

TRAINING AND ASSESSMENT STRATEGY

Name of RTO	Binnacle Training College Pty Ltd					
RTO Number	31319					
Binnacle Program	2024 Certific	cate III Fitness +	Certificate I	I Sport ar	d Recreation (7 Terr	ns)
Training Product	SIS30321 Ce (Dual Qualifi		tness + SIS20	0122 Cert	ificate II in Sport and	d Recreation
Training Package	Code	SIS		Title	Sport, Fitness and I	Recreation
	15 units must 11 cc 4 elec 2 2 3 3 3 3 3 3 3 3 3 3 3 3 3	RTIFICATE III IN FI be completed, as for ore units ctive units, consisti 2 units from the liste 2 units from the liste other current trainin CERTIFICATE II IN be completed, as for re units ctive units, consisti 2 units from the liste	ollows: ng of: ed elective unit g package or a SPORT AND F ollows: ng of: ed electives un	is, elsewhe accredited RECREATI		
	Package or accredited course.					
Training Package Location	Go to details https://training. http://training. Download Tra http://training. Download Co https://vetnet. 1 Code: Si Qualifica Release 2 Qualifica		etails/SIS3032 tails/SIS20122 om TGA: tails/SIS implementation ingDocs.aspx' ertificate III in	1 on guide: ?q=1ca500 Fitness	Release Date	13 Dec 2022

UNIT CODE	UNIT TITLE	SIS20122 Certificate II in Sport and Recreation	SIS30321 Certificate III in Fitness	Scheduled for Finalisation	Qualified Trainer and Assessor	Evidence Gathering Technique s	A: Ari	Training & ssessment rangements TIS funded)	Training & Assessment Arrangements (Fee for Service)
SISXIND011	Maintain sport, fitness and recreation industry knowledge	Core	Elective - Imported	Term 2	Binnacle T&A	A, C, D	Online delivery – nominated Binnacle		Online delivery;
BSBSUS211	Participate in sustainable work practices	Elective - Listed	Elective - Listed	Term 2	Binnacle T&A	A, C, D		Trainer and Assessor; with no delivery and	conducted by
BSBPEF202	Plan and apply time management	Elective - Imported		Term 2	Binnacle T&A	A, C, D	ass	assessment by a Third-Party for Third-Party for	
BSBPEF301	Organise personal work priorities	Elective - Listed	Core	Term 2	Binnacle T&A	A, C, D		ents accessing VETiS subsidy	Assessor) - under the support of the
SISSPAR009	Participate in conditioning for sport	Elective - Imported		Term 2	Binnacle T&A	A, C, D	for the Certif	their VETiS subsidy for the VETiS-funded Certificate II in Sport and Recreation.	
HLTWHS001	Participate in workplace health and safety	Core	Core	Term 3	Teacher (T-P)	A, C, D		a trainar and	
SISXCCS004	Provide quality service	Core	Elective - Imported	Term 3	Teacher (T-P)	A, B, C, D	Sole trainer and assessor (Teacher- led delivery) – under		
SISXFAC006	Maintain activity equipment	Core		Term 3	Teacher (T-P)	A, B, D	the s	support of the	
SISXEMR003	Respond to emergency situations	Core	Elective - Listed (SISXEMR001)	Term 3	Teacher (T-P)	A, C, D		Binnacle Program Management (PM) Team. Sole trainer an	
SISOFLD001	Assist in conducting recreation sessions	Core		Term 4	Teacher (T-P)	A, C, D			
HLTAID011	Provide First Aid		Core	Term 4	Teacher (T-P)	A, C			assessor (Teacher-
BSBOPS304	Deliver and monitor a service to customers		Core	Term 6	Teacher (T-P)	A, B, C, D			led delivery) – under the support
SISFFIT032	Complete pre-exercise screening and service orientation		Core	Term 7	Teacher (T-P)	A, C, D			of the Binnacle Program
SISFFIT033	Complete client fitness assessments		Core	Term 7	Teacher (T-P)	A, C, D			Management (PM)
SISFFIT035	Plan group exercise sessions		Core	Term 7	Teacher (T-P)	A, C, D	N/A –	Fee for Service	Team.
SISFFIT036	Instruct group exercise session		Core	Term 7	Teacher (T-P)	A, C, D		only	
SISFFIT040	Develop and instruct gym-based exercise programs for individual clients		Core	Term 7	Teacher (T-P)	A, B, C, D	, B, C, D		
SISFFIT047	Use anatomy and physiology knowledge to support safe and effective exercise		Core	Term 5	Teacher (T-P)	A, C, D			
SISFFIT052	Provide healthy eating information	Core Term 5 Teacher (T-P) A		A, B, C, D					
HLTAID011		EVIDENCE GATHERING TECHNIQUES					EVIDENCE KEY		
	d via the Binnacle Program with the Teacher as Trainer/Assessor sical and human resource requirements of school); or delivered by	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				A Quiz and short answer			
· · · · ·	vider as arranged by individual schools. HLTAID011 delivered as				B Case studies and scenarios				
'Fee-for-service	'Fee-for-service' only i.e. not under Binnacle Training's SAS Agreement.		requirements. Students may submit evidence to gain RPL for competencies.			C Project tasks			
						D Major programs and practicals			

