercise science to exercise instruction
SRFFIT006B	Use and maintain core fitness industry equipment
SRFFIT014A	Provide advice to clients on the application of basic anatomy and physiology to fitness programs
SRFFIT015A	Provide nutrition advice to clients in accordance with recommended guidelines
SRFGYM001B	Instruct fitness activity skills to a client using fitness equipment
SRFSPP002A	Develop and apply an awareness of specific populations to exercise delivery
SRXGRO003A	Provide leadership to groups

SPECIALISATION (choose one)

SRFGYM002B	Customise gym instructional skills to include specific areas of expertise current in the fitness industry
OR	
SRFGEX001A	Plan and instruct a group exercise class
OR	
SRFAQA001B	Instruct water based fitness classes for low risk clients

SUGGESTED ELECTIVE OPTIONS: (Other options can be discussed prior to enrolment)

Community Recreation	SRCCRD003B	Promote access, equity and diversity in community recreation
	SRCCRO004B	Work with a budget for a recreation initiative or program
	SRCCRO007B	Operate in accordance with the accepted instructional practices, styles and legal and ethical responsibilities
	SRCCRO009B	Conduct a recreation program for older persons
Sport and recreation programming	SRXCAI004B	Plan a session or program for participants
	SRXCAI005B	Conduct a sport and recreation session for participants
	SRXCAI006B	Organise a sport and recreation program
	SRXCAI007B	Conduct a sport and recreation program
	SRFCTC001A	Plan and instruct a circuit training class

This course is delivered face-to-face, blended, or 1-to-1 personal tutoring including traineeships. Students may also be eligible for Recognition of Prior Learning depending on their prior experience.