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| **Name of RTO** | **BINNACLE TRAINING** |
| **RTO Number** | **31319** |

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| **Training Program** | **Short Course: Introduction to Sport, Fitness & Recreation (2 Terms)** |
| **Training Package** | **Code**  | **SIS** | **Title** | **Sport, Fitness and Recreation** |
| **PACKAGING RULES:****N/A - Subject Only Training.** **Delivered as 4 standalone units of competency in partial completion of SIS30321 Certificate III in Fitness.** |
| **Training Package Location** | **Go to details of certificate (full qualification) packaging rules on TGA:**https://training.gov.au/Training/Details/SIS30321**Download Training Package from TGA:**<http://training.gov.au/Training/Details/SIS> **Download Companion Volume implementation guide:**<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b>  | **Training Package Release #** | **Release Date** |
| 5.2 | 4 Apr 2022 |
| **Qualification** *(Partial Completion Only)* | **CODE: SIS30321 TITLE: Certificate III in Fitness****QUALIFICATION RELEASE #: 1****RELEASE DATE: 10 Nov 2021** |

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| **Units of Competency**  | **Unit Code** | **Unit Title** | **SIS30321 Certificate III in Fitness** |
| SISSSCO001 | Conduct sport coaching sessions with foundation level participants | ELECTIVE - IMPORTED |
| BSBPEF302 | Develop self-awareness | ELECTIVE - IMPORTED |
| BSBTWK201 | Work effectively with others | ELECTIVE - IMPORTED |
| BSBPEF201 | Support personal wellbeing in the workplace | ELECTIVE - IMPORTED |

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| **Binnacle-School Third-Party Arrangement** | This Binnacle Training Program is delivered via a third-party arrangement with individual partner schools.Binnacle Training (Lead RTO) – Responsibilities:* Provision of all requisite training and assessment resources, plus online learning – via Learning Management System (Binnacle Lounge).
* Ongoing program support, including dedicated Program Manager and Administration Officer.
* Outcomes of training and assessment.

School (Third-Party) Responsibilities:* Human Resources (Program Deliverer and at least one nominated back-up deliverer)
* Physical Resources (equipment and facilities)
* Facilitation of training and assessment services, on behalf of Binnacle Training as the RTO.

School and cohort-specific information, required by Binnacle Training (as per the Standards for RTOs 2015 - Clauses 1.1 to 1.4 and 2.2 — Implementing, monitoring and evaluating training and assessment strategies and practices), is collected via the Binnacle Training Third-Party Agreement (Fillable) as completed by the Third-Party (School) and approved by Binnacle Training. |

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| **Target Group** | This program is offered to senior high school students (commencing in Year 10 or 11) wanting to seek foundational knowledge and skills - as a “precursor” to a full qualification (Certificate II or Certificate III level) - in the sport, fitness and recreation industry (e.g. interested in progressing to a Certificate III in Fitness or Certificate III in Sport and Recreation in Year 11-12).**QLD SCHOOLS**Upon successful completion, students may achieve a maximum of 2 Queensland Certificate of Education (QCE) credits – as a partial completion (4 units of competency) of SIS30321 Certificate III in Fitness. |

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| **Entry Requirements** | There are no formal training package entry requirements for this qualification, however a Language, Literacy & Numeracy (LLN) Screening process is undertaken at the time of initial enrolment to ensure students have the capacity to effectively engage with the content.This program is delivered as a ‘Fee for Service’ offering only and as per the Binnacle-School invoicing arrangement. Students must have access to all physical resources (either individually or through resources supplied by the school) as outlined in the section ‘Physical Resource Requirements’ below. |

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| **Learning and Assessment Arrangements** | **DURATION**The program content has been packaged into 2 terms [based on delivery across**one line on the timetable (minimum 3 lessons per week, i.e. 210 minutes per week)**.A blended-delivery model will be used whereby students will have access to:* Trainer-led classroom delivery of content.
* Online modules that house learning content (within the Binnacle Lounge).
* Assessment activities to be completed online within the Binnacle Lounge.
* Assessment activities and SFR sessions/programs to be completed in a simulated and real sport, fitness and recreation environment.

