

Sport & Recreation

Certificate III Fitness (Gym Instructor) SRF30206

The Certificate III in Fitness is designed to reflect the role of entry level employees working in a gym.

Job opportunities

Gym Instructor

Features

- *Bracken Ridge and Caboolture campuses:* one day a week 9am to 4pm x 2 years
- Bracken Ridge & Caboolture campuses \$75 per semester for materials
- Competencies required for Certificate III Fitness - 9 Core, 4 Electives, 1 Specialisation

BSBCMN302A	Organise personal work priorities & development	Core
BSBFLM303A	Contribute to effective workplace relationships	Core
SRXGCS004A	Meet client needs & expectations	Core
SRXGCST03A	Process client complaints	Core
SRXINU002A	Apply sport & recreation law	Core
SRXOHS001B	Follow defined OHS policy & procedures related to the work being done	Core
SRXRK001A	Undertake risk analysis of activities	Core
HLTFA301B	Apply first aid	Elective
SRXFAD002A	Provide advanced first aid response	Core
SRFFIT001B	Provide orientation to clients prior to undertaking a fitness program	Stream
SRFFIT003B	Undertake client induction & screening	Stream
SRFFIT004B	Develop basic fitness programs	Stream
SRFFIT005B	Apply basic exercise science to exercise instruction	Stream
SRFFIT014A	Provide advice to clients on the application of basic anatomy & physiology to fitness programs	Stream
SRFFIT006B	Use & maintain core fitness industry equipment	Stream
SRFGYM001B	Instruct fitness activity skills to client using fitness equipment	Stream
SRFGYM002B	Customise gym instructional skills to include specific areas of expertise current in fitness	special
SRFFIT015A	Provide nutrition advice to clients in accordance with recommended guidelines	Stream
SRFSP002A	Develop & apply an awareness of specific populations to exercise delivery	Stream
SRXGRO001A	Facilitate a group	Elective
SRFCTC001A	Plan and instruct a circuit training class	Elective
ICAITU006C	Operate computing packages	Core
SRXGRO003A	Provide leadership to groups	Stream
SRSCGP004A	Provide information about eating for peak performance	Elective