2024 EDITION SIS30321 CERTIFICATE III IN FITNESS + SIS20115 CERTIFICATE II IN SPORT AND RECREATION

Binnacle Training (RTO Code 31319)

HOW DOES IT WORK

This qualification provides a pathway to work as a fitness instructor in settings such as fitness facilities, gyms, and leisure and community centres.

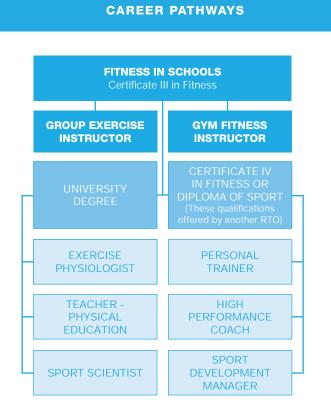
Students gain the entry-level skills required of a Fitness Professional (Group Exercise Instructor or Gym Fitness Instructor).

Students facilitate programs within their school community including:

- > Community fitness programs
- > Strength and conditioning for athletes and teams
- 1-on-1 and group fitness sessions with male adults, female adults and older adult clients

WHAT DO STUDENTS ACHIEVE?

- > SIS30321 Certificate III in Fitness (max. 8 QCE Credits)
- Entry qualification: SIS20115 Certificate II in Sport and Recreation
- The nationally recognised First Aid competency -HLTAID011 Provide First Aid
- Community Coaching Essential Skills Course (nonaccredited), issued by Australian Sports Commission
- Successful completion of the Certificate III in Fitness may contribute towards a student's Australian Tertiary Admission Rank (ATAR)
- A range of career pathway options including pathway into SIS40221 Certificate IV in Fitness; or SIS50321 Diploma of Sport - These qualifications offered by another RTO.



SKILLS ACQUIRED

- > Client screening and health assessment
- > Planning and instructing fitness programs
- > Deliver 1-on-1 and group fitness programs
- > Exercise science and nutrition
- Anatomy and physiology



PRACTICAL-BASED LEARNING

RESOURCES PROVIDED

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1300 303 715

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admin@binnacletraining.com.au binnacletraining.com.au

SIS30321 CERTIFICATE III IN FITNESS + SIS20115 CERTIFICATE II IN SPORT AND RECREATION

(or as Standalone Qualification: SIS30321 Certificate III in Fitness)

Registered Training Organisation: Binnacle Training (RTO 31319)

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2-Yea	r Form	at

Timetable Requirements: 1-Timetabled Line

Units of Competency:

Standalone Qualification -15 Units Dual Qualification - Additional 8 Units

Suitable Year Level(s): Year 11 and 12

Study Mode:

Combination of classroom and project-based learning, online learning (self-study) and practical work-related experience

Cost (Fee-For-Service):

\$365.00 per person (Cert II entry qualification = \$265.00 + Cert III Gap Fee = \$100.00) (+ First Aid \$55.00)

QCE Outcome:

Maximum 8 QCE Credits

A Language, Literacy and Numeracy (LLN) Screening process is undertaken at the time of initial enrolment (or earlier) to ensure students have the capacity to effectively engage with the content and to identify support measures as required.

	TOPICS
	OPICS Binnacle Lounge Induction
	 The Sport, Fitness & Recreation (SFR) Industry
TERM 1	Apply Knowledge of Coaching Practices
	PROGRAMS
	Coaching Program (Student Delivery): Plan and Deliver Coaching Sessions
	 SFR Coaching Program (Supervisor): Assist with Delivering Coaching Sessions
	TOPICS
	 Perform Research and Create a Group Presentation
	 Organise and Complete Work Tasks
TERM 2	PROGRAMS
	 Group Nutrition Presentation: Create and Deliver a Presentation to your Peers
	 Community SFR Program #1: Plan and Conduct Community SFR Sessions for Participante
	Participants
	TOPICS
	 Cardio and Conditioning Programs
	 Anatomy and Physiology
TERM 3	The SFR Industry
	PROGRAMS
	 One-on-One Cardio Program Group Conditioning Sessions for Adolescent Participants
	TOPICS
	Anatomy and Physiology
TERM 4	 First Aid Course: HLTAID011 Provide First Aid
	PROGRAMS
	Bootcamp Program (Teacher Facilitated): Assist with Delivering Bootcamp Sessions
	QUALIFICATION SCHEDULED FOR FINALISATION
	SIS20115 CERTIFICATE II IN SPORT AND RECREATION
	TOPICS
	 Anatomy and Physiology Health and Nutrition Consultations
TERM 5	PROGRAMS
	One-on-One Gym Program: Adolescent Client
	 Conduct Consultations with a Client (Peer)
	 Plan and Conduct Sessions (Scenario Clients)
	TOPICS
	 Screening and Health Assessments Specific Population Clients
TERMO	> Older Clients
TERM 6	PROGRAMS
	 Fitness Orientation Program: Client Orientation
	 Gentle Exercise Program: Participate in Gentle Exercise Sessions Mobility Program: Plan and Instruct Mobility Sessions
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	TOPICS
	> Older Clients
	Specific Populations

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or e the		Older Clients Specific Populations
with	TERM 7	PROGRAMS
port		Group Exercise and Gym-based One-on-One Sessions: > Female and Male Adults aged 18+; and > Older adults aged 55+

UNITS OF COMPETENCY					
HLTAID011	Provide First Aid	ICTICT203	Operate application software packages		
HLTWHS001	Participate in workplace health and safety	BSBSUS201	Participate in environmentally sustainable work practices		
SISXEMR001	Respond to emergency situations	BSBOPS304	Deliver and monitor a service to customers		
SISXIND001	Work effectively in sport, fitness and recreation environments	BSBPEF301	Organise personal work priorities		
SISXCAI002	Assist with activity session	SISFFIT035	Plan group exercise sessions		
SISXIND002	Maintain sport, fitness and recreation industry knowledge	SISFFIT036	Instruct group exercise sessions		
SISXCCS001	Provide quality service	SISFFIT032	Complete pre-exercise screening and service orientation		
BSBSUS211	Participate in sustainable work practices	SISFFIT033	Complete client fitness assessments		
BSBWOR202	Organise and complete daily work activities	SISFFIT052	Provide healthy eating information		
BSBTEC201	Use business software applications	SISFFIT040	Develop and instruct gym-based exercise programs for individual clients		
BSBTEC202	Use digital technologies to communicate in a work environment	SISFFIT047	Use anatomy and physiology knowledge to support safe and effective exercise		
BSBTEC203	Research using the internet				

Please note this 2024 Course Schedule is current at the time of publishing and should be used as a guide only. This document is to be read in conjunction with Binnacle Training's Program Disclosure Statement (PDS). The PDS sets out the services and training products Binnacle Training as RTO provides and those services carried out by the School as Third Party (i.e. the facilitation of training and assessment services). To access Binnacle's PDS, please visit: www.binnacletraining.com.au/rto