

SPORT, FITNESS AND RECREATION PROGRAMS

SCHOOL PHYSICAL RESOURCE REQUIREMENTS

REQUIREMENTS

SCHOOL PHYSICAL RESOURCE REQUIREMENTS	2024 SPORT, FITNESS AND RECREATION PROGRAMS				
	SHORT COURSES	CERTIFICATE PROGRAMS			
	Introduction to Sport + Introduction to Fitness	SIS20115 Certificate II in Sport and Recreation	SIS20321 Certificate II in Sport Coaching	SIS30115 Certificate III in Sport and Recreation (with optional SIS20115 Certificate II in Sport and Recreation)	SIS30321 Certificate III in Fitness (with optional SIS20115 Certificate II in Sport and Recreation)
Sport and Recreation facilities and equipment – located at the school.					
A sport-specific training or competition environment.	✓	✓	✓	✓	✓
Facilities where a sport-specific range of officiating and coaching activities can be conducted.	✓	✓	✓	✓	✓
Equipment and resources appropriate for one or more specific sports.	✓	✓	✓	✓	✓
Organisational safety, emergency response and first aid procedures for the specific sport.	✓	✓	✓	✓	✓
Access to athletes and novice/beginner participants.	✓	✓	✓	✓	✓
Key health and safety equipment and/or aids.	✓	✓	✓	✓	✓
First aid kit.	✓	✓	✓	✓	✓
Personal computers with office software and internet access.	✓	✓	✓	✓	✓
Repair equipment and maintenance resources (e.g. ball pumps, cleaning equipment).	N/A	✓	✓	✓	✓
Maintenance storage facilities (e.g. storeroom).	N/A	✓	✓	✓	✓
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).	N/A	✓	✓	✓	✓
Access to social media tools and applications (e.g. blogs, wikis, social media sites).	N/A	N/A	N/A	✓	N/A
Access to participant groups (other than peers) for the purpose of gaining experience delivering sessions to real participants (e.g. primary school or junior secondary school students). The venue/facility for these SFR programs must include a range of SFR activities and equipment.	N/A	✓	✓	✓	✓

SPORT, FITNESS AND RECREATION PROGRAMS

SCHOOL PHYSICAL RESOURCE

REQUIREMENTS (CONT'D)

SCHOOL PHYSICAL RESOURCE REQUIREMENTS SIS30321 CERTIFICATE III IN FITNESS <u>ONLY</u>	
A Fitness (Gym) Facility – located on the school premises.	Fitness assessment equipment – located on the school premises. If you require items from the list below, click on the following link to source many of these items at discount prices. VISIT BINNACLE SHOP
A variety of exercise modes (including with and without equipment).	Tape measures (such as a stadiometer to measure height)
A range of exercise equipment including cardiovascular, resistance and flexibility.	Sit and reach tools
A variety of exercise areas including resistance, cardio, flexibility, circuit and outdoor.	Stationary bicycle, treadmill or rowing ergometer
Adequate space to cater for groups/multiple trainers.	Heart rate monitors
Key health and safety equipment and/or aids.	Blood pressure monitor
A range of programs and services.	Body weight scales
A first aid kit.	Stop watches
Access to Adult (age 18+ years) and Older Adult (age 55+ years) Clients - Term 6 & 7* The School (Third-Party) must have access to the following adult and older adult clients – with all 9 sessions, 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 Program Deliverer.	
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 the following individual clients in Term 6 & 7*: <ul style="list-style-type: none"> ✓ 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 	
3 x GROUP EXERCISE SESSIONS: Each student is required to instruct three group exercise sessions (minimum session duration of 45 minutes) for the following client groups (with a minimum of 6 participants in each group) in Term 6 & 7*: <ul style="list-style-type: none"> ✓ 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 aged 18 years or over) ✓ 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 aged 18 years or over) ✓ 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) 	

