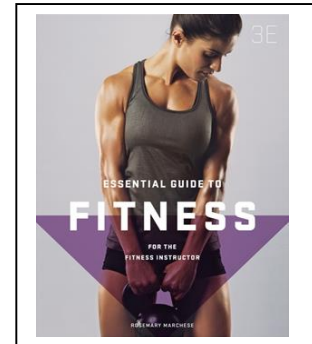


Brief Competency Mapping Grid: SIS30315 Certificate III in Fitness

19 units completed in total

- 9 core units
- 7 elective units

The Essential Guide to Fitness: For the Fitness Instructor, 3e
Rosemary Marchese
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This Australian text has been designed to assist students undertaking the SIS30315 Certificate III in Fitness qualification, studying to become fitness instructors. The text contains core and elective units to support a range of fitness specialisations.

Core Units	Chapter
SISFFIT001 Provide health screening and fitness orientation	3. Fitness Orientation and Health Screening
SISFFIT002 Recognise and apply exercise considerations for specific populations	12. Fitness for Specific Populations 6. Gym Programs
SISFFIT003 Instruct fitness programs	5. Fitness Programs 6. Gym Programs
SISFFIT004 Incorporate anatomy and physiology principles into fitness programming	1. Anatomy and Physiology
SISFFIT005 Provide healthy eating information	2. Nutrition
SISFFIT014 Instruct exercise to older clients	13. Older Populations
SISXCCS001 Provide quality service	11. Quality Service in the Fitness Industry
SISXFAC001 Maintain equipment for activities	7. Fitness Equipment
SISXIND001 Work effectively in sports, fitness and recreation environments	3. Fitness Orientation and Health Screening 5. Fitness Programs
Elective Units	Chapter
Group A Electives – Aqua Exercise Instructor	
BSBRK401 Identify risk and apply risk management processes HLTWHS001 Participate in workplace health and safety	10. Risk Analysis and Work Health and Safety
SISFFIT008 Instruct water-based fitness activities	9. Water-Based Fitness
Group B Electives – Group Exercise Instructor	
BSBRK401 Identify risk and apply risk management processes HLTWHS001 Participate in workplace health and safety	10. Risk Analysis and Work Health and Safety
SISFFIT007 Instruct group exercise sessions	8. Group Exercise Sessions
SISFFIT011 Instruct approved community fitness programs	14. Community Fitness Programs
SISXCAI006 Facilitate groups	15. Facilitate Groups
Group C Electives – Gym Instructor	
BSBRK401 Identify risk and apply risk management processes HLTWHS001 Participate in workplace health and safety	10. Risk Analysis and Work Health and Safety
SISFFIT006 Conduct fitness appraisals	4. Fitness Appraisals

Note: To be used as a guide only. Some chapters may only partially cover each unit of competency. A detailed grid, mapping content to units of competency, elements and performance criteria is available for purchase. Speak with your local Cengage Learning Consultant for more information.