



Binnacle
Training

RTO Code 31319



ABSTRACT

This Student Information document contains important information for students undertaking the Certificate III in Fitness program with Binnacle Training, including:

- Program inclusions
- A program outline
- The assessment completion process
- Career pathways
- Binnacle Third-Party Arrangements

STUDENT INFORMATION

‘Fitness in Schools’

Certificate III in Fitness

Program Inclusions

The 'Fitness in Schools' program with Binnacle Training incorporates the nationally recognised qualification: **SIS30315 Certificate III in Fitness**.

The course covers the skills and knowledge required to enter 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 health screenings and fitness 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.

Program Outline

The program involves learning about the requirements to become an Exercise Professional. This learning will take place in a range of settings, including the classroom, outdoors and the fitness facility at 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 and often requires the completion of a fitness industry document (e.g. exercise program).

Knowledge tasks generally take the form of short answer quizzes and project tasks that are completed online.

Completing Assessments

All assessment tasks and resources are online (practical components are completed in an SFR environment e.g. the school gym) and each term has a specific number of assessment tasks.

Your teacher will regularly review the completion of your assessment and if 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 in the Binnacle Lounge for your teacher to mark.

1. You 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 units of competency scheduled for finalisation are as follows:

	UNIT CODE	UNIT TITLE
TERMS 1-4	SISXIND001	Work effectively in sport, fitness and recreation environments
	SISXIND002	Maintain sport, fitness and recreation industry knowledge
	SISXEMR001	Respond to emergency situations
	HLTWHS001	Participate in workplace health and safety
	BSBRSK401	Identify risk and apply risk management processes
	SISXCCS001	Provide quality service
	SISXFAC001	Maintain equipment for activities
	HLTAID003	Provide first aid

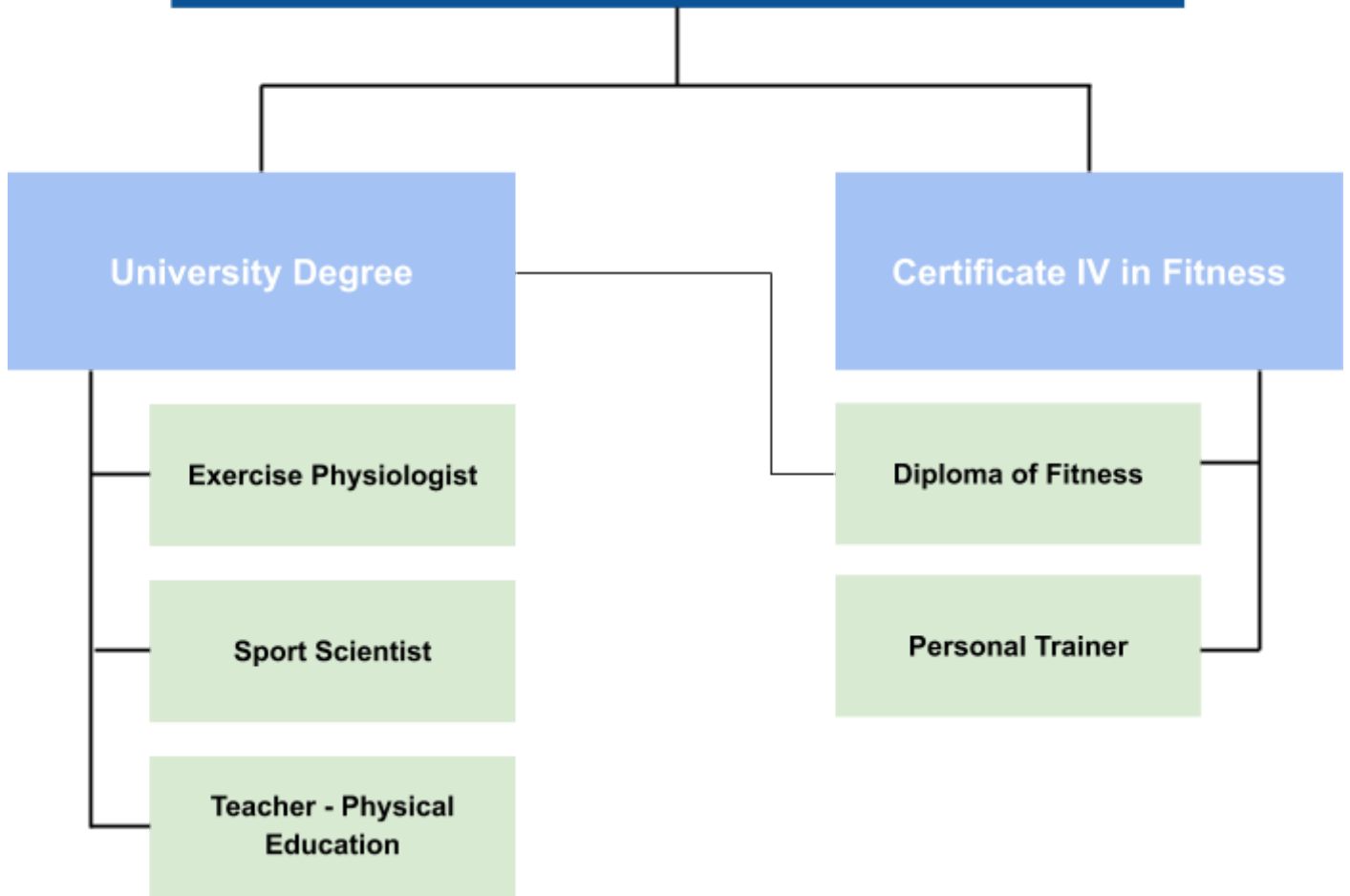
	UNIT CODE	UNIT TITLE
TERMS 5-7	SISFFIT004	Incorporate anatomy and physiology principles into fitness programming
	SISFFIT011	Instruct approved community fitness programs
	SISFFIT001	Provide health screening and fitness orientation
	SISFFIT006	Conduct fitness appraisals
	SISFFIT003	Instruct fitness programs
	SISFFIT005	Provide healthy eating information
	SISFFIT014	Instruct exercise to older clients
	SISFFIT002	Recognise and apply exercise considerations for specific populations

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) upon completion of the 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).

Certificate III in Fitness



Binnacle Training Third-Party Arrangements

As the RTO, Binnacle Training engages individual secondary schools under a third-party arrangement to provide physical and human resources to deliver training and conduct assessment.

Binnacle Training Responsibilities: Enrolling students into the VET course, training and assessment outcomes, issuing certificates and testamurs, and ensuring that the VET course is on its scope of registration at all times.

School Responsibilities (as the third-party): The provision of adequate physical (equipment and facilities) and human resources (program deliverer), and delivering training and assessment services on behalf of Binnacle including the provision of student support services such as language, literacy and numeracy (LLN) assistance.

Student Enrolment

Student enrolment into the Binnacle Program requires the school to have a current Third-Party Agreement in place and for students to obtain a (free) Student Blue Card - Working/Volunteering with Children (enrolment is unable to be finalised until the Blue Card has been issued).

Definitions and Interpretations

RTO - means a training organisation that has authorisation to train and assess nationally recognised qualifications on its scope of registration.

School (third-party) - means the secondary school/college that is providing the physical and human resources to deliver training and conduct assessment on behalf of, and in the name of, Binnacle Training as the external RTO.

Training Product - means any qualification, unit of competency, or group of competencies packaged together as a Binnacle Program.

Program - means the course(s) or qualifications(s) in its entirety.

For further information please access the [Program Disclosure Statement](#) in full.