

## School Based Traineeship



# Fitness

Fitness qualifications cover activities including health screening and health promotion, fitness programs, client health assessment, gym programs, group exercise sessions, water based fitness programs, exercise programs for children, adolescents and the elderly, personal training sessions and health promotion activities. Certificate III level reflects the role of instructors who perform a range of activities and functions within the fitness industry working independently with level of autonomy in a controlled environment such as fitness, leisure, aquatic and community centres where risks are managed through pre-existing risk assessment and hazard control processes.

### Outcome on completion of your HSC

- Statement of Attainment towards Certificate III in Fitness SIS30315 in SIS Sport, Fitness and Recreation Training Package.
- A career path into the Sport and Recreation industry.
- Articulation into Certificate IV in Fitness SIS40215.

### Course delivery

- Both on the job and off the job and can be delivered face-to-face, flexibly or mixed mode.
- The SBT term is calculated in months from the date of commencement to 31 December of the HSC year.

### Commitment required

- Undertake a minimum of 100 days in paid employment and training.
- Undertake the Certificate III in Fitness as part of your HSC.
- The employment and training can be undertaken during school time, after school and during school holidays.

### How will you be assessed?

- Both on the job and off the job through written tests, project work and practical exercises.

Course	ATAR eligibility	HSC unit credit
<b>Sport &amp; Recreation – Fitness</b>	No	Maximum 4 units over two years towards your HSC for the formal training component (VET course).
<b>Industry-based Learning course (optional)</b>	No	This optional course recognises the significant work component involved in the school based apprenticeship.  The course offers an additional 4 units credit towards your HSC.  This HSC VET course does not contribute towards the calculation of the ATAR.



For further information about how to sign up to this school based traineeship please speak with your Careers Adviser or visit our Internet site at [www.education.nsw.gov.au/sbat](http://www.education.nsw.gov.au/sbat)