



**SRF30206 CERTIFICATE III FITNESS  
COURSE OUTLINE  
Number of funded competencies = 24**

**01 – Face-to-face**

**02 – Correspondence**

**03 – Employer delivered on the job**

Stage	Code	Name	Delivery
<b>1: Industry Core</b>	All units		
Business	BSB CMN 302A	Organise personal work priorities and development	02
	BSB FLM 303A	Contribute to effective workplace relationships	
Technology	ICA ITU 006C	Operate computing packages	
First Aid	SRX FAD 002A	Provide advanced first aid response	01 and 02
Client service	SRX GCSO 04A	Meet client needs and expectations	02
	SRX GCST 03A	Process client complaints	
Law	SRX INU 002A	Apply sport and recreation law	
Safety	SRX OHS 001B	Follow defined Occupational Health and Safety policies and procedures	02
	SRX RIK 001A	Undertake risk analysis of activities	
<b>2: Fitness Stream</b>	All units		
Fitness	SRF FIT 001B	Provide orientation to clients prior to undertaking a fitness program	01 and 02
	SRF FIT 003B	Undertake client induction and screening	
	SRF FIT 004B	Develop basic fitness program	
	SRF FIT 005B	Apply basic exercise science to exercise instruction	
	SRF FIT 006B	Use and maintain core fitness industry equipment	
	SRF FIT 014A	Provide advice to clients on the application of basic anatomy and physiology to fitness programs	
	SRF FIT 015A	Provide nutrition advice to clients in accordance with recommended guidelines	
	SRF GYM 001B	Instruct fitness activity skills to a client using fitness equipment	
	SRF SPP 002A	Develop and apply an awareness of specific populations to exercise delivery	
Group	SRXGRO003A	Provide leadership to groups	
<b>3: Fitness Specialisation</b>	<b>CHOOSE 1</b>		
Aerobics	SRF GEX 001A	Plan and instruct a group exercise class	01 and 02
Gym	SRF GYM 002B	Customise gym instructional skills to include specific areas of expertise current in the fitness industry	02
<b>4: Electives</b>	<b>CHOOSE 4</b>		<b>III/IV</b>
Marketing	THH GCS 02B	Promote products and services to customers	02
Sports Trainer	SRS SPT 001A	Implement injury prevention and apply basic sports first aid	
	SRS SPT 005A	Conduct basic warm-up, stretching and cool-down programs	
Coaching	SRX CAI 004B	Plan a sport and recreation session for clients	
	SRX CAI 005B	Conduct a sport and recreation session for clients	
	SRX CAI 006B	Organise a sport and recreation program	
<b>TOTAL HOURS FOR QUALIFICATION = APPROXIMATELY</b>			<b>630</b>