

## 2026 EDITION

# SIS30321 CERTIFICATE III IN FITNESS + SIS20122 CERTIFICATE II IN SPORT AND RECREATION

Binnacle Training (RTO Code 31319)

## HOW DOES IT WORK

This qualification provides a pathway to work as a fitness instructor in settings such as fitness facilities, gyms, and leisure and community centres.

Students gain the entry-level skills required of a Fitness Professional (Group Exercise Instructor or Gym Fitness Instructor).

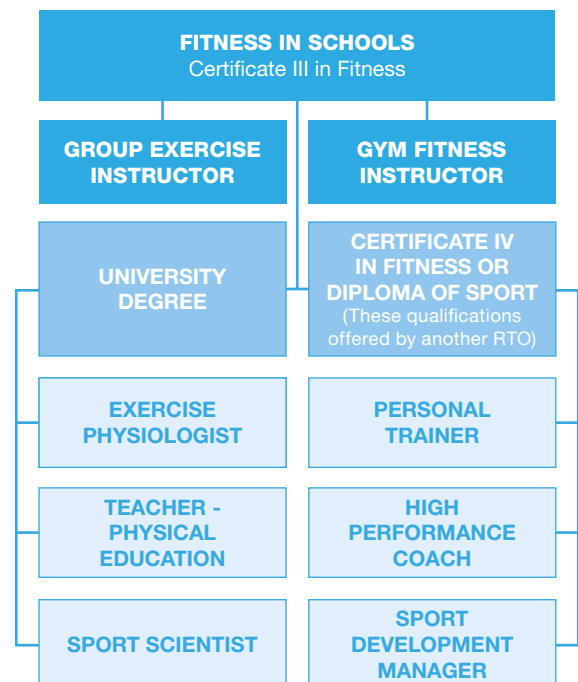
Students facilitate programs within their school community including:

- › Community fitness programs
- › Strength and conditioning for athletes and teams
- › 1-on-1 and group fitness sessions with male adults, female adults and older adult clients

## WHAT DO STUDENTS ACHIEVE?

- › SIS30321 Certificate III in Fitness (max. 8 QCE Credits)
- › Entry qualification: SIS20122 Certificate II in Sport and Recreation
- › The nationally recognised First Aid competency - HLTAID011 Provide First Aid
- › Community Coaching - Essential Skills Course (non-accredited), issued by [Australian Sports Commission](#)
- › Successful completion of the Certificate III in Fitness may contribute towards a student's Australian Tertiary Admission Rank (ATAR)
- › A range of career pathway options including pathway into SIS40221 Certificate IV in Fitness; or SIS50321 Diploma of Sport - These qualifications offered by another RTO.

## CAREER PATHWAYS



## SKILLS ACQUIRED

- › Client screening and health assessment
- › Planning and instructing fitness programs
- › Deliver 1-on-1 and group fitness programs
- › Exercise science and nutrition
- › Anatomy and physiology

## FLEXIBLE PROGRAMS

## PRACTICAL-BASED LEARNING

## RESOURCES PROVIDED



**Binnacle  
Training**  
RTO CODE 31319



**Skills  
Assure**  
Proud to be a Queensland Government  
subsidised training provider



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# SIS30321 CERTIFICATE III IN FITNESS + SIS20122 CERTIFICATE II IN SPORT AND RECREATION

(or as Standalone Qualification:  
SIS30321 Certificate III in Fitness)

Registered Training Organisation:  
Binnacle Training (RTO 31319)

## Delivery Format:

2-Year Format

## Timetable Requirements:

1-Timetabled Line

## Units of Competency:

Standalone Qualification -15 Units  
Dual Qualification - Additional 4 Units\*

## Suitable Year Level(s):

Year 11 and 12

## Study Mode:

Combination of classroom and project-based learning, online learning (self-study) and practical work-related experience

## Cost (Fee-For-Service):

**\$495.00** per person (Cert II entry qualification = \$395.00 + Cert III Gap Fee = \$100.00)  
**(+ First Aid \$75.00)**

## QCE Outcome:

Maximum 8 QCE Credits

The school has entered a Third Party Agreement and will be recruiting prospective VET students, providing student support services, and conducting training and assessment on behalf of Binnacle Training.

A Language, Literacy, Numeracy and Digital Literacy (LLND) screening process is undertaken as part of pre-enrolment in order to provide advice to students on the suitability of the training product.