This program uses single unit and clustered unit assessment. Assessment and training will be conducted at the school. Assessment methodologies will vary according to specific requirements of the Units of Competency. A range of methods will be used, including:* Knowledge quizzes, short answer questions and other project/case study reports.
* Skills demonstrations, reports, documents, observations.
* Portfolios of evidence as completed by the student for major projects.
* Simulated assessment environment (SFR-related industry) – located at the school.

Under supervision, students will instruct a range of fitness programs as well as completing practical experience (may be outside of their timetabled subject) to deliver a range of SFR activities to members of the school community (peers and other students). **‘VOLUME OF LEARNING’ AND ‘AMOUNT OF TRAINING’****Volume of Learning (VoL)\* per** **the** **Australian Qualifications Framework volume of learning indicators:** Certificate II = 0.5 – 1 year (600 – 1200 hours)Certificate III = 1 – 2 years (1200 – 2400 hours). ***Note, this short course comprising 4 units towards a Certificate III qualification = apx 25%.****\* VoL describes how long a learner who does not hold any of the competencies identified in the relevant units of competency or modules would take to develop all of the required skills and knowledge. Further, the VoL includes all teaching, learning and assessment activities that are required to be undertaken by the typical student to achieve the learning outcomes. These activities may include some or all of the following: guided learning (such as classes, lectures, tutorials, online study or self-paced study guides), individual study, research, learning activities in the workplace and assessment activities.**(AQF, Volume of Learning).*Amount of Training (AoT) for this program consists of classroom learning, self-study and practical work-related experience.**Classroom learning = 70 hours (1 study line over 2 terms).** There is also an element of self-study (formative activities scheduled for students to undertake outside of class time). These activities are used by students to enhance their understanding of the content and are undertaken prior to assessment for that particular module or topic of study. Across this 2-term program, Binnacle has devoted an additional 70 minutes per week (the equivalent of one additional lesson per week) for these formative activities.**Self-Study (Formative Activities) Hours = 23 hours** (i.e. 1.17 hours x 20 weeks)**TOTAL AMOUNT OF TRAINING** **(AoT) = 93 hours (70 + 23)**Binnacle rationalises the VoL hours gap (i.e. VoL 1800 hours x 0.25 (i.e. 25%) = 450; LESS AoT 93 hours = 357 hours) by:* Students entering the subject with a large base of foundational skills and knowledge from prior and concurrent learning (e.g. Years 9-10 HPE and other sporting/fitness involvement, including as an athlete/player).
* There is a large amount of overlap (clustering) of units across the 2 terms.
* There being a large component of additional self-study that students may undertake to deepen their own understanding of the content.
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| **Learning and Assessment Arrangements** | **ORGANISATION**The program will be delivered using class-based learning as well as real SFR environments located at the school which involves delivering a range of SFR activities and programs to participants in the school community.A range of teaching and learning strategies will be used to deliver the competencies including:* Practical tasks
* Client interactions
* Group work
* Programs within the school (generally a minimum of two different SFR programs per term)
* Practical experience within school sporting programs (e.g. athletics and swimming carnivals, cross-country, inter-school sport).

Evidence contributing towards each competency will be collected throughout the program. This evidence will be used to make judgements of competency that are aligned with, and reflect, the requirements of each unit of competency. |

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| **Learning and Assessment Arrangements** | **LANGUAGE, LITERACY AND NUMERACY ASSISTANCE**Support is available to all students and can be organised - through the deliverer - on a case-by-case and as needed basis throughout the program. ‘Reasonable adjustment’ is offered for most assessment items. This is indicated in the assessment table at the top of each assessment and are allocated based on unit of competency requirements.  |

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| **Learning and Assessment Arrangements** | **OPPORTUNITY FOR RPL AND CREDIT TRANSFER****Recognition of Prior Learning (RPL)** is an assessment process that evaluates an individual’s informal learning to determine the extent to which that individual has achieved the required competency outcomes. **Credit Transfer** is applying credit for a unit of competency that has previously been completed (successfully) by a student. Credit Transfer is offered both at enrolment and throughout the training program. A verified copy of the student’s Qualification and/or Statement of Attainment listing the units of competency that have previously been completed is required as evidence for Credit Transfer. Both RPL and Credit Transfer are available to students. Due to students being of high school age, usually with limited prior qualifications or work history, students typically undergo a train-to-assess pathway. An RPL assessment pathway will require verifiable evidence of a student’s prior learning (e.g. Statement of Attainment for previously completed superseded units). |

