

**2025 Fitness Course Descriptor**  
**SIS30321 Certificate III in Fitness**

*This information may change due to the Training Package and NSW Education Standards Authority (NESA) updates. Notification of variations will be made in due time with minimal impact.*

**Course: Fitness**

Board endorsed course (BEC) 240 hours  
(2 units x 2 years)

**HSC credit – 4 units**

There is no Australian Tertiary Admission Rank (ATAR) for this course

By enrolling in this VET qualification with the NSW Department of Education RTO 90333, you are choosing to participate in a program of study which will provide you a pathway towards HSC accreditation and a nationally recognised qualification (dual accreditation). To receive this statement of attainment towards BSB30120 Certificate III in Business <https://training.gov.au/training/details/SIS30321> You will be expected to complete all the requirements of the Registered Training Organisation and NESA. A statement of attainment towards the qualification is possible if at least one unit of competency is achieved.

**Students may apply for Recognition of Prior Learning (RPL) and/or Credit Transfer (CT) provided suitable evidence is submitted.**

**Transferrable industry skills gained in this course**

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| <ul style="list-style-type: none"> <li>● organisational skills</li> <li>● teamwork</li> <li>● communication</li> </ul> | <ul style="list-style-type: none"> <li>● adaptability</li> <li>● problem solving</li> <li>● time management</li> </ul> |
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**Examples of occupations in the fitness industry**

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| <ul style="list-style-type: none"> <li>● group fitness instructor</li> <li>● personal trainer</li> </ul> | <ul style="list-style-type: none"> <li>● aqua fitness instructor</li> <li>● gym fitness instructor</li> </ul> |
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**VET requirements**

**Competency-Based Assessment**

In this course you will work to develop the skills and knowledge described in each unit of competency. To be assessed as competent you must demonstrate your ability to complete the tasks required in the assessments.

**Appeals and Complaints**

You may lodge a complaint or an appeal about a decision (including assessment decisions) by following the Appeals and Complaints Guidelines

**HSC requirements**

**Mandatory course requirements**

You must complete 240 indicative hours of course work and a minimum of 35 hours work placement. Not meeting these requirements will incur an 'N' determined as required by NESA.

**External Assessment**

There is no external assessment (optional HSC examination) for this course.

**Consumable costs: Preliminary - \$TBA      HSC - \$TBA**  
**We will notify students of these course charges once they are finalized.**

**Refunds**

Refund arrangements are on a pro-rata basis.  
Please refer to your school refund policy

A school-based traineeship is available in this course. For more information <https://education.nsw.gov.au/schooling/students/career-and-study-pathways/school-based-apprenticeships-and-traineeships/traineeships/certificate-iii-fitness>

**Exclusions:** Students wanting to complete more than one course in the Sport, Fitness and Recreation Training Package are advised to consult with NESA VET course exclusions.

General information about NESA VET course exclusions can be found <https://educationstandards.nsw.edu.au/wps/portal/nesa/11-12/stage-6-learning-areas/vet/course-exclusions>