



### 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>

#### UNITS SCHEDULED FOR COMPLETION – TERM 1

BSBITU211 Produce digital text documents

<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 – TERM 2

SISFFIT011 Instruct approved community fitness programs  
 BSBWHS201 Contribute to health and safety of self and others  
 HLTAID001 Provide cardiopulmonary resuscitation