Certificate III in Fitness SRF30206

The Australian Catholic University is a public university open to all.

**COURSE DURATION:**
6 months (part-time)
Commencing on 13th February 2012

**FEES**
$950 for eligible applicants, $387 concession.

**OUTCOMES:**
The Certificate III in Fitness enables graduates to apply for registration to work as fitness instructors in commercial fitness centres, community leisure centres, retirement villages, holiday resorts or as freelance consultants.

**WHO SHOULD DO THIS COURSE?**
- VCE school leavers and others who wish to advance their qualifications while determining whether the Fitness, Sport, Recreation field suits them;
- Those looking for a short course to qualify them to work in the Fitness Industry.

**Certificate III in Fitness – SRF30206**
This is a nationally accredited V.E.T. qualification.

This unit trains students to undertake the tasks associated with the day-to-day operation of Health and Fitness Clubs; understand the business environment of the Health and Fitness Industry; demonstrate the practical skills and leadership techniques relevant to all areas of fitness instruction; communicate the principles of fitness effectively; demonstrate professionalism in their fitness work; apply the principles of customer relations when dealing with clients; appreciate the human service nature of the industry; understand the legal and professional rights, liabilities and obligations of a practising fitness instructor; conduct fitness testing and develop appropriate fitness programs.

**Practical Component**
(All students must complete)
Students will be required to undertake a supervised practical component in a recognised health and fitness centre in a structured program. During this placement students need to demonstrate practical expertise in conducting exercise programs in strength training. Australian Catholic University will assist students to find a suitable placement in a recognised health and fitness centre.

**Course cost information and how to apply**
Please contact the ACUcom office at:

ACUcom,
Australian Catholic University,
Lv 5, 115 Victoria Parade
Fitzroy VIC 3065
Ph: 9953 3321
Email: acucom.melbourne@acu.edu.au

**There are limited places available so contact us as soon as possible.**