

Certificate III in Fitness – Gym Instructor Competencies

SRFFIT005B	Apply basic exercise science to exercise instruction
SRFFIT014A	Provide advice to clients on the application of basic anatomy and physiology to fitness programs
SRFFIT015A	Provide nutrition advice to clients in accordance with recommended guidelines
BSBCMN302A	Organise personal work priorities and development
BSBFLM303A	Contribute to effective workplace relationships
ICAITU006C	Operate computing packages
SRXGCS004A	Meet client needs and expectations
SRXGCST03A	Process client complaints
SRXINU002A	Apply sport and recreation law
SRXOHS001B	Follow defined occupational health and safety policies and procedures
SRXRIK001A	Undertake risk analysis of activities
SRFFIT001B	Provide orientation to clients prior to undertaking a fitness program
SRFFIT003B	Undertake client induction and screening
SRFFIT004B	Develop basic fitness programs
SRFFIT006B	Use and maintain core fitness industry equipment
SRFGYM001B	Instruct fitness activity skills to a client using fitness equipment
SRFSP002A	Develop and apply an awareness of specific populations to exercise delivery
SRXGRO003A	Provide leadership to groups
SRFGYM002B	Customise gym instructional skills to include specific areas of expertise current in the fitness industry
SRXGRO001A	Facilitate a group
SRCCRO007B	Operate in accordance with accepted instructional practices, styles and legal and ethical responsibilities
SRXEMR001A	Respond to emergency situations
SRXFAD001A	Provide first aid
SRXFAD002A	Provide advanced first aid response