



2022 Certificate III in Fitness + Certificate II in Sport and Recreation

**Students commence with their initial enrolment in qualification: SIS20115 Certificate II in Sport & Recreation*

TERM 1	TOPICS
	<ul style="list-style-type: none"> Binnacle Lounge Induction Sport, Fitness and Recreation (SFR) Industry Knowledge Beginning Coaching Principles Workplace Health and Safety SFR Laws and Legislation Maintain SFR Equipment
	PROGRAMS
	<ul style="list-style-type: none"> Bootcamp Program: Assist with Delivering Sessions Coaching Program: Plan and Deliver Coaching Sessions Respond to an Emergency Situation: Fire Evacuation Drill Online Course: Community Coaching General Principles

**Students complete their official enrolment in qualification: SIS20115 Certificate II in Sport & Recreation*

TERM 2	TOPICS
	<ul style="list-style-type: none"> Respond to Emergencies Provide First Aid and CPR Risk Analysis Organise Work Community Fitness Programs
	PROGRAMS
	<ul style="list-style-type: none"> Community Fitness Program: Plan and Conduct Community Fitness Sessions Short Course: Provide First Aid (HLTAID011)

TERMS 1 & 2 UNITS OF COMPETENCY SCHEDULED FOR COMPLETION

N/A	No units of competency are scheduled for completion
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Students complete their official enrolment in qualification: SIS30321 Certificate III in Fitness

**Pending release on training.gov.au and Binnacle Training's addition to scope successful application thereafter.*

TERM 3	TOPICS
	<ul style="list-style-type: none"> Body Systems The Cardiorespiratory System Descriptive Terminology The Musculoskeletal System Provide Quality Customer Service Plan and Deliver Exercise Programs
	PROGRAMS
	<ul style="list-style-type: none"> One-on-One Cardio Program: Personal Fitness Coach Group Cardio Program: Circuit Sessions for Adolescent Clients

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



TERM 3 UNITS OF COMPETENCY SCHEDULED FOR COMPLETION

HLTWHS001	Participate in workplace health and safety
SISXEMR001	Respond to emergency situations
SISXIND001	Work effectively in sport, fitness and recreation environments
SISXCAI002	Assist with activity session
SISXIND002	Maintain sport, fitness and recreation industry knowledge
SISXCCS001	Provide quality service
SISXFAC001	Maintain equipment for activities
BSBWOR202	Organise and complete daily work activities

TERM 4	TOPICS
	<ul style="list-style-type: none"> • The Digestive System and the Energy Systems • Provide Healthy Eating Information • Client Screening and Health Assessment • Environmentally Sustainable Work Practices
	PROGRAMS
	<ul style="list-style-type: none"> • Client Screening: Initial Client Consultation • Group Nutrition Presentation

TERM 4 UNITS OF COMPETENCY SCHEDULED FOR COMPLETION

BSBOPS304	Deliver and monitor a service to customers
BSBPEF301	Organise personal work priorities
BSBTEC203	Research using the internet
BSBSUS211	Participate in sustainable work practices
BSBSUS201	Participate in environmentally sustainable work practices

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

*Finalisation of SIS20115 requires completion of HLTAID011 Provide First Aid

Students are provided the option to complete the Certificate II in Sport and Recreation only (exit point).



TERM 5	TOPICS
	<ul style="list-style-type: none"> Conducting Health Assessments Plan and Deliver Exercise Programs Provide Healthy Eating Anatomy & Physiology
	PROGRAMS
	<ul style="list-style-type: none"> Fitness Orientation Program: Client Orientation One-on-One Gym Program: Adolescent Client

TERM 6	TOPICS
	<ul style="list-style-type: none"> Older Clients Specific Population Clients Anatomy and Physiology
	PROGRAMS
	<ul style="list-style-type: none"> Gentle Exercise Program: Participate in Gentle Exercise Sessions Mobility Program: Plan and Instruct Mobility Sessions Specific Populations: Plan and Deliver Programs for Scenario Clients Community Fitness Program: Primary School Participants

TERMS 5 & 6 UNITS OF COMPETENCY SCHEDULED FOR COMPLETION	
N/A	No units of competency are scheduled for completion

TERM 7	TOPICS
	<ul style="list-style-type: none"> Older Clients Specific Populations Anatomy and Physiology
	PROGRAMS
	Group Exercise and Gym-based One-on-One Sessions: <ul style="list-style-type: none"> Female and Male Adults aged 18+; and Older adults aged 55+

TERM 7 UNITS OF COMPETENCY SCHEDULED FOR COMPLETION	
*SISFFIT047	Use anatomy and physiology knowledge to support safe and effective exercise
*SISFFIT035	Plan group exercise sessions
*SISFFIT036	Instruct group exercise sessions
*SISFFIT032	Complete pre-exercise screening and service orientation
*SISFFIT033	Complete client fitness assessments
*SISFFIT052	Provide healthy eating information
*SISFFIT040	Develop and instruct gym based exercise programs for individual clients

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



Binnacle
Training

RTO Code 31319

2022 Course Schedule

Qualification scheduled for finalisation: ***SIS30321 CERTIFICATE III IN FITNESS**

**Pending release on training.gov.au and Binnacle Training's addition to scope successful application thereafter.*