Binnacle Training

RTO Code 31319

STUDENT INFORMATION

'Fitness in Schools'

Certificate III in Fitness

+ Certificate II in Sport and Recreation

ABSTRACT

This Student Information document contains important information for students completing the 2019 Certificate III in Fitness + Certificate II in Sport and Recreation (3 Year) program with Binnacle Training, including:

- Program inclusions
- Entry Certificate II in Sport and Recreation
- A program description
- The assessment completion process
- Career pathways

Program Inclusions

The 'Fitness in Schools' program with Binnacle Training incorporates the nationally recognised qualifications:

- **SIS20115 Certificate II in Sport and Recreation (entry qualification)**
- **SIS30315 Certificate III in Fitness**

The course covers the skills and knowledge required of a worker entering the Fitness industry as an Exercise/Gym Instructor.

In particular, the 'Fitness in Schools' program involves:

- The industry-recognised First Aid Certificate – HLTAID003 Provide First Aid
- Learning about the Sport, Fitness and Recreation (SFR) industry
- Using and maintaining fitness and sport equipment
- Following health and safety standards in the workplace
- Responding to emergency situations
- Developing and updating knowledge of coaching practices
- Delivering community fitness programs
- Providing quality customer service
- Conducting risk assessments for sport and fitness activities
- Developing sport, fitness and recreation industry knowledge
- Providing client screening and health assessments
- Providing healthy eating information to clients
- Instructing and monitoring fitness programs
- Conducting warm-up and cool-down programs
- Planning and delivering gym programs
- Working with specific population clients, including older clients
- Developing skills and knowledge in exercise science, including anatomy and physiology

This is achieved by working alongside a qualified Fitness Trainer (your teacher) and other fitness/sport coaches to deliver community-based fitness and recreation activities and programs to clients (students, teachers, staff and family members) within your school community.

What does the program involve?

The program involves learning about what it takes to become an Exercise Professional. This learning will take place in a range of settings, including the classroom, outdoors and the fitness facility for your school (e.g. school gym). Training also includes practical experience as an Exercise/Gym Instructor and Activity Assistant at the school.

Assessment activities include the completion of practical and knowledge tasks throughout the program. Many of the practical tasks that are performed while participating in practical lessons or training to be an Exercise/Gym Instructor will be observed. This will often require the completion of a fitness industry document (e.g. exercise program).

Knowledge tasks generally take the form of a short answer quiz that is completed online and tests your knowledge against one or more of the competency units.

Completing Assessments

All assessment tasks and resources are online and each term has a specific number of assessment tasks.

Your teacher will regularly review the completion of your assessment and if gaps are identified (i.e. assessment tasks incomplete or 'Not Yet Satisfactory'), you will be required to finalise the assessment in your own time (e.g. during exam block) before the next school term commences.

As per the diagram below, you will store your completed assessment (and associated documents) online for your teacher to mark and inform you of the outcome ('Satisfactory' or 'Not Yet Satisfactory').

1. You (the student) complete the assessment each term.

- **Knowledge assessments completed online in your Binnacle lounge.**
- **Demonstrate required skills in practical tasks.**
- **Access to training resources to assist with assessment are also available in your Binnacle Lounge.**

The teacher marks your assessment:

- **Some knowledge assessment items are 'auto-marked' by the Binnacle Lounge learning platform.**
- **The teacher will mark your other (e.g. project, practical and case study) assessment items.**
- **The sign-off page in each term is where feedback is provided and the outcome of each assessment item is recorded.**

Competencies in this Program

The breakdown of competency units scheduled for finalisation are as follows:

- Students enrol in qualification: **SIS20115 Certificate II in Sport and Recreation** in Term 1.
- Students enrol in qualification: **SIS30315 Certificate III in Fitness** at the commencement of Term 5 assessment.

	UNIT CODE	UNIT TITLE
TERMS 1-4	SISXIND001	Work effectively in sport, fitness and recreation environments
	SISXIND002	Maintain sport, fitness and recreation industry knowledge
	FSKLRG11	Use routine strategies for work-related learning
	SISXEMR001	Respond to emergency situations
	SISXCAI002	Assist with activity sessions
	BSBWOR202	Organise and complete daily work activities
	HLTWHS001	Participate in workplace health and safety
	BSBRSK401	Identify risk and apply risk management processes
	BSBWHS303	Participate in WHS hazard identification
	SISXCCS001	Provide quality service
	SISXFAC001	Maintain equipment for activities
	ICTWEB201	Use social media tools for collaboration and engagement
	HLTAID003	Provide first aid

Qualification scheduled for finalisation: SIS20115 CERTIFICATE II IN SPORT AND RECREATION

	UNIT CODE	UNIT TITLE
TERMS 5-11	SISFFIT004	Incorporate anatomy and physiology principles into fitness programming
	SISFFIT011	Instruct approved community fitness programs
	SISFFIT001	Provide health screening and fitness orientation
	SISFFIT006	Conduct fitness appraisals
	SISFFIT003	Instruct fitness programs
	SISFFIT005	Provide healthy eating information
	SISFFIT014	Instruct exercise to older clients
	SISFFIT002	Recognise and apply exercise considerations for specific populations

Qualification scheduled for finalisation: SIS30315 CERTIFICATE III IN FITNESS

Career Pathways

Graduates of Binnacle Training's 'Fitness in Schools' program may explore a Certificate IV in Fitness pathway with another training provider (e.g. TAFE Queensland or Fit College) at completion of their Certificate III in Fitness .

Further information pertaining to the Certificate IV in Fitness (including RTO and price) will be supplied throughout your course. Please advise your Fitness Teacher if you would like further information regarding the Certificate IV or other inter-related industry pathway qualifications (e.g. Business).

See flowchart over page.

Certificate III in Fitness
University Degree
Certificate IV in Fitness
Exercise Physiologist
Sport Scientist
Teacher - Physical Education
Diploma of Fitness
Personal Trainer