

National Certificate Fitness

Group Fitness Instruction (Level 3)					
Module	Resource (Code)	Unit No	Title	Level	Credit
Health and Safety	PTE (Private Training Establishment) Not provided by Skills Active	6401	Provide first aid	2	1
		6402	Provide resuscitation level 2	1	1
	Group Fitness Health and Safety (GF SAFE) 5 REPs CECS	497	Protect health and safety in the workplace	1	3
		7016	Monitor and promote client security, comfort, enjoyment and learning in fitness and/or recreation	3	3
	Health Risks and Exercise Stress (RISK) 5 REPs CECS	21792	Demonstrate knowledge of health risk factors, disease, and monitor exercise stress	2	4
Professional Development Customer Service	Fitness Communities and Culture (COMM) 5 REPs CECS	18763	Describe the process of community development as a participant	2	3
	Customer Service (GF SMILE) 10 REPs CECS	57	Provide customer service in given situations	2	2
		7038	Explain the purpose, structure and operations of a fitness enterprise	3	4
11818		Enhance work practises by the application of product and/or service knowledge	3	4	
Personal Development	Manage Personal Fitness (FITT) 5 REPs CECS	505	Manage personal physical fitness with guidance	1	3
Exercise Technique	Motivation and group exercise classes (MOTIVATE) 10 REPs CECS	22772	Demonstrate knowledge of exercise, motivation, and the structure of group exercise classes	3	12
	ELECTIVE A <i>A Minimum of 10 credits is required from this shaded area</i>	22773	Plan and teach a STEP class	3	12
		22774	Plan and teach a SPIN class	3	12
	Plan and Teach group exercise classes (STEP) (SPIN) (PUMP) (KICK) (CIRC) (CHEST AQUA) (DEEP AQUA) (HI / LO) 10 REPs CECS per unit	22775	Plan and teach a PUMP class	3	12
		22776	Plan and teach a KICK N BOX class	3	12
		22777	Plan and teach a CIRCUIT class	3	12
		22778	Plan and teach a CHEST DEEP AQUA FITNESS class	3	15
		22779	Plan and teach a DEEP WATER AQUA FITNESS class	3	15
		22780	Plan and teach a HIGH or LOW class	3	12
	ELECTIVE B <i>A minimum of 5 credits at Level 3 or above is required to complete this elective.</i>	Unit standard/s required to complete this elective are selected from anywhere in the fitness domain. A minimum of 5 credits at Level 3 or above is required Please seek assistance from your Skills Active Training Advisor when selecting unit standards			