



**Binnacle
Training**

RTO Code 31319



STUDENT INFORMATION

Short Course: Introduction to Fitness

ABSTRACT

This document is for students undertaking the 'Introduction to Fitness' Short Course with Binnacle Training and contains important information on:

- The program outline and inclusions
- The assessment completion process
- Education pathways
- Binnacle Training Third-Party Arrangements

Program Inclusions

Graduates of the Binnacle **Short Course: Introduction to Fitness** will be issued a nationally recognised Statement of Attainment – with 2 units of competency towards the Certificate III in Fitness (SIS30315).

These competencies may provide credit towards the following Binnacle Certificate II/III [Programs for Schools](#):

- Certificate III in Fitness
- Certificate III in Sport and Recreation
- Certificate II in Sport and Recreation

This short course covers foundational skills and knowledge for the Sport, Fitness and Recreation (SFR) industry including:

- Introduction to warm-ups, cool-downs and body-weight exercises
- Planning and delivering a fitness program for adolescent participants
- Personal wellbeing in the workplace
- Developing a wellbeing plan

Program Outline

The program involves learning the introductory skills and knowledge as an activity assistant in the Sport, Fitness and Recreation (SFR) industry. This learning will take place in a range of settings, including the classroom, outdoors and the SFR facility at your school (e.g. sports hall). Training also includes practical experience as an activity assistant, which involves working alongside teachers and coaches to assist in preparing and conducting fitness sessions, programs and events for community members (e.g. primary school or junior secondary students).

Assessment activities include the completion of practical and knowledge tasks throughout the program. Knowledge tasks generally take the form of short answer quizzes and research tasks that are completed online. Many of the practical tasks will also involve completing an industry document (e.g. session plan).

Completing Assessments

All assessment tasks and resources are online (practical components are completed in an SFR environment e.g. the school sports hall) and the course has a specific number of assessment tasks.

Your teacher will regularly review the completion of your assessment and if incomplete or not yet satisfactory, you may be required to finalise the assessment in your own time (e.g. during exam block) before the next school term commences.

Your completed assessment and associated documentation will be stored online in your Binnacle Lounge account for your teacher to mark ('Satisfactory' or 'Not Yet Satisfactory').

1. You complete the assessment each term:

- Knowledge assessments completed online in your Binnacle lounge.
- Demonstrate required skills in practical tasks.
- Access to training resources to assist with assessment are also available in your Binnacle Lounge.



The teacher marks your assessment:

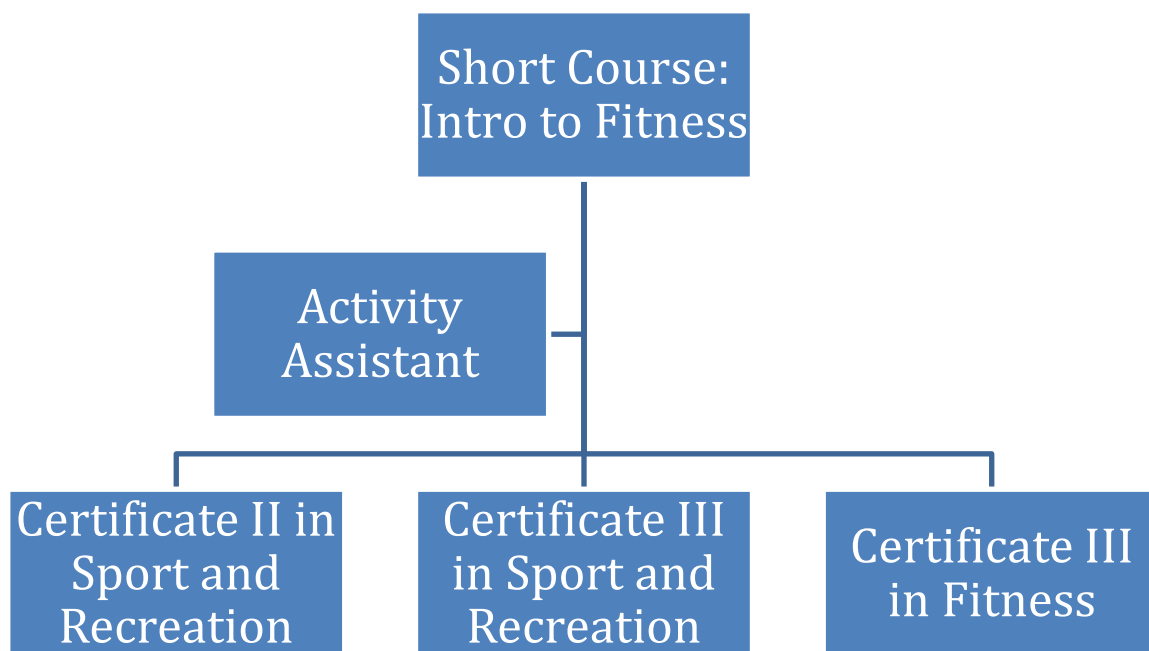
- Some knowledge assessment items are 'auto-marked' by the Binnacle Lounge learning platform.
- The teacher will mark your other (e.g. project, practical and case study) assessment items.
- The sign-off page in each term is where feedback is provided and the outcome of each assessment item is recorded.

Units of Competency

The units of competency scheduled for finalisation are:

UNIT CODE	UNIT TITLE
BSBTWK201	Work effectively with others
BSBPEF201	Support personal wellbeing in the workplace

Education Pathways



Binnacle Training Third-Party Arrangements

As the RTO, Binnacle Training engages individual secondary schools under a third-party arrangement to provide physical and human resources to deliver training and conduct assessment.

Binnacle Training Responsibilities: Enrolling students into the VET course, training and assessment outcomes, issuing certificates and testamurs, and ensuring that the VET course is on its scope of registration at all times.

School Responsibilities (as the third-party): The provision of adequate physical (equipment and facilities) and human resources (program deliverer), and delivering training and assessment services on behalf of Binnacle including the provision of student support services such as language, literacy and numeracy (LLN) assistance.

Language, Literacy and Numeracy Skills

A Language, Literacy and Numeracy (LLN) Screening process is undertaken at the time of initial enrolment (or earlier) to ensure that students have the capacity to effectively engage with the content. The following examples provide a snapshot of the reading, writing, numeracy and verbal communication skills that would be expected in order to satisfy competency requirements:

Reading	<ul style="list-style-type: none">– Identifies and interprets textual information to determine job role and requirements.– Identifies and interprets information to determine task requirements.
Writing	<ul style="list-style-type: none">– Completes required documentation using organisational formats.– Composes simple documents for others to read.
Oral Communication	<ul style="list-style-type: none">– Participates in discussions using clear language and features appropriate to audience.– Uses listening and questioning techniques to request assistance and confirm understanding.– Presents information and seeks advice using language and features appropriate to audience.– Participates in discussions using listening and questioning to elicit views of others and to clarify or confirm understanding.

Definitions and Interpretations

RTO - means a training organisation that has authorisation to train and assess nationally recognised qualifications on its scope of registration.

School (third-party) - means the secondary school/college that is providing the physical and human resources to deliver training and conduct assessment on behalf of, and in the name of, Binnacle Training as the external RTO.

Training Product - means any qualification, unit of competency, or group of competencies packaged together as a Binnacle Program.

Program - means the course(s) or qualifications(s) in its entirety.

For further information please access the [Program Disclosure Statement](#) in full.