

2025 EDITION

# SIS20122 CERTIFICATE II IN SPORT AND RECREATION

Binnacle Training (RTO Code 31319)

## HOW DOES IT WORK

This qualification reflects the role of individuals who assist with the delivery of sport and recreation activities and who complete a range of customer contact duties.

Students participate in the delivery of a range of sport and recreation activities and programs within the school.

Available with a 'General' or 'Sport Specialty' Coaching outcome - AFL, NRL, Netball, Rugby Union or Choose Your Own Sport!

## WHAT DO STUDENTS ACHIEVE?

- › SIS20122 Certificate II in Sport and Recreation (Maximum 4 QCE Credits)
- › Community Coaching - Essential Skills Course (non-accredited), issued by [Australian Sports Commission](#)
- › Direct pathway into SIS30122 Certificate III in Sport, Aquatics and Recreation (or SIS30321 Certificate III in Fitness)
- › Recommended 'optional' additional training - the nationally recognised First Aid competency - HLTAID011 Provide First Aid

## SKILLS ACQUIRED

- › Officiating games or school competitions
- › Coaching beginner participants to develop fundamental skills
- › Effective communication skills
- › Providing quality service to participants

## CAREER PATHWAYS



FLEXIBLE PROGRAMS

PRACTICAL-BASED LEARNING

RESOURCES PROVIDED



**Binnacle  
Training**  
RTO CODE 31319



**Skills  
Assure**  
Proud to be a Queensland Government  
subsidised training provider



1300 303 715  
admin@binnacletraining.com.au  
binnacletraining.com.au



# SIS20122 CERTIFICATE II IN SPORT AND RECREATION

Registered Training Organisation:  
**Binnacle Training (RTO 31319)**

**Delivery Format:**

1-Year Format

**Timetable Requirements:**

1-Timetabled Line

**Units of Competency:**

10 (6 Core Units, 4 Elective Units)

**Suitable Year Level(s):**

Year 10 (or Year 11 or 12)

**Study Mode:**

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

**Cost (Fee-For-Service):**

**\$265.00** per person (+ **optional First Aid \$55.00**)

**QCE Outcome:**

Maximum 4 QCE Credits

<b>TERM 1</b>	<b>TOPICS</b>
	<ul style="list-style-type: none"> <li>› Introduction to the Sport, Fitness and Recreation (SFR) Industry</li> <li>› Introduction to Coaching Programs, Laws and Legislation</li> </ul>
	<b>PROGRAMS</b>
	<ul style="list-style-type: none"> <li>› Assist with Delivering Coaching Sessions (Supervisor Delivery)</li> <li>› Plan and Deliver Coaching Sessions (Student Delivery)</li> </ul>

<b>TERM 2</b>	<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>
	<ul style="list-style-type: none"> <li>› Community SFR Program (Student Delivery)</li> <li>› Participate in Conditioning Sessions (Supervisor Delivery)</li> </ul>

<b>TERM 3</b>	<b>TOPICS</b>
	<ul style="list-style-type: none"> <li>› Working in the SFR Industry - WHS and Provide Quality Service</li> <li>› Introduction to Anatomy and Physiology - The Cardiovascular System</li> </ul>
	<b>PROGRAMS</b>
	<ul style="list-style-type: none"> <li>› Plan and Deliver Group Conditioning Sessions</li> <li>› Plan and Deliver a One-on-one Cardio Program</li> </ul>

<b>TERM 4</b>	<b>TOPICS</b>
	<ul style="list-style-type: none"> <li>› Introduction to Anatomy and Physiology - The Musculoskeletal System</li> <li>› First Aid Course: HLTAID011 Provide First Aid (Optional Additional)</li> </ul>
	<b>PROGRAMS</b>
	<ul style="list-style-type: none"> <li>› Recreational Group Exercise Program</li> </ul>

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.

UNITS OF COMPETENCY	
SISXIND011	Maintain sport, fitness and recreation knowledge
BSBPEF202	Plan and apply time management
BSBPEF301	Organise personal work priorities
BSBSUS211	Participate in sustainable work practices
SISSPAR009	Participate in conditioning for sport
HLTWHS001	Participate in workplace health and safety
SISXFAC006	Maintain activity equipment
SISOFLD001	Assist in conducting recreation sessions
SISXCCS004	Provide quality service
SISXEMR003	Respond to emergency situations
HLTAID011	Provide First Aid (Optional Additional)