



ABSTRACT

This document contains important information for Binnacle Training students about:

- The program outline and inclusions
- The assessment completion process
- Binnacle Training Third-Party Arrangements
- Student enrolment

STUDENT INFORMATION

Athlete Health and Wellbeing
(2-Unit Short Course)

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1. Program Inclusions

Upon successful completion of the Binnacle Short Course: Athlete Health and Wellbeing, students will be issued a nationally recognised Statement of Attainment listing the 2 completed units of competency.

This short course covers the skills and knowledge required to:

- work with basic information about the human body
- recognise and promote ways to maintain healthy functioning of the body
- focus on resilience, recovery, sleep, diet and mental health as an athlete.

Topics include:

- Healthy Body Systems
- Wellness Strategies

2. Program Outline

This course is delivered by your program deliverer (trainer and assessor) via a third-party arrangement between Binnacle Training (as the lead RTO) and the school (as the third party).

This short course has been packaged into a 1-Term format, based on 3 x 70 minute lessons (plus 1 x 70 minute self-directed learning session) per week.

The program introduces the foundational skills and knowledge needed to understand basic human anatomy and maintain your health and wellbeing as an athlete. Learning takes place in both the classroom and your school's sport and fitness facilities. You will gain practical experience working alongside qualified trainers (teachers) to implement targeted wellness strategies—focusing on physical recovery, sleep, diet, and mental health to support healthy body systems.

Assessment activities include practical and knowledge tasks throughout the program. Knowledge tasks generally take the form of short answer quizzes and research tasks that are completed online. Some of the practical tasks will also involve completing documents (e.g. creating a presentation).

2.1 Mode of Delivery

This program uses a blended mode of delivery which includes face-to-face plus online training and assessment such as classroom lessons, digital learning modules, virtual lessons, online and practical assessment.

3. LLND and Course Suitability Advice

During pre-enrolment, students will complete an LLND Screening (via eSkilled) to establish their language, literacy, numeracy and digital literacy skill levels and will be provided with advice about whether the course is suitable for them.

Based on the outcome of this review, the school (on behalf of Binnacle Training) will provide the student with advice regarding the suitability of the training product to each prospective student prior to their enrolment being finalised. This process ensures students are fully informed about the program requirements before committing to the course or incurring any associated fees.

The following examples provide a snapshot of the reading, writing, numeracy, verbal communication, and digital literacy skills that would be expected in order to satisfy competency requirements:

Reading	• Source and interpret information to identify best practice for maintaining athlete wellbeing.
Verbal Communication	• Use active listening and questioning to give and receive information and confirm understanding.
Problem-solving Skills	• Make healthy choices.
Teamwork Skills	• Work with coaches and support staff.
Self-management Skills	• Take responsibility for maintaining own wellbeing.

4. Fees

Binnacle Training invoices the school directly for the cost of the program. This means that students do not pay any fees directly to Binnacle.

Students should check with their school about payment - it may be set up like other subjects, and there may be additional fees for:

1. Learning resources or textbooks
2. Excursions or site visits
3. Equipment or materials specific to your program

A detailed breakdown of Binnacle course fees can be found on the [Binnacle Training website](#).

5. Completing Assessments

All assessment resources are online (practical components are completed in a Sport, Fitness and Recreation (SFR) environment). Assessment completion will be regularly reviewed by the trainer and assessor and if incomplete or not yet satisfactory, it may be necessary to finalise the assessment outside of class time (e.g. during exam block).

Completed assessment and associated documentation will be stored online in the Binnacle Lounge for the trainer and assessor to mark ('Satisfactory' or 'Not Yet Satisfactory').

Students will need to provide/have access to a computer, laptop or tablet device with an internet connection.

1. Students complete the assessment:	• Knowledge assessments completed online in your Binnacle Lounge. • Demonstrate required skills in practical tasks. • Access to training resources to assist with assessment are provided in the respective assessment tab.
2. Assessor marks your assessment:	• Some knowledge assessment items are 'auto-marked' by the Binnacle Lounge learning platform. • The assessor will mark your other assessment items (e.g. practical). • Feedback is provided directly within the Binnacle Lounge learning platform, where the outcome of each assessment item is also recorded.

6. Course Schedule

The table below shows the topics and projects scheduled for delivery and assessment throughout the term.

TERM 1	TOPICS COVERED
	Healthy Body Systems Wellness Strategies
	SPECIFIC PROJECT REQUIREMENTS
	Maintaining Health and Wellbeing as an Athlete Presenting on Wellbeing

7. Units of Competency in this Program

The following table illustrates the units of competency that are achieved through completion of this course:

Unit Code	Unit Title	Scheduled for Finalisation	Training & Assessment Arrangements (Predominant Mode of Delivery)
HLTAAP001	Recognise healthy body systems	Term 1	Blended Delivery - Teacher (Third Party) as Trainer & Assessor
SISSPAR008	Maintain personal wellbeing as an athlete	Term 1	

8. Pathways

Students who successfully complete the Athlete Health and Wellbeing Short Course may explore one of the following nationally recognised qualifications:

- SIS20321 Certificate II in Sport Coaching
- SIS30321 Certificate III in Fitness
- SIS30122 Certificate III in Sport, Aquatics and Recreation

9. Binnacle Training Third-Party Arrangements

As the RTO, Binnacle Training engages individual secondary schools under a third-party arrangement to provide physical and human resources to deliver training and conduct assessment.

Binnacle Training Responsibilities: Enrolling students into the VET course, reporting training and assessment outcomes, issuing certificates and testamurs, and ensuring that the VET course is on its scope of registration at all times.

School Responsibilities (as the