



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

PHYSICAL RESOURCE REQUIREMENTS	
SIS30321 Certificate III in Fitness	SIS30115 Certificate III in Sport and Recreation
Facilities and equipment - located at the school:	Facilities and equipment - located at the school:
<p>A Fitness (Gym) Facility which <u>must have</u>:</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> A variety of exercise modes (including with and without equipment) <input checked="" type="checkbox"/> A range of exercise equipment including cardiovascular, resistance and flexibility <input checked="" type="checkbox"/> A variety of exercise areas including resistance, cardio, flexibility, circuit and outdoor <input checked="" type="checkbox"/> Adequate space to cater for groups/multiple trainers <input checked="" type="checkbox"/> Key health and safety equipment and/or aids <input checked="" type="checkbox"/> A range of programs and services <input checked="" type="checkbox"/> A first aid kit. <p>The School (Third-Party) <u>must have</u> the following fitness equipment:</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Tape measures (such as a stadiometer to measure height) <input checked="" type="checkbox"/> Sit and reach tools <input checked="" type="checkbox"/> Stationary bicycle, treadmill or rowing ergometer <input checked="" type="checkbox"/> Heart rate monitors <input checked="" type="checkbox"/> Blood pressure monitor <input checked="" type="checkbox"/> Body weight scales <input checked="" type="checkbox"/> Stop watches 	<p>The School (Third-Party) <u>must have</u>:</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> A sport-specific training or competition environment. <input checked="" type="checkbox"/> Facilities where a sport-specific range of officiating and coaching activities can be conducted. <input checked="" type="checkbox"/> Equipment and resources appropriate for one or more specific sports. <input checked="" type="checkbox"/> Access to athletes and novice/beginner participants.
Fitness Programs:	Sport Programs:
<p>The School (Third-Party) <u>must have</u> access to the following adult and older adult clients – with <u>all 9 sessions</u>, instructed by each student, undertaken on school premises (or an external fitness facility as arranged by the School) - for practical assessment purposes and assessed by the Binnacle Teacher.</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> 1-ON-1 GYM-BASED SESSIONS: Each student is required to instruct two gym-based sessions 	<p>The School (Third-Party) <u>must have</u>:</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Access to a primary school (or junior secondary year levels) to run two sport/recreation programs (must be organised and overseen by the Program Deliverer). <ul style="list-style-type: none"> – The venue/facility for this sport/recreation program must allow for a range of activities and equipment to be included.



(minimum session duration of 30 minutes) for each of the following individual clients (6 x 1-on-1 sessions in total):

- 1 x female adult (age 18+ years) – minimum of 2 sessions
- 1 x male adult (age 18+ years) – minimum of 2 sessions
- 1 x older adult (age 55+ years) – minimum of 2 sessions

PLUS

GROUP EXERCISE SESSIONS: Each student is required to instruct one group exercise session (minimum session duration of 45 minutes) for each of the following client groups (three group exercise sessions in total with a minimum of 6 participants in each group):

- **A group that is predominantly comprised of female adults – minimum of 1 session**
(i.e. a minimum of 6 participants with at least 4 x female adults)
- **A group that is predominantly comprised of male adults – minimum of 1 session**
(i.e. a minimum of 6 participants with at least 4 x male adults)
- **A group that is predominantly comprised of older adults – minimum of 1 session**
(i.e. a minimum of 6 participants with at least 4 x older adults aged 55 years or over)

IMPORTANT: *These sessions have been scheduled outside of class hours (on the basis that adult clients such as teachers have restricted availability during school time) however, they can be completed during class time if clients are available. Sessions must be coordinated by the Binnacle Teacher (qualified fitness professional) at a fitness facility with adequate insurances in place and approved by the school (e.g. school gym).*

Sport Specialty (NRL, Netball, Rugby Union, Other) schools: Must also have access to events, games or competitions where students will assist as officials (e.g. Gala Days).



Additional school requirements:	Additional school requirements:
<p>The School (Third-Party) <u>must have</u>:</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Personal computers with office software and internet access. <input checked="" type="checkbox"/> Repair equipment and maintenance resources (e.g. ball pumps, cleaning equipment). <input checked="" type="checkbox"/> Maintenance storage facilities (e.g. storeroom). <input checked="" type="checkbox"/> Access to a primary school participant group (or junior secondary) for a Community Fitness Program to be organised by the Program Deliverer. <ul style="list-style-type: none"> – The venue/facility for this Community Fitness Program must include a range of sport and recreation activities and equipment. 	<p>The School (Third-Party) <u>must have</u>:</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Personal computers with office software and internet access. <input checked="" type="checkbox"/> Repair equipment and maintenance resources (e.g. ball pumps, cleaning equipment). <input checked="" type="checkbox"/> Maintenance storage facilities (e.g. storeroom). <input checked="" type="checkbox"/> Access to social media tools and applications (e.g. blogs, wikis, social media sites).
Other (recommended) requirements:	Other (recommended) requirements:
<p>It is <u>recommended</u> for the School (Third-Party) to have:</p> <ul style="list-style-type: none"> • Anatomical and physiological information and resources (posters, charts, magazines, etc). • Human skeleton models or other anatomical models (Binnacle will provide digital copies of diagrams which may be printed and used as learning resources). • Access to school WHS and risk management policies and procedures (Binnacle will also provide a generic SFR Policies and Procedures Manual). • Access to skinfold callipers as an additional Fitness Assessment equipment item. 	<p>N/A</p>
<p>If you are not currently meeting these PHYSICAL RESOURCE requirements, please use the relevant section in the ‘Binnacle Signed Agreement’ to describe the actions that will be taken to ensure that these are met prior to program delivery.</p>	<p>If you are not currently meeting these PHYSICAL RESOURCE requirements, please use the relevant section in the ‘Binnacle Signed Agreement’ to describe the actions that will be taken to ensure that these are met prior to program delivery</p>