

This is to certify that

Mark Cera

has fulfilled the requirements for

SIS30315 Certificate III in Fitness

S. Stanley

Sue Stanley
CEO

27/07/2018

eFitAcademy
RTO No. 22030



Certificate Number: 01364

Record of Results

Mark Cera

SIS30315 Certificate III in Fitness

Year	Unit of Competency	Mark
2018	BSBRK401 Identify risk and apply risk management processes	C
2018	SISFFIT001 Provide health screening and fitness orientation	C
2018	SISFFIT002 Recognise and apply exercise considerations for specific populations	C
2018	SISFFIT003 Instruct fitness programs	C
2018	SISFFIT004 Incorporate anatomy and physiology principles into fitness programming	C
2018	SISFFIT005 Provide healthy eating information	C
2018	SISFFIT006 Conduct fitness appraisals	C
2018	SISFFIT007 Instruct group exercise sessions	C
2018	SISFFIT011 Instruct approved community fitness programs	C
2018	SISFFIT014 Instruct exercise to older clients	C
2018	SISSTC301A Instruct strength and conditioning techniques	C
2018	SISXCCS001 Provide quality service	C
2018	SISXFAC001 Maintain equipment for activities	C
2018	HLTWHS001 Participate in workplace health and safety	C
2018	SISXIND001 Work effectively in sport, fitness and recreation environments	C
2018	HLTAID003 Apply first aid	CT

These units / modules have been delivered and assessed in English

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