Binnacle-School	This Binnacle Training Program is delivered via a third-party arrangement with individual partner schools.						
Third-Party Arrangement	Binnacl	le Training (Lead I	RTO) – Responsibilities:				
	Ø	Provision of all requisite training and assessment resources, plus online learning – via Learning Management System (Binnacle Lounge).					
	\checkmark						
	\checkmark	Outcomes of tra	aining and assessment.				
	Ø	and/or assessm their VETiS sub	nent services by a third pa	arty. "The 50% Limit" d qualification on Binr	Limit" regarding delivery of training applies <u>only to</u> students accessing nacle Training's SAS delivery		
	School	(Third-Party) Res	ponsibilities:				
	V	Human Resource	ces (Program Deliverer ar	nd at least one nomin	ated back-up deliverer)		
		-	rces (equipment and facil				
	\checkmark	Facilitation of tr	aining and assessment so	ervices, on behalf of	Binnacle Training as the RTO.		
			•		(as per the Standards for RTOs aluating training and assessment		
			•	•	arty Agreement (Fillable) as		
	comple	ted by the Third-I	Party (School) and approv	ved by Binnacle Train	ing.		
Torget Group	This pr	aram is offered t	a conier high cohool atus	lanta (aammanaina in	Voor 10 or Voor 11) wonting to:		
Target Group	nis pro ●	-	-		Year 10 or Year 11) wanting to: & & Recreation (SFR) industry; and		
	•		ation as an articulation inf	•	(- ,		
	- a higher certification (e.g. Certificate IV in Fitness); or						
	- University (e.g. Bachelor of Sport & Exercise Science).						
	Fitness Industry Expectations - Employees 18+ Years						
	Employ	vers in the fitness	industry generally expect	their employees to b	e at least 18 years of age to hold a		
	•				m, Binnacle Training ensures that he expected course (SIS30321)		
		tion date.	ling - or win have turned	- To years of age by t			
	QLD S	CHOOLS					
	-			d with a maximum 8	Queensland Certificate of		
	Educat	ion (QCE) credits	as follows:				
	G	SIS20122 ertificate II in	SIS30321 Certificate III in Fitness	Expected Total			
		Sport and	(9/15 units; 6	QCE credits (assuming 90% or	Comments		
		Recreation	overlapping units reported as Credit	greater new			
		(10 units)	Transfer)	learning)			
		4	4*	8	* Maximum 4 Credits obtained from Certificate III (50% new learning)		
			L				
Entry	There a	are no formal train	ing package entry require	ements for this qualifi	cation, however a Language,		
Requirements	-		, -,		e of initial enrolment to ensure		
	student	is nave the capac	ity to effectively engage v	with the content.			

Students require <u>AQF level 3</u> written and spoken English and numeracy skills to be able to meet the Foundation Skill requirements within the units of the Certificate III qualification.

	The Certificate III in Fitness qualification is delivered as a 'Fee for Service' offering only 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.
Skills Assure Supplier (SAS)	The Certificate II in Sport and Recreation (SIS20122) qualification is currently eligible for funding under the Queensland Government's Vocational Education and Training in Schools (VETiS) initiative. Binnacle Training is a Skills Assure Supplier (SAS) for the SIS20122 Certificate II in Sport and Recreation qualification.
	The Queensland Government's VET Investment Budget will provide funding for students to complete one VETiS qualification on the Priority Skills List whilst attending secondary school (in Years 10, 11 and 12).
	Binnacle Training also offers the Certificate II in Sport and Recreation (SIS20122) as a 'Fee for Service' program for schools, as per the Binnacle-school invoicing arrangement. At the time of enrolment, eligible students will choose whether or not they wish to access the VETiS subsidy specific to the VETiS-funded qualification.
	"The 50% Limit" on delivery of training and/or assessment services by a third party:
	As outlined in the <u>SAS Third Party Arrangements Directive</u> , a prohibited subcontract is where a third party (e.g. School) is subcontracted to deliver more than 50% of the services associated with any qualification listed in the supplier's Delivery Schedule. "The 50% Limit" applies <u>only to</u> :
	 Students accessing their VETiS subsidy for the VETiS-funded qualification on Binnacle Training's SAS delivery schedule (SIS20122 Certificate II in Sport and Recreation) who enrol from 1 July 2021. The delivery of training and/or assessment services by a third party under Binnacle Training's SAS Agreement i.e. <u>does not apply to 'Fee-for-Service'</u>.
	Binnacle Training engages third parties (individual high schools) in the delivery of training and assessment services specific to the VETiS-funded qualification: Certificate II in Sport and Recreation. Binnacle Training will manage "The 50% limit" at a student level – whereby Binnacle Training will itself deliver and assess half of the units of competency associated with the VETiS-funded qualification (i.e. no delivery and assessment by the third party for half of the units).
	Refer to the table on page 2: 'Qualified Trainer and Assessor' (per unit of competency) which illustrates these units of competency (6 in total) to be delivered by Binnacle Training staff (online delivery).
Learning and	DURATION
Assessment Arrangements	The program content has been packaged into <u>7 terms</u> [based on delivery across one line on the timetable (minimum 3 lessons per week, i.e. 210 minutes per week) over 2 years]. All evidence requirements pertaining to the entry qualification SIS20122 Certificate II in Sport and Recreation are scheduled across Terms 1-4. Terms 5-7 evidence requirements are aligned only to SIS30321 Certificate III in Fitness.
	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 projects to be completed in the classroom and/or student-led environment.
	 Participation in an Industry Discovery – at a Fitness-related workplace (recommended, however, not compulsory).

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.
- Simulated assessment environment (Fitness-related industry) located at the school for demonstration of skills (practical observations).

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 fitness activities and exercise programs to members of the school community (students and staff). Students will also work in the gym facility at the school with authentic clients, which will involve delivering exercise programs to a range of clients, including adult males (18+ years), adult females (18+ years) and older adult clients (55+ years).

'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)

* 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 <u>all of the required skills and knowledge</u>. Further, the VoL includes <u>all</u> 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 workrelated experience.

Classroom learning = 266 hours (1 study line over 2 years - 3.5 hours x 76 weeks).

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-year 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 = 89 hours (i.e. 1.17 hours x 76 weeks)

An additional 40 hours of practical work-related experience is undertaken by students across the program. While some of these hours may be achieved during devoted class lessons, due to the nature of client fitness training some practical experience will be undertaken outside of these class hours.

Practical Work-related Experience = 40 hours

TOTAL AMOUNT OF TRAINING (AoT) = 395 hours (266 + 89 + 40)

Binnacle rationalises the VoL hours gap (i.e. VoL 1800 hours LESS AoT 395 hours = 1405 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 terms.
- There is an element of self-study that students may undertake to deepen their own understanding of the content.

Learning and Assessment Arrangements	ORGANISATIONThe program will be delivered using class-based learning as well as a real fitness environment (including a gym) located at the school which involves delivering a range of fitness programs to adolescent, adult and older adult clients.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 fitness programs per term) Practical experience within the school fitness centre (i.e. group exercise, outdoor fitness, one-on- 			
	one gym programs) 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.			
Learning and	LANGUAGE, LITERACY AND NUMERACY ASSISTANCE			
Assessment Arrangements	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 is allocated based on the unit of competency requirements.			
Learning and	OPPORTUNITY FOR RPL AND CREDIT TRANSFER			
Assessment Arrangements	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).			
Learning and Assessment	COURSE STRUCTURE			
Arrangements	Topics: • Introduction to Coaching Programs • Introduction to the Sport, Fitness and Recreation (SFR) Industry Programs: • Coaching Program (Student Delivery): Plan & Deliver Coaching Sessions • SFR Coaching Program (Supervisor): Assist with Delivering Coaching Sessions			
	Topics: • Introduction to Community Programs • Introduction to Conditioning Programs • Programs: • Community SFR Program: Assist with Delivering Community SFR Sessions • Conditioning Program: Participate in Conditioning Sessions			
	TERM 3			

• Working in the SFR Industry

TERM 3

	Providing Quality Service in the SFR Industry
	Programs:
	Group Conditioning Sessions: Plan and Deliver Group Conditioning Sessions
	One-on-One Cardio Program: Plan and Deliver a Cardio Program
	Topics:
	Anatomy and Physiology - The Musculoskeletal system
	First Aid Course: HLTAID011 Provide First Aid
TERM 4	Programs: Recreational Group Exercise Program
	[*] The Certificate II in Sport and Recreation (SIS20122) entry qualification is scheduled to be finalised at the end of Term 4. Students are provided the option to complete the Certificate II in Sport and Recreation only (exit point).

Learning and Assessment Arrangements	TERM 5	Topics: Anatomy and Physiology Health and Nutrition Consultations Programs: One-on-One Gym Program: Adolescent Client Conduct Consultations with a Client (Peer) Plan and Conduct Sessions (Scenario Clients)
	TERM 6	Topics: Screening and Health Assessments Specific Population Clients Older Clients Programs: Fitness Orientation Program: Client Orientation Gentle Exercise Program: Participate in Gentle Exercise Sessions Mobility Program: Plan and Instruct Mobility Sessions
	TERM 7	Topics: Older Clients Specific Populations Programs: Group Exercise and Gym-based One-on-One Sessions: - Female and Male Adults aged 18+; and - Older adults aged 55+
Learning	Students a	are provided with a full Course Content kit that is specific to each term of study which includes:

Resources	 Unit Plan Lectures Online Activities Exercise Bank Videos Work templates and other work-related documents (e.g. policy manuals)
Practical Experience	Students will undertake a minimum of 40 hours of practical fitness training experience (i.e. training clients – group exercise and gym instruction) across the program.
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

• Fit College Andrew Rickert 1 - Job Skills Queensland • National Institute of First Ad Trainers (NIFAT) Consultation/engagement approaches include: • Regular meetings (e.g. weekly consultation meetings) • Teleconference • Program development/validation meetings • Program development projects Validation Process Assessment Validation Process Assessment Validation Process 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 acto evaluate all assessment instruments to ensure that they are appropriate for the units of competency and reflect the unit requirements (a. elements, performance evidence, knowledge evidence and assessment conditions). • Validation for each unit of 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 conditions) with improvements. • A Binnacle Program Development Specialist and an industry expert will review all assessment instruments to ensure that they are appropriate for the units of completed every 24 months (minimum); and • Post-assessment validation (to confirm assessment evidence, knowledge evidence and assessment the requirements of th		Renegade Conditioning
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https://www.qcaa.qld.edu.au/parents-carers/senior-secondary		
Intps://www.qcaa.qiu.euu.au/parents-carets/senitor-secondary		$\frac{1}{2}$
Students may also choose to continue their study by completing the Certificate IV in Fitness through		
another Registered Training Organisation.		another Registered Training Organisation.

capa skills All u embo Each	ndation Skills are the combination of communication skills and generic, non-technical skills and abilities considered essential to meet the complexities of life in a modern society. 'Communication' is included in Foundation Skills are English language, literacy and numeracy (LLN). nits of competency within new streamlined Training Packages have Foundation Skills either edded in the unit performance requirements or listed explicitly.
emb Each	
	n unit of competency selected to comprise this program has Foundation Skills that are relevant to the ext of the learning outcomes and are applicable to work and life situations.
meth sugg will t Binna with	lent feedback is collected and analysed. Feedback from students in relation to assessment processes, nods and instruments will be collated, analysed and improvements made in the light of student gestions. Formal surveys/questionnaires as well as informal processes at the end of each unit of work be used to gather data. Throughout the course, data is collected in relation to Quality Indicators. acle Training also has a published Complaints and Appeals Policy which provides students and others avenues to make a complaint or to appeal a decision (including assessment decisions) directly with acle Administration.
Date	e for data analysis: December (annually)
Reporting each (DES	lents are enrolled in the relevant units of competency and the results are forwarded at the end of a term (as a minimum) to the Queensland Department of Employment, Small Business and Training BBT) indicating if competency has been attained or is continuing. Binnacle Program Management and
Adm	inistration staff verify that accurate and up-to-date information is recorded.
	SCHOOLS: Permission is provided to DESBT for student results to be forwarded to the Queensland iculum & Assessment Authority (QCAA).
of co	lent results show the unit code, title and date achieved. The final assessment outcome for each unit ompetency will be retained for a period of 30 years. Once all units are recorded as competent, a ification or a statement of attainment will be issued.
Skill	s Assure Supplier Specific Requirements
Qual	acle Training will keep a complete record of training and assessment, including copies of the lifications and Statements of Attainment issued to each student, for 6 years from the end of the [i.e. the earlier of either: a) the date of Agreement termination; or b) the date that the last Program er the Agreement ends].
Fee-	for-Service (non SAS)
made	ompleted assessment items - demonstrating sufficient evidence of how assessment decisions were e - 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.
	aster copy of all versions of the assessment tools will be retained for seven years.