|                                                 |                                                                                                                                                                                                 |
|-------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| TERM 1                                          | TOPICS                                                                                                                                                                                          |
|                                                 | <ul style="list-style-type: none"> <li>› Introduction to the Sport, Fitness and Recreation (SFR) Industry</li> <li>› Introduction to Coaching Programs, Laws and Legislation</li> </ul>         |
|                                                 | PROGRAMS                                                                                                                                                                                        |
|                                                 | <ul style="list-style-type: none"> <li>› Assist with Delivering Coaching Sessions (Supervisor Delivery)</li> <li>› Plan and Deliver Coaching Sessions (Student Delivery)</li> </ul>             |
| TERM 2                                          | TOPICS                                                                                                                                                                                          |
|                                                 | <ul style="list-style-type: none"> <li>› Introduction to Community Programs</li> <li>› Introduction to Conditioning Programs</li> </ul>                                                         |
|                                                 | PROGRAMS                                                                                                                                                                                        |
|                                                 | <ul style="list-style-type: none"> <li>› Community SFR Program (Student Delivery)</li> <li>› Participate in Conditioning Sessions (Supervisor Delivery)</li> </ul>                              |
| TERM 3                                          | TOPICS                                                                                                                                                                                          |
|                                                 | <ul style="list-style-type: none"> <li>› Working in the SFR Industry - WHS and Provide Quality Service</li> <li>› Introduction to Anatomy and Physiology - The Cardiovascular System</li> </ul> |
|                                                 | PROGRAMS                                                                                                                                                                                        |
|                                                 | <ul style="list-style-type: none"> <li>› Plan and Deliver Group Conditioning Sessions</li> <li>› Plan and Deliver a One-on-one Cardio Program</li> </ul>                                        |
| TERM 4                                          | TOPICS                                                                                                                                                                                          |
|                                                 | <ul style="list-style-type: none"> <li>› Introduction to Anatomy and Physiology - The Musculoskeletal System</li> <li>› First Aid Course: HLTAID011 Provide First Aid</li> </ul>                |
|                                                 | PROGRAMS                                                                                                                                                                                        |
|                                                 | <ul style="list-style-type: none"> <li>› Recreational Group Exercise Program</li> </ul>                                                                                                         |
| QUALIFICATION SCHEDULED FOR FINALISATION        |                                                                                                                                                                                                 |
| SIS20122 CERTIFICATE II IN SPORT AND RECREATION |                                                                                                                                                                                                 |
| TERM 5                                          | TOPICS                                                                                                                                                                                          |
|                                                 | <ul style="list-style-type: none"> <li>› Anatomy and Physiology - Body Systems and Exercise</li> <li>› Health and Nutrition Consultations</li> </ul>                                            |
|                                                 | PROGRAMS                                                                                                                                                                                        |
|                                                 | <ul style="list-style-type: none"> <li>› One-on-One Gym Program (Adolescent Client)</li> <li>› Plan and Conduct Sessions (Scenario Clients)</li> </ul>                                          |
| TERM 6                                          | TOPICS                                                                                                                                                                                          |
|                                                 | <ul style="list-style-type: none"> <li>› Screening and Health Assessments</li> <li>› Specific Population Clients (including Older Adults)</li> </ul>                                            |
|                                                 | PROGRAMS                                                                                                                                                                                        |
|                                                 | <ul style="list-style-type: none"> <li>› Fitness Orientation Program: Client Orientation</li> <li>› Group Training Program: Plan and Conduct a Group Session</li> </ul>                         |
| TERM 7                                          | TOPICS                                                                                                                                                                                          |
|                                                 | <ul style="list-style-type: none"> <li>› N/A (Practical Term)</li> </ul>                                                                                                                        |
|                                                 | PROGRAMS                                                                                                                                                                                        |
|                                                 | Group Exercise and Gym-based One-on-One and Group Sessions: <ul style="list-style-type: none"> <li>› Female and Male Adults aged 18+; and</li> <li>› Older adults aged 55+</li> </ul>           |

## UNITS OF COMPETENCY

|            |                                                           |                                                                                                                                                                                         |                                                                             |
|------------|-----------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|
| HLTWHS001  | Participate in workplace health and safety                | BSBPEF301                                                                                                                                                                               | Organise personal work priorities                                           |
| SISXIND011 | Maintain sport, fitness and recreation industry knowledge | BSBOPS304                                                                                                                                                                               | Deliver and monitor a service to customers                                  |
| BSBSUS211  | Participate in sustainable work practices                 | SISFFIT035                                                                                                                                                                              | Plan group exercise sessions                                                |
| BSBPEF202  | Plan and apply time management*                           | SISFFIT036                                                                                                                                                                              | Instruct group exercise sessions                                            |
| SISSPAR009 | Participate in conditioning for sport*                    | SISFFIT032                                                                                                                                                                              | Complete pre-exercise screening and service orientation                     |
| SISXCCS004 | Provide quality service                                   | SISFFIT033                                                                                                                                                                              | Complete client fitness assessments                                         |
| SISXEMR003 | Respond to emergency situations                           | SISFFIT052                                                                                                                                                                              | Provide healthy eating information                                          |
| HLTAID011  | Provide First Aid                                         | SISFFIT040                                                                                                                                                                              | Develop and instruct gym-based exercise programs for individual clients     |
| SISOFLD001 | Assist in conducting recreation sessions*                 | SISFFIT047                                                                                                                                                                              | Use anatomy and physiology knowledge to support safe and effective exercise |
| SISXFAC006 | Maintain activity equipment*                              | * For students not enrolled in entry qualification SIS20122 Certificate II in Sport and Recreation - these will be issued as a separate Statement of Attainment (Subject Only Training) |                                                                             |

Please note this 2026 Course Schedule is current at the time of publishing and should be used as a guide only. This document is to be read in conjunction with Binnacle Training's Program Disclosure Statement (PDS). The PDS sets out the services and training products Binnacle Training as RTO provides and those services carried out by the School as Third Party (i.e. the facilitation of training and assessment services).  
Access Binnacle's Product Disclosure Statement [here](#).