FIRST AID & CPR

SCHOOL PHYSICAL RESOURCE REQUIREMENTS

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	SHORT COURSES	CERTIFICATE PROGRAMS			
	Introduction to Sport + Introduction to Fitness	SIS20115 Certificate II in Sport and Recreation	SIS20321 Certificate II in Sport Coaching	SIS30115 Certificate III in Sport and Recreation (with optional SIS20115 Certificate II in Sport and Recreation)	SIS30321 Certificate III in Fitness (with optional SIS20115 Certificate II in Sport and Recreation)
First Aid training equipment					
If the First Aid competency will be delivered via the Binnacle Program – refer to mandatory items in table below.	N/A	✓	✓	✓	✓

FIRST AID & CPR SCHOOL PHYSICAL RESOURCE REQUIREMENTS			
First Aid training equipment – located at the school:			
MANDATORY EQUIPMENT	MINIMUM (*Suggested) QTY	MANDATORY EQUIPMENT	MINIMUM (*Suggested) QTY
Adult CPR Manikin	1 manikin per 4 students*	Asthma Spacers	1 trainer per 4 students*
Infant CPR Manikin	1 manikin per 4 students*	Asthma Spacer Mouthpieces	1 per student
CPR Face shield or Clean Face	1 per student for each manikin	Triangular Bandage	1 per student (new)*
Alcohol Wipes	Tub	Roller Bandage	1 per student (new)*
AED Trainer	1 trainer per 4 students*	Spare Clean Bandages/Slings	Assortment
Gloves (S, M, L)	Box of each size	Workplace Compliant First Aid Kit – stocked	1 per class*
EpiPen Trainers	1 trainer per 4 students*	Pillows and Blankets	Assortment
Asthma Puffers (Placebo)	1 trainer per 4 students*	Simulated Hazards	As per workplace
If you require any of the First Aid training equipment above, click on the following link to source these items at discount prices. VISIT BINNACLE SHOP			

BUSINESS AND TOURISM

SCHOOL PHYSICAL RESOURCE REQUIREMENTS

SCHOOL PHYSICAL RESOURCE REQUIREMENTS	2024 BUSINESS AND TOURISM PROGRAMS				
	SHORT COURSES	CERTIFICATE PROGRAMS			
	Inclusivity and Communication in the Workplace + Technology in the Workplace + Financial Literacy	BSB20120 Certificate II Workplace Skills	SIT20122 Certificate II in Tourism	BSB30120 Certificate III Business	Dual Qual: BSB30120 Certificate III in Business + SIT20122 Certificate II in Tourism
Business-related facilities and resources – located at the school.					
A simulated ergonomic office environment and workplace equipment including a desk, chair, printer and paper.	✓	✓	✓	✓	✓
Personal computers with office software (Microsoft Office – documents, spreadsheets, presentations), internet access and browser, PDF reader and email application.	✓	✓	✓	✓	✓
Access to school WHS and risk management procedures.	N/A	✓	✓	✓	✓
Key health and safety equipment and/or aids.	N/A	✓	✓	✓	✓
Access to 'real customer groups' within the school community (to advertise to and deliver products and services to within the school environment).	N/A	✓	✓	✓	✓
Access to facilities suitable for hosting events e.g. function room or school hall. › A public activity or event on which students can work. › Interaction with staff involved in staging a public activity or event.	N/A	✓	✓	✓	✓
Presentation equipment to present information to a group.	N/A	✓	✓	✓	✓
A simulated Tourism-related industry environment – located at the school.					
A simulated ergonomic office environment (Tourism-related) and workplace equipment including front desk.	✓ <i>*Inclusivity and Communication in the Workplace only</i>	N/A	✓	N/A	✓
Access to customers and staff* from a diverse range of social and cultural groups, with whom the student will interact. *Individuals who participate in simulated activities, set up for the purpose of assessment.	✓ <i>*Inclusivity and Communication in the Workplace only</i>	N/A	✓	N/A	✓
Facilitating a Student Industry Discovery Day – at a Tourism-related workplace.					
Students participate in a minimum of one industry discovery day (Tourism-related), preferable in Semester 1	N/A	N/A	✓	N/A	✓