



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

<b>TERM 1</b>	<b>TOPICS</b>
	<ul style="list-style-type: none"><li>• Binnacle Lounge Induction</li><li>• SFR Policies and Procedures</li><li>• Community Fitness Programs</li><li>• WHS and Activity Risk Assessments</li><li>• Warm-ups and Cool-downs</li><li>• Introduction to Anatomy</li><li>• Body Systems</li><li>• Major Bones and Muscles</li><li>• The Cardiovascular System</li><li>• The Respiratory System</li></ul>
	<b>PROGRAMS</b>
	<ul style="list-style-type: none"><li>• Community Fitness Program #1 – Plan and instruct body-weight exercises</li><li>• Fitness Testing – Participate in the ‘Beep Test’</li></ul>

<b>TERM 2</b>	<b>TOPICS</b>
	<ul style="list-style-type: none"><li>• Introduction to Healthy Eating</li><li>• Food Groups</li><li>• Energy Systems</li><li>• Hydration</li><li>• Supplements</li><li>• Cardiopulmonary Resuscitation</li><li>• Respond to an Emergency</li></ul>
	<b>PROGRAMS</b>
	<ul style="list-style-type: none"><li>• Community Fitness Program #2 – Plan and instruct sessions for junior secondary participants</li><li>• Community Fitness Program #3 – Plan and instruct sessions for primary school participants</li><li>• Provide cardiopulmonary resuscitation (CPR) certificate</li></ul>

### UNITS SCHEDULED FOR COMPLETION

SISFFIT011 Instruct approved community fitness programs  
BSBITU211 Produce digital text documents  
BSBWHS201 Contribute to health and safety of self and others  
HLTAID001 Provide cardiopulmonary resuscitation

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