

INCOMPATIBLE SUBJECTS	SIS30115 CERTIFICATE III IN SPORT AND RECREATION	DEPENDENT SUBJECTS	NIL
PRE REQUISITE SUBJECTS	NIL	POTENTIAL QCE POINTS	8
FINANCIAL COMMITMENT	\$330 (incl. First Aid)	CONTRIBUTES TO ATAR Only 1 Cert. III subject will contribute to an ATAR, if studied with 4 General subjects.	YES

TRAINING PROVIDER | BINNACLE TRAINING COLLEGE PTY LTD - RTO 31319

<http://training.gov.au> - Please refer to the training.gov.au website for specific information about the qualification. Students must achieve competency in each unit of competency to be issued with a full certificate at the completion of this course. If students do not achieve the full certificate, a statement of attainment will be issued detailing the competencies completed. Units of competency are correct at time of printing. In the event of changes to training packages, these will be made by ASQA. Students will be notified and Caboolture SHS will ensure students are transitioned to new units of competency as required by QCAA and ASQA.

COURSE OVERVIEW

Students deliver fitness programs within their school community.

Programs include:

- Community fitness program
- Strength and conditioning for athletes and teams
- Group fitness sessions
- Personal training adults (e.g. teachers and other staff)

IMPORTANT – Program Disclosure Statement

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 provides and those services carried out by the 'Partner School' (i.e. - the delivery of the training and assessment services).

To access Binnacles' PDS, visit

<https://www.binnacletraining.com.au/rto.php>, and select 'RTO files'.

COURSE CONTENT

COURSE UNITS		
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
SISXCCS001	Provide quality service	Core
SISXEMR001	Respond to emergency situations	Core
SISXFAC001	Maintain equipment for activities	Core
BSBRK401	Identify risk and apply risk management processes	Elective
HLTAID003	Provide First Aid	Elective
HLTWHS001	Participate in workplace health and safety	Elective
SISFFIT006	Conduct fitness appraisals	Elective
SISFFIT011	Instruct approved community fitness programs	Elective
SISXIND001	Work effectively in sport, fitness and recreation environments	Elective
SISXIND002	Maintain sport, fitness and recreation industry knowledge	Elective

COURSE REQUIREMENTS | Blue card | USI number | Learning is done online - students must have a BYOD device.

CAREER PATHWAYS

- First Aid qualification and CPR certificate
- Direct pathway into Certificate IV in Fitness with FIT College - Binnacle graduates receive a \$500 subsidy
- Course completion contributes to achieving an ATAR score and tertiary entrance.

ASSESSMENTS | Practical and Theoretical

INTERNET LINKS | <https://www.binnacletraining.com.au/page>

Disclaimer: "Caboolture SHS must have suitable teachers and equipment to run this course. If the school loses access to these resources, the school will attempt to provide students with alternative opportunities to complete the course and the related qualifications. The school retains the right to cancel the vocational component of the course if it is unable to meet requirements."

REAL PEOPLE TALKING ABOUT FITNESS



Making the difference today... For tomorrow