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| **Learning and Assessment Arrangements** | **COURSE STRUCTURE** |
| **TERM 1** | Topics:* Binnacle Lounge Induction
* Introduction to Sport & Recreation Industry
* Conducting sport coaching sessions
* Personal develop and self-awareness

Programs:* Plan and Deliver Sport-Specific Sessions
* Create a Self-Awareness Action Plan
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| **UNITS OF COMPETENCY SCHEDULED FOR FINALISATION** | SISSSCO001 Conduct sport coaching sessions with foundation level participantsBSBPEF302 Develop self-awareness |
| **TERM 2** | Topics: * Introduction to Fitness Industry
* Introduction to Healthy Eating
* Energy Systems
* Anatomy & Body Systems
* Fitness Programs

Programs:* Community Fitness Program: Plan and Instruct Sessions for Peers
* Create a Workplace Wellbeing Action Plan
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| **UNITS OF COMPETENCY SCHEDULED FOR FINALISATION** | BSBTWK201 Work effectively with othersBSBPEF201 Support personal wellbeing in the workplace |

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| **Learning and Assessment Arrangements** | **EVIDENCE GATHERING TECHNIQUES**The following matrix identifies the type of evidence that **may be** collected to enable judgements to be made about a student's success in units of competency. Evidence gathering techniques may be adjusted to best suit the unit of competency requirements.Students may submit evidence to gain RPL for competencies. |
| **UNITS OF COMPETENCY** | **A** | **B** | **C** | **D** |
| SISSSCO001 | Conduct sport coaching sessions with foundation level participants | **✓** | **✓** |   | **✓** |
| BSBPEF302 | Develop self-awareness | **✓** |  | **✓** |  |
| BSBTWK201 | Work effectively with others | **✓** |  | **✓** |   |
| BSBPEF201 | Support personal wellbeing in the workplace | **✓** | **✓** | **✓** |  |
| **KEY** | **A** | **Quiz and short answer questions** |
| **B** | **Case studies and scenarios** |
| **C** | **Project tasks**  |
| **D** | **Major programs and practicals** |

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| **Training and Assessment Staff*****Indicate for each unit of competency the staff involved in delivery and identify if this is being delivered by one person, or in a team approach.*** | **UNITS OF COMPETENCY** | **TRAINING ARRANGEMENTS** | **TRAINING & ASSESSMENT PERSONNEL** |
| **Technical Advisor** | **Qualified****Assessor** | **Qualified Trainer** |
| SISSSCO001 | Sole trainer and assessor - under the support of Binnacle’s Program Management (PM) Team. | Binnacle PM | Teacher | Teacher |
| BSBPEF302 | Binnacle PM | Teacher | Teacher |
| BSBTWK201 | Binnacle PM | Teacher | Teacher |
| BSBPEF201 | Binnacle PM | Teacher | Teacher |

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| **Learning Resources** | Students are provided with a full Course Content kit that is specific to each term of study which includes:* Unit Plan
* Lectures
* Online Activities
* Exercise Bank
* Videos
* Work templates and other work-related documents (e.g. policy manuals)
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| **Consultation with Industry** | Key industry partners consulted in the development and ongoing refinement of this strategy are listed below. Binnacle meets with each of the listed industry partners for regular advice, ongoing program support and guidance. These industry engagement activities focus on Training and Assessment Strategy, resources, and current industry skills of trainers and assessors.**Industry Partners*** Redcliffe Dolphins Rugby League Club
* Renegade Conditioning
* Ipswich Hornets Cricket Club
* Fit College
* Andrew Rickertt - Job Skills Queensland

