



LLN Comparison: SIS30321 Certificate III in Fitness vs SIS30115 Certificate III in Sport and Recreation

LLN	SIS30321 Certificate III in Fitness	SIS30115 Certificate III in Sport and Recreation
Reading	<ul style="list-style-type: none"> – Evaluate information about customer service requirements. – Interpret workplace policies and procedures, work performance guidelines and objectives. – Read and understand workplace health and safety policies and procedures. – Interpret safety signs, dangerous goods classifications and safety instructions. – Interpret plain English documents on legalities, industry accreditation and codes of conduct. – Interpret complaint handling procedures and standards of service as well as written requests and complaints from clients. – Interpret pre-exercise screening questionnaires and guidelines as well as medical guidance records. – Interpret exercise session plans and programs as well as procedures for instructing and reporting on group exercise sessions. – Read and understand anatomy and physiology information including anatomical terminology. – Interpret national dietary guidelines and overarching recommendations. 	<ul style="list-style-type: none"> – Read and understand workplace health and safety policies and procedures. – Interpret safety signs, dangerous goods classifications and safety instructions. – Interpret written requests and complaints from clients. – Interpret complaint handling procedures and standards of service. – Read and comprehend the workplace policies and procedures manual. – Interpret WHS legislation and workplace policies, procedures and records. – Interpret manufacturer guidelines to set up, dismantle, maintain and repair equipment. – Interpret, sometimes complex, program budget information.
Writing	<ul style="list-style-type: none"> – Prepare recommendation reports using clear and effective sequencing, formatting and wording. – Prepare written reports and documents to prioritise work tasks. – Complete incident reports and client feedback records. – Summaries and record client information in portfolios and files. – Complete sustainability audit templates using relevant terminology. – Use fundamental sentence structure to complete client forms, referral letters and evaluation records. – Use drafting and proofreading strategies to construct referral letters with accurate spelling and grammar. – Create detailed exercise session plans using correct terminology and abbreviations. – Summarise technical information for clients using plain language and minimal complex terminology. – Use fundamental sentence structure to complete exercise programs and sessions. 	<ul style="list-style-type: none"> – Complete incident reports and client feedback records. – Summarise and record client/participant information in portfolios and files. – Complete risk management documents using industry-related terminology. – Use appropriate and contextual language in WHS plans, reports and general advice. – Use appropriate structure and specialised language when developing social media content. – Create written session plans and complete performance records. – Prepare written reports and personal development plans.



<p style="text-align: center;">Verbal Communication</p>	<ul style="list-style-type: none"> - Provide and receive feedback on work priorities using specific and relevant language. - Use listening and questioning techniques to confirm understanding of work priorities. - Use open and closed questions and actively listen to discuss client training preferences and collect relevant information. - Discuss purpose, intended audience and presentation requirements with peers. - Explain the pre-exercise screening process as well as fitness and exercise information to clients using plain language and terms that are easily understood. - Explain anatomical and physiological information using terms that clients can understand. 	<ul style="list-style-type: none"> - Discuss own progress with a supervisor. - Discuss risk management issues with relevant stakeholders. - Use industry specific vocabulary when presenting WHS information. - Use active listening and questioning to clarify and confirm understanding of WHS documentation. - Participate effectively in spoken interactions when clarifying workplace schedules.
<p style="text-align: center;">Numeracy</p>	<ul style="list-style-type: none"> - Calculate metric measurements to determine resource usage. - Interpret numerical information from screening questionnaires and guidelines including symbols, abbreviations, percentages, weights, volumes, ratios and pressures. - Record accurate body measurements involving blood pressure, weight and height. - Complete and record calculations involving addition, subtraction, multiplication, division, percentages and ratios. - Record and complete calculations and estimations for exercise session plans which involve time, intervals, volume, speed and load. - Follow and adjust session timings to meet the required exercise duration. - Interpret numerical aspects of the national dietary guidelines including recommended and proportional food intakes. 	<ul style="list-style-type: none"> - Use a numerical risk assessment matrix to determine risk level. - Interpret numerical information to allocate timeframes to work tasks. - Make time estimations and check logistics when scheduling appointments.