



INCOMPATIBLE SUBJECTS	NIL	DEPENDENT SUBJECTS	NIL
PRE-REQUISITE SUBJECTS	NIL	POTENTIAL QCE POINTS	8
COURSE DURATION	TWO YEARS	CONTRIBUTES TO ATAR Only 1 Cert. III subject will contribute to an ATAR, if studied with 4 General subjects.	YES
FINANCIAL COMMITMENT	REFER TO FEE SCHEDULE	SUBJECT PATHWAY	VET
COURSE REQUIREMENTS	Blue card USI and LUI number Learning is done online - students must have a laptop.	DELIVERY PARTNERSHIP	Binnacle Training RTO 31319

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 CONTENT

Students deliver fitness programs within their school community.

Skills acquired include;

- Client screening and health assessment
- Planning and instructing fitness programs
- Deliver 1-on-1 and group fitness programs
- Exercise science and nutrition
- Anatomy and Physiology
- Strength and conditioning for athletes and teams

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

ASSESSMENTS

Practical and Theoretical

- Planning and conducting programs
- Completing sport and fitness related documents
- Personal reflections and quizzes
- Knowledge and knowledge extension activities
- Case studies

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 to study courses such as Exercise Physiology, Education and Sport Science

PROGRAM DISCLOSURE STATEMENT

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'

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 change or cancel the vocational component of the course if it is unable to meet requirements.