



# Course Schedule

## 2020 Short Course: Introduction to Sport, Fitness & Recreation

<b>TERM 1</b>	TOPICS COVERED	
	<b><u>BLOCK 1: Binnacle Lounge Induction</u></b>	<ul style="list-style-type: none"><li>• Navigating the Binnacle Lounge</li><li>• Assessment</li><li>• Learner Resources</li><li>• Course Introduction</li></ul>
	<b><u>BLOCK 2: Community Fitness Programs</u></b>	<ul style="list-style-type: none"><li>• WHS and Activity Risk Assessments</li><li>• Warm-ups and Cool-downs</li><li>• Environmentally Sustainable Work Practices</li><li>• Coaching and Instruction</li></ul>
	<b><u>BLOCK 3: Introduction to Anatomy</u></b>	<ul style="list-style-type: none"><li>• Body Systems</li><li>• Major Bones and Muscles</li><li>• The Cardiovascular System</li><li>• The Digestive System</li></ul>
	SPECIFIC PROGRAM REQUIREMENTS	
	Community Fitness Program #1 – Body-weight circuits for your peer group	

<b>TERM 2</b>	TOPICS COVERED	
	<b><u>BLOCK 1: Induction</u></b>	<ul style="list-style-type: none"><li>• Programs (including CPR Certificate)</li></ul>
	<b><u>BLOCK 2: Introduction to Healthy Eating</u></b>	<ul style="list-style-type: none"><li>• Basic Healthy Eating Information</li><li>• Introduction to Sports Nutrition</li><li>• Introduction to Sports Supplements</li></ul>
	<b><u>BLOCK 3: Provide CPR Certificate</u></b>	<ul style="list-style-type: none"><li>• Emergency Response</li><li>• CPR Procedures</li></ul>
	SPECIFIC PROGRAM REQUIREMENTS	
	Community Fitness Program #2 – Junior high school participant group Community Fitness Program #3 – Primary school participant group Provide cardiopulmonary resuscitation (CPR) certificate	

## UNITS SCHEDULED FOR COMPLETION

SISFFIT011 Instruct approved community fitness programs  
BSBWHS201 Contribute to health and safety of self and others  
BSBSUS201 Participate in environmentally sustainable work practices  
HLTAID001 Provide cardiopulmonary resuscitation

\*Please note that this course schedule is a guide only.