

SIS30321

Certificate III in Fitness

Diamond High Performance powered by Sero Institute deliver industry-recognised training for those starting out in the fitness industry

This comprehensive Fitness Coach Course is designed for those beginning their journey in the fitness industry. Developed by Sero Institute and Diamond High Performance, this course equips you with the essential skills and qualifications to become a certified Group Exercise and Gym Instructor.

Held at the state-of-the-art Diamond High Performance facilities in Osborne Park and Thornlie, this course covers essential fitness principles, health, nutrition, and how to deliver tailored programs. You'll gain hands-on experience with fitness testing and appraisals while understanding how to work in the fitness, and recreational sectors. The Diamond High Performance are current industry experts, providing insights on current fitness trends while providing access to the latest technology including programming software from Lumin, testing equipment by VALD and much more.

Students who successfully complete this qualification can work in the following occupations:

- Fitness Coach
- Gym Instructor
- Group Exercise Instructor
- Fitness Manager

Study mode: Blended (Face-to-face at Diamond Fitness and online study)



Duration: School Academic Year –Attendance
1 day per week during school term



No prerequisites



VET in school year 11 and 12 students



Interactive course and industry-leading coaches





Jumpstart your career in the fitness industry!

Training and assessment

This course includes over 30 sessions with a range of knowledge and skills assessments to ensure you are industry-ready.

Entry requirements

To be eligible for this course, students must have an keen interest in fitness, have a personal computer, be in year 11, and meet Sero Institute's entry criteria, which includes an eligibility interview and achieve satisfactory levels of language, literacy and numeracy.

Pathways after course

SIS40221 Certificate IV in Fitness
SIS50321 Diploma of Sport

Contact

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Units of competency

SISSSCO007 Apply sport psychology principles

SISFFIT032 Complete pre-exercise screening and service orientation

SISFFIT033 Complete client fitness assessments

BSBPEF301 Organise personal work priorities

HLTWHS001 Participate in workplace health and safety

SISFFIT047 Use anatomy and physiology knowledge to support safe and effective exercise

SISFFIT040 Develop and instruct gym-based exercise programs for individual clients

BSBOPS304 Deliver and monitor a service to customers

SISFFIT035 Plan group exercise sessions

SISFFIT036 Instruct group exercise sessions

SISFFIT052 Provide healthy eating information

SISFFIT037 Develop and instruct group movement programs for children

BSBXTW301 Work in a team

SISXIND009 Respond to interpersonal conflict

HLTAID011 Provide First Aid