Fitness

Course description
Students who enjoy fitness and want to help others reach their fitness goals will gain the skills they need to succeed in this course. A career opportunity includes working in the fitness industry as an exercise instructor.

Students will learn how to:
- provide fitness orientation and health screening
- undertake client health assessments
- maintain sport and recreation equipment for activities
- apply anatomy and physiology principles in a fitness context
- provide healthy eating information to clients in accordance with the recommended guidelines
- provide high quality service in the fitness industry.

Locations
- Ballina
- Casino
- Coffs Harbour
- Macksville
- Maclean
- Murwillumbah
- Grafton
- Great Lakes
- Kempsey
- Taree
- Wauchope
- Wollongbar
- Kingscliff
- Flexible/Online
- Lismore
- Port Macquarie

Career opportunities
Fitness Instructor, Personal Trainer.

Pattern of study
2 units x 2 year (240 hours)

Qualification
Statement of Attainment towards Certificate III in Fitness (SIS30315) and/or transcript of competencies achieved.
How to apply

Applying for a TVET course is easy.
Follow these simple steps to get started:

1. Students and parents should read the 2017 TVET guide for high school students. While reading, it’s a good idea to think about what the student is interested in and careers they may like to start learning about. It’s important that the right TVET courses are chosen and the student gets the most out of their TVET experience. The 2017 TVET Guide is located on our website northcoasttafe.edu.au

2. Students, parents and Careers Advisors should discuss potential options, pathways and a selection of courses that meet the student’s needs and goals.

3. Fill in the 2017 Expression of Interest (EOI) form. The EOI form can be downloaded from northcoasttafe.edu.au or provided by the school’s VET Coordinator or Careers Advisor.

4. The EOI form should be signed by the student, parent or guardian and the school principal. TVET course codes must be included on the EOI form. They are found on the local course insert available from the VET Coordinator or Careers Advisor.

5. Submit the 2017 TVET Expression of Interest form to the school’s Careers Advisor before the closing date of 16 September 2016.

Call us on 1300 628 233 or visit northcoasttafe.edu.au

Stay up to date

©Copyright, 2015 by TAFE NSW - North Coast Institute. Copyright of this material is reserved to the Crown in the right of the State of New South Wales. Reproduction or transmission in whole, or in part, other than in accordance with the provisions of the Copyright Act, is prohibited without written authority of TAFE NSW - North Coast Institute (North Coast TAFE). RTO Code: 90010