



RESOURCE REQUIREMENT COMPARISON:

SIS30321 Certificate III in Fitness vs SIS30115 Certificate III in Sport and Recreation

HUMAN RESOURCE REQUIREMENTS	
SIS30321 Certificate III in Fitness	SIS30115 Certificate III in Sport and Recreation
Evidence of qualification (TAE + Industry Qualification + VCU)	Evidence of qualification (TAE + Industry Qualification + VCU)
<p>Each Program Deliverer must have the following evidence requirements in place prior to commencement of delivery:</p> <ul style="list-style-type: none"> ☑ Hold the Certificate IV in Training and Assessment (TAE40116 or TAE40110*) qualification: <ul style="list-style-type: none"> * If using the TAE40110 qualification, two new core units must also be held: <ol style="list-style-type: none"> 1. TAEASS502 Design and develop assessment tools (or equivalent); and 2. TAELLN411 Address adult language, literacy and numeracy (LLN) skills (or equivalent) <u>OR</u> Hold a diploma or higher qualification in "adult" education. <div style="border: 2px solid red; padding: 5px; margin-top: 10px;"> <ul style="list-style-type: none"> ☑ Hold an industry qualification: <ul style="list-style-type: none"> * Program Deliverer must hold a Certificate IV in Fitness with a collective period of two years working in fitness instruction (or be a registered/accredited practising exercise professional with a degree and experience). </div> <ul style="list-style-type: none"> ☑ Demonstrate vocational competence: <p>Must complete a (free) non-accredited Vocational Competence Update (VCU) which is used to demonstrate current knowledge and skills specific to each unit of competency within the qualifications being delivered. Deliverers will need to either hold the unit of competency OR demonstrate equivalence (in skills and knowledge) using verifiable evidence.</p> 	<p>Each Program Deliverer must have the following evidence requirements in place prior to commencement of delivery:</p> <ul style="list-style-type: none"> ☑ Hold the Certificate IV in Training and Assessment (TAE40116 or TAE40110*) qualification: <ul style="list-style-type: none"> * If using the TAE40110 qualification, two new core units must also be held: <ol style="list-style-type: none"> 1. TAEASS502 Design and develop assessment tools (or equivalent); and 2. TAELLN411 Address adult language, literacy and numeracy (LLN) skills (or equivalent) <u>OR</u> Hold a diploma or higher qualification in "adult" education. <div style="border: 2px solid red; padding: 5px; margin-top: 10px;"> <ul style="list-style-type: none"> ☑ Hold an industry qualification: <ul style="list-style-type: none"> * Program Deliverer must hold a Sport, Fitness and Recreation (SFR)-related VET qualification (Certificate III or higher) and/or Degree in a Sport, Fitness and Recreation (SFR) industry area. </div> <ul style="list-style-type: none"> ☑ Demonstrate vocational competence: <p>Teacher must complete a (free) non-accredited Vocational Competence Update (VCU) which is used to demonstrate current knowledge and skills specific to each unit of competency within the qualifications being delivered. Deliverers will need to either hold the unit of competency OR demonstrate equivalence (in skills and knowledge) using verifiable evidence.</p>



Nominated Fitness Back-Up Deliverer	Nominated Sport and Recreation Back-Up Deliverer
<p>This must include:</p> <ul style="list-style-type: none">☑ At least one back-up deliverer who meets the 'Human Resource Requirements' prior to commencing as a Binnacle Program Deliverer:<ol style="list-style-type: none">1. A current Certificate IV in Training and Assessment.2. A Certificate IV in Fitness with a collective period of two years working in fitness instruction (or be a registered/accredited practising exercise professional with a degree and experience relevant to each of the 7 x 'Fitness Instruction' units of competency).3. Demonstrate vocational competence.	<p>This must include:</p> <ul style="list-style-type: none">☑ At least one back-up deliverer who meets the 'Human Resource Requirements' prior to commencing as a Binnacle Program Deliverer:<ol style="list-style-type: none">1. A current Certificate IV in Training and Assessment.2. A Sport, Fitness and Recreation (SFR)-related VET qualification (Certificate III or higher) and/or Degree.3. Demonstrate vocational competence.



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> access to:</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"/> Athletes and novice/beginner participants. <input checked="" type="checkbox"/> Key health and safety equipment and/or aids. <input checked="" type="checkbox"/> First aid kit <input checked="" type="checkbox"/> Drinking water <input checked="" type="checkbox"/> Sport-specific rules, regulations and policies <input checked="" type="checkbox"/> Sport-specific facilities, equipment and resources <input checked="" type="checkbox"/> Organisational safety, emergency response and first aid procedures for the specific sport
Fitness Programs	Sport and Recreation 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"/> 6 x 1-ON-1 GYM-BASED SESSIONS: Each student is required to instruct six gym-based sessions (minimum session duration of 30 minutes) for each of the following individual clients: 	<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 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. <input checked="" type="checkbox"/> Sport Specialty (NRL, Netball, Rugby Union, Other) schools: Must also have access to events, games or



- 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

3 x GROUP EXERCISE SESSIONS: Each student is required to instruct three group exercise sessions (minimum session duration of 45 minutes) for each of the following client groups (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).*

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"> ☑ Personal computers with office software and internet access. ☑ Repair equipment and maintenance resources (e.g. ball pumps, cleaning equipment). ☑ Maintenance storage facilities (e.g. storeroom). ☑ 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"> ☑ Personal computers with office software and internet access. ☑ Repair equipment and maintenance resources (e.g. ball pumps, cleaning equipment). ☑ Maintenance storage facilities (e.g. storeroom). ☑ Access to social media tools and applications (e.g. blogs, wikis, social media sites).
Other (recommended) requirements	Other (recommended) requirement
<p>It is <u>recommended</u> for the School (Third-Party) to facilitate:</p> <ul style="list-style-type: none"> • A Fitness Industry Discovery Day - preferably in Term 3 or 4, for all students (and Program Deliverer) to experience an industry workplace where customer and staff interactions will be observed. <ul style="list-style-type: none"> - This may then be used by the Teacher (Program Deliver) to satisfy their Fitness Industry Workplace Visit requirement for that semester. <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>It is <u>recommended</u> for the School (Third-Party) to have:</p> <ul style="list-style-type: none"> • Access to school WHS and risk management policies and procedures (Binnacle will also provide a generic SFR Policies and Procedures Manual).
<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>