

2024 EDITION

# SIS30321 CERTIFICATE III IN FITNESS + SIS20122 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).

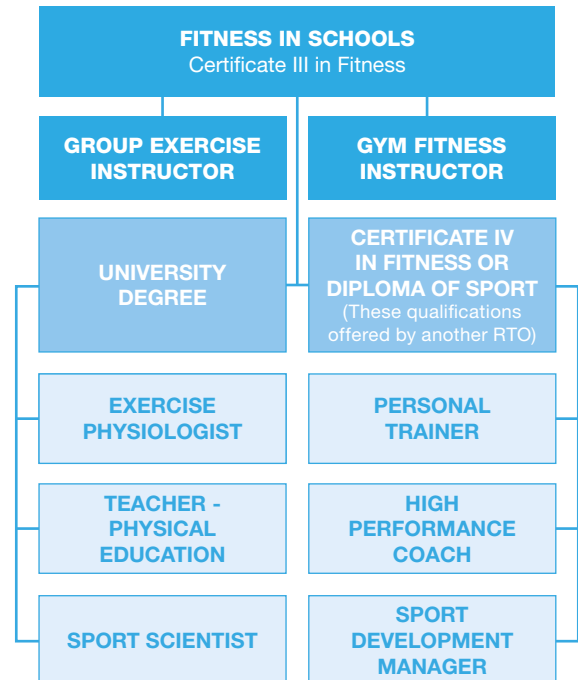
Students facilitate programs within their school community including:

- › 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: SIS20122 Certificate II in Sport and Recreation
- › The nationally recognised First Aid competency - HLTAID011 Provide First Aid
- › Community Coaching - Essential Skills Course (non-accredited), 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.

## CAREER PATHWAYS



## 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

FLEXIBLE PROGRAMS

PRACTICAL-BASED LEARNING

RESOURCES PROVIDED



**Binnacle  
Training**

RTO CODE 31319



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# SIS30321 CERTIFICATE III IN FITNESS + SIS20122 CERTIFICATE II IN SPORT AND RECREATION

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

Registered Training Organisation:  
Binnacle Training (RTO 31319)

### Delivery Format:

2-Year Format

### Timetable Requirements:

1-Timetabled Line

### Units of Competency:

Standalone Qualification -15 Units  
Dual Qualification - Additional 4 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.

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| TERM 1 | <b>TOPICS</b>   |
|        | <ul style="list-style-type: none"> <li>› Introduction to the Sport, Fitness and Recreation Industry</li> <li>› Introduction to Coaching Programs</li> </ul> |
|        | <b>PROGRAMS</b>   |

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| <ul style="list-style-type: none"> <li>› Coaching Program (Student Delivery): Plan and Deliver Coaching Sessions</li> <li>› SFR Coaching Program (Supervisor): Assist with Delivering Coaching Sessions</li> </ul> |
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| TERM 2 | <b>TOPICS</b>   |
|        | <ul style="list-style-type: none"> <li>› Introduction to Community Programs</li> <li>› Introduction to Conditioning Programs</li> </ul> |
|        | <b>PROGRAMS</b>   |

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| <ul style="list-style-type: none"> <li>› Community SFR Program: Assist with Delivering Community SFR Sessions</li> <li>› Conditioning Program: Participate in Conditioning Sessions</li> </ul> |
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| TERM 3 | <b>TOPICS</b>  |
|        | <ul style="list-style-type: none"> <li>› Working in the SFR Industry</li> <li>› Providing Quality Service in the SFR Industry</li> </ul> |
|        | <b>PROGRAMS</b>  |

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| <ul style="list-style-type: none"> <li>› Group Conditioning Program: Plan and Deliver Group Conditioning Sessions</li> <li>› One-on-one Conditioning Program: Plan and Deliver a Cardio Program</li> </ul> |
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| TERM 4 | <b>TOPICS</b>  |
|        | <ul style="list-style-type: none"> <li>› Anatomy and Physiology - The Musculoskeletal System</li> <li>› First Aid Course: HLTAID011 Provide First Aid</li> </ul> |
|        | <b>PROGRAMS</b>  |

|                                       |
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| › Recreational Group Exercise Program |
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## QUALIFICATION SCHEDULED FOR FINALISATION

### SIS20122 CERTIFICATE II IN SPORT AND RECREATION

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| TERM 5 | <b>TOPICS</b>  |
|        | <ul style="list-style-type: none"> <li>› Anatomy and Physiology</li> <li>› Health and Nutrition Consultations</li> </ul> |
|        | <b>PROGRAMS</b>  |

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| <ul style="list-style-type: none"> <li>› One-on-One Gym Program: Adolescent Client</li> <li>› Conduct Consultations with a Client (Peer)</li> <li>› Plan and Conduct Sessions (Scenario Clients)</li> </ul> |
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| TERM 6 | <b>TOPICS</b>  |
|        | <ul style="list-style-type: none"> <li>› Screening and Health Assessments</li> <li>› Specific Population Clients</li> <li>› Older Clients</li> </ul> |
|        | <b>PROGRAMS</b>  |

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| <ul style="list-style-type: none"> <li>› Fitness Orientation Program: Client Orientation</li> <li>› Gentle Exercise Program: Participate in Gentle Exercise Sessions</li> <li>› Mobility Program: Plan and Instruct Mobility Sessions</li> </ul> |
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|--------|---|
| TERM 7 | <b>TOPICS</b>   |
|        | <ul style="list-style-type: none"> <li>› Older Clients</li> <li>› Specific Populations</li> </ul> |
|        | <b>PROGRAMS</b>   |

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| <ul style="list-style-type: none"> <li>› Group Exercise and Gym-based One-on-One Sessions:</li> <li>› Female and Male Adults aged 18+; and</li> <li>› Older adults aged 55+</li> </ul> |
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## UNITS OF COMPETENCY

|            |   |   |   |
|------------|---|---|---|
| HLTWHS001  | Participate in workplace health and safety                | BSBPPEF301  | Organise personal work priorities   |
| SISXIND011 | Maintain sport, fitness and recreation industry knowledge | BSBOPS304   | Deliver and monitor a service to customers                                  |
| BSBSUS211  | Participate in sustainable work practices                 | SISFFIT035  | Plan group exercise sessions  |
| BSBPPEF202 | Plan and apply time management*                           | SISFFIT036  | Instruct group exercise sessions  |
| SISSPAR009 | Participate in conditioning for sport*                    | SISFFIT032  | Complete pre-exercise screening and service orientation                     |
| SISXCCS004 | Provide quality service                                   | SISFFIT033  | Complete client fitness assessments   |
| SISXEMR001 | Respond to emergency situations (SISXEMR003)              | SISFFIT052  | Provide healthy eating information  |
| HLTAID011  | Provide First Aid   | SISFFIT040  | Develop and instruct gym-based exercise programs for individual clients     |
| SISOFLD001 | Assist in conducting recreation sessions*                 | SISFFIT047  | Use anatomy and physiology knowledge to support safe and effective exercise |
| SISXFAC006 | Maintain activity equipment*                              | * For students not enrolled in entry qualification SIS20122 Certificate II in Sport and Recreation - these will be issued as a separate Statement of Attainment (Subject Only Training) |   |