



# PATHWAYS

## EDUCATION & TRAINING

### EARN & LEARN

A school based traineeship allows students to combine their Victorian Certificate of Education (VCE) or Victorian Certificate of Applied Learning (VCAL) with an average of 7 hours a week of paid work in their chosen industry. Work placement times are scheduled around school timetables and industry requirements.

Students are also released from their school timetable one afternoon each week for attend a Registered Training Organisation (RTO) where they complete their formal training.

Successful completion of the traineeship also results in student receiving credits towards either their VCE or VCAL. In addition they gain a nationally recognised qualification and valuable industry experience.

### APPLY NOW

#### PATHWAYS EDUCATION & TRAINING

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# CERTIFICATE III IN FITNESS

Like being active and involved in developing fitness programs?

## Typical work placements would include:

- Gyms & Fitness centres
- Aquatic facilities & Community centres

## Typical duties at work would include:

- Assisting to develop and plan activities in a gym setting
- Assist in the preparation of equipment and activities for group exercise
- Assist in conducting activities specific to the industry placement
- Prepare equipment and provide participants with the necessary information & skills to maintain safety in all recreation environments

## Units of work include:

- Recognise and apply exercise considerations for specific populations
- Conduct fitness appraisals & instruct fitness programs
- Instruct strength and conditioning techniques
- Incorporate anatomy and physiology principles into fitness programming