Consultation/engagement approaches include:* Regular meetings (e.g. weekly consultation meetings)
* Teleconferences
* Program development/validation meetings
* Program development projects
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| **Assessment Validation Process** | **The processes used to validate assessment in this course are:**1. **Validation by Industry:**
* An internal review conducted annually with an industry representative to check that the standards expected of students are consistent with current industry practice.
* The internal review will examine the learning and assessment strategy and identify areas for improvement.
* The internal review will also evaluate all assessment instruments to ensure that they are appropriate for the units of competency and reflect the unit requirements (i.e. elements, performance criteria, performance evidence, knowledge evidence and assessment conditions).
* Validation for each unit of competency includes:
	+ Pre-assessment validation (to confirm assessment process and instruments meet the requirements of the Principles of Assessment); **completed every 24 months (minimum)**; and
	+ Post-assessment validation (to confirm assessment evidence provided by the students and the judgement of that evidence meets the requirements of the Rules of Evidence). **Completed every 3 years (minimum).**
1. **Assessment Instrument Review:**
* A Binnacle Program Development Specialist and an industry expert will review all assessment instruments to ensure that they are appropriate for the units of competency and reflect the unit requirements (i.e. elements, performance criteria, performance evidence, knowledge evidence and assessment conditions) with improvements noted and acted upon.

**Completed annually.** |

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| **School Physical Resource Requirements** | Refer to: 2022 Short Course: Introduction to Sport, Fitness and Recreation – Resource Requirements*Available at* [*Binnacle Support Centre*](http://www.binnacletraining.com.au/rto) *(Select: Resource Requirements)* |

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| **Teacher Human Resource Requirements** | Refer to: 2022 Short Course: Introduction to Sport, Fitness and Recreation – Resource Requirements*Available at* [*Binnacle Support Centre*](http://www.binnacletraining.com.au/rto) *(Select: Resource Requirements)* |

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| **Pathways** | The Short Course (4 units towards Partial Completion - Certificate III in Fitness) will be used predominantly by students seeking to enter the SFR industry as a “precursor” to a full qualification.Students may also choose to continue their study by completing the Certificate III in Fitness or Certificate III in Sport and Recreation with Binnacle Training in Year 11-12 (dependent on Third Party Arrangement with the School and the Binnacle Programs offered). |

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| **Foundation Skills** | Foundation Skills are the combination of communication skills and generic, non-technical skills and capabilities considered essential to meet the complexities of life in a modern society. ‘Communication’ skills included in Foundation Skills are English language, literacy and numeracy (LLN).All units of competency within new streamlined Training Packages have Foundation Skills either embedded in the unit performance requirements or listed explicitly. Each unit of competency selected to comprise this program has Foundation Skills that are relevant to the context of the learning outcomes and are applicable to work and life situations. |

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| **Student Feedback** | Student feedback is collected and analysed. Feedback from students in relation to assessment processes, methods and instruments will be collated, analysed and improvements made in the light of student suggestions. Formal surveys/questionnaires as well as informal processes at the end of each unit of work will be used to gather data. Throughout the course, data is collected in relation to Quality Indicators. Binnacle Training also has a published Complaints and Appeals Policy which provides students and others with avenues to make a complaint or to appeal a decision (including assessment decisions) directly with Binnacle Administration.**Date for data analysis: December (annually)** |

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| **AVETMISS Reporting** | Students are enrolled in the relevant units of competency and the results are forwarded at the end of each term (as a minimum) to the Queensland Department of Employment, Small Business and Training (DESBT) indicating if competency has been attained or is continuing. Binnacle Program Management and Administration staff verify that accurate and up-to-date information is recorded.**QLD SCHOOLS:** Permission is provided to DESBT for student results to be forwarded to the Queensland Curriculum & Assessment Authority (QCAA).  |

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| **Student Records** | Student results show the unit code, title and date achieved. The final assessment outcome for each unit of competency will be retained for a period of 30 years. Once all units are recorded as competent, a qualification or a statement of attainment will be issued to the student electronically. Students can use their Unique Student Identifier (USI) account to access their nationally recognised VET record online in the form of an authenticated VET transcript.**Fee-for-Service**All completed assessment items - demonstrating sufficient evidence of how assessment decisions were made - for individual students will be retained for whichever is the longer period: * until the appeal period ends; or
* for a period of six months from the date on which the judgement of competence for the student was made; or
* the duration of the student’s enrolment.

A master copy of all versions of the assessment tools will be retained for seven years. |