

School Delivered VET course



Fitness

Do you love sport and exercise? Interested in the science behind it? Then this is the course for you. You will learn about anatomy and physiology principles, plan, deliver and monitor exercise programs and how to make healthy eating recommendations.

Is this course right for me?

This course prepares you for employment as a fitness instructor in settings such as fitness facilities, gyms, as well as leisure and community centres. Fitness instructors may plan and deliver group exercise sessions and develop gym-based programs for individuals.

Where can this course take me?

Potential job roles in a wide variety of fitness settings including:

- personal trainer
- fitness facility manager
- special needs trainer
- trainer or manager of gymnasiums and sports centres.

Further study in courses such as SIS50115 Diploma in Sport and Recreation Management can lead to management roles in a wide range of sport and leisure facilities and with associated sporting organisations

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Subjects that support this career path

- PDHPE
- Biology
- Business Studies
- Sport, Lifestyle and Recreation

Credential available	Full Certificate
Course code/name	SIS30321 Certificate III in Fitness
ATAR eligible	No
Mandatory placement hours	70 hours
SBAT available	Yes
Specialisation required for full qualification	No



For more information contact your VET Coordinator / Careers Adviser, or visit our Internet site:
www.education.nsw.gov.au/school-delivered-vet