



# **CERTIFICATE III**

## **IN FITNESS - (SRF30206)**

UNIT	CORE ( 9 UNITS)
BSBCMN302A	Organise personal work priorities and development
BSBFLM303A	Contribute to effective workplace relationships
ICAITU006C	Operate computing packages
SRXFAD002A	Provide advanced first aid response
SRXGCSO04A	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
UNIT	STREAM (10 UNITS)
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
SFRGYM001B	Instruct fitness activity skills to a client using fitness equipment
SFRSPP002A	Develop and apply an awareness of specific populations to exercise delivery
SRXGRO003A	Provide leadership to groups
Unit	Specialisation ( 1 Unit)
SFRGYM002B	Customise gym instructional skills to include specific areas of expertise current in the fitness industry
Unit	Electives ( 4 Units)
SFRGEX001A	Plan and instruct a group exercise class
SRXCAI004B	Plan a session or program for participants
SRS CGP005A	Customise coaching to include children
SFRGEX002A	Customise instructional skills to include specific group fitness activities current in the fitness industry