

<p>IMPORTANT</p> <p>PROGRAM DISCLOSURE STATEMENT (PDS)</p>	<p>This Subject Outline is to be read in conjunction with Binnacle Training's <u>Program Disclosure Statement</u> (PDS). The PDS sets out the services and training products Binnacle Training provides <u>and</u> those services carried out by the 'Partner School' (i.e. the delivery of training and assessment services).</p> <p>To access Binnacle's PDS, visit: http://www.binnacletraining.com.au/rto.php and select 'RTO Files'.</p>
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REGISTERED TRAINING ORGANISATION	Binnacle Training (RTO Code: 31319)
Subject Type	Vocational Education and Training (VET) Qualification
Qualification	<p>SIS30315 Certificate III in Fitness</p> <p><u>PLUS</u> <i>optional entry qualification:</i></p> <ul style="list-style-type: none"> – SIS20115 Certificate II in Sport and Recreation
Course Length	2 years
Reasons to Study the Subject	<p>Binnacle's Certificate III in Fitness 'Fitness in Schools' program is offered as a senior subject where students deliver a range of fitness programs and services to clients within their school community. Graduates will be competent in a range of essential skills – such as undertaking client health assessments, planning and delivering fitness programs, and conducting group fitness sessions in indoor and outdoor fitness settings, including with older adult clients.</p> <p><u>QCE Credits:</u> Successful completion of the Certificate III in Fitness contributes eight (8) credits towards a student's QCE. Successful completion of the Certificate II in Sport and Recreation (optional entry qualification) contributes an additional four (4) credits towards a student's QCE.</p> <p>This program also includes the following:</p> <ul style="list-style-type: none"> • <u>First Aid</u> qualification and <u>CPR</u> certificate; <i>plus</i> optional sport-specific coach/official accreditation. • A range of career pathway options including an <u>alternative entry into university</u>. • Direct pathway into Certificate IV in Fitness (Personal Trainer) with Australian Institute of Personal Trainers (AIPT).

ENTRY REQUIREMENTS

Students must have a passion for and/or interest in pursuing a career in the fitness and sport industries. They must have good quality written and spoken communication skills and an enthusiasm / motivation to participate in physical activity sessions.

Each student must obtain a (free) 'Working with Children' Student Blue Card (application to be completed as part of the enrolment process). A student's official enrolment is unable to be finalised until their Student Blue Card has been issued.

Topics of Study	YEAR 11			
	<i>Students enrol in qualification: SIS20115 Certificate II in Sport and Recreation</i>			
	TERM 1	TERM 2	TERM 3	TERM 4
	<ul style="list-style-type: none"> Health, Safety and Law in the Sport, Fitness and Recreation industry Customer service Coaching practices 	<ul style="list-style-type: none"> Assist with activity sessions Deliver a community fitness program 	<ul style="list-style-type: none"> Screening and assessing clients and group fitness Exercise Science - Anatomy and Physiology 	<ul style="list-style-type: none"> Exercise Science – Anatomy and Physiology (continued) Group fitness First Aid (Cert II finalisation)
	YEAR 12			
	<i>Students enrol in qualification: SIS30315 Certificate III in Fitness</i>			
Learning Experiences	TERM 1	TERM 2	TERM 3	TERM 4
	<ul style="list-style-type: none"> Programming and instruction Introduction to specific populations 	<ul style="list-style-type: none"> Specific populations Nutrition and performance Advanced group training 	<ul style="list-style-type: none"> Training older clients First Aid qualification and CPR certificate 	

<p>Learning and Assessment</p>	<p>Program delivery will combine both class-based tasks and practical components in a real gym environment at the school. This involves the delivery of a range of fitness programs to clients within the school community (students, teachers, and staff).</p> <p>A range of teaching/learning strategies will be used to deliver the competencies. These include:</p> <ul style="list-style-type: none"> • Practical tasks • Hands-on activities involving participants/clients • Group work • Practical experience within the school sporting programs and fitness facility • Log Book of practical experience <p>Evidence contributing towards competency will be collected throughout the course. This process allows a student's competency to be assessed in a holistic approach that integrates a range of competencies.</p> <p>NOTE: This program involves a mandatory 'outside subject' weekly component as follows:</p> <ul style="list-style-type: none"> • TERM 6: 60 minutes per week across a minimum of 5 consecutive weeks – delivering fitness programs and services to an adult client, undertaken at the school gym or an alternate fitness facility sourced by the school. • TERM 7: A minimum of one session (60 minutes) – delivering a gentle exercise session to an older adult client (age 50+), undertaken at the school gym or an alternate fitness facility sourced by the school. <p>All other practical experiences have been timetabled within class time. Students will keep a Log Book of these practical experiences (approximately 40 hours).</p>
<p>Pathways</p>	<p>The Certificate III in Fitness will predominantly be used by students seeking to enter the fitness industry and/or as an alternative entry into University. For example:</p> <ul style="list-style-type: none"> • Exercise Physiologist • Teacher – Physical Education • Sport Scientist <p>Students completing their Certificate III may be able to upgrade their QTAC selection rank.*</p> <p><i>* Certificate III = rank of 68 (approximately equivalent to an OP 15 depending on the year).</i></p> <p>Students may also choose to continue their study by completing the Certificate IV in Fitness with Australian Institute of Personal Trainers (AIPT) for a Binnacle-exclusive price offer.</p>

<p>Cost</p>	<ul style="list-style-type: none"> • \$290.00 = Binnacle Training Fees • \$40.00 = First Aid Certificate costs • { \$ insert here } Year 11 = Excursions to other outside venues to participate in and to conduct fitness activities. • { \$ insert here } Year 12 = Excursions to other outside venues to participate in and to conduct fitness activities. <p><i>Final cost and notification of these excursions will be included in the permission letter which will be distributed closer to the excursion date.</i></p> <ul style="list-style-type: none"> • All texts and reprographics are provided by the school.
<p>For further information, contact the {insert position}, {insert name} {insert email address}</p>	

SIS30315 CERTIFICATE III IN FITNESS

PLUS optional entry qualification: SIS20115 Certificate II in Sport and Recreation

YEAR 1			
COMPETENCIES		SIS30315 CERT III FITNESS (Stand Alone)	SIS30315 CERT III FITNESS (with optional SIS20115 Cert II in Sport and Recreation entry)
HLTAID003	Provide first aid	✓	✓ (Core Cert II)
HLTWHS001	Participate in workplace health and safety	✓	✓ (Core Cert II)
BSBRSK401	Identify risk and apply risk management processes	✓	✓
SISXCCS001	Provide quality service	✓ (Core)	✓ (Core Cert II & III)
SISXIND001	Work effectively in sport, fitness and recreation environments	✓ (Core)	✓ (Core Cert II & III)
SISXIND002	Maintain sport, fitness and recreation industry knowledge	✓	✓ (Core Cert II)
SISSSCO101	Develop and update knowledge of coaching practices	✓	✓
SISXFAC001	Maintain equipment for activities	✓ (Core)	✓
SISFFIT011	Instruct approved community fitness programs	✓	✓
SISSSPT303A	Conduct basic warm-up and cool-down programs	✓	✓
BSBWOR202	Organise and complete daily work activities		✓ (Core Cert II)
SISXCAI002	Assist with activity sessions		✓ (Core Cert II)
SISXEMR001	Respond to emergency situations		✓ (Core Cert II)
FSKLRG11	Use routine strategies for work-related learning		✓

YEAR 2			
COMPETENCIES		SIS30315 CERT III FITNESS (Stand Alone)	SIS30315 CERT III FITNESS (with optional SIS20115 Cert II in Sport and Recreation entry)
SISFFIT001	Provide health screening and fitness orientation	✓ (Core)	✓
SISFFIT002	Recognise and apply exercise considerations for specific populations	✓ (Core)	✓
SISFFIT003	Instruct fitness programs	✓ (Core)	✓
SISFFIT004	Incorporate anatomy and physiology principles into fitness programming	✓ (Core)	✓
SISFFIT005	Provide healthy eating information	✓ (Core)	✓
SISFFIT014	Instruct exercise to older clients	✓ (Core)	✓
SISFFIT006	Conduct fitness appraisals	✓	✓

NOTE

- Elective units are subject to change prior to the commencement of the 2018 school year. This is to ensure alignment to current industry practices is at its optimum.*
- Binnacle's 2018 Certificate III in Fitness (Stand-Alone) comprises 17 units of competency. While the qualification only requires a minimum 16 units of competency, an additional (bonus) elective – SISXIND002 Maintain sport, fitness and recreation industry knowledge – is provided due to effective clustering of interrelated units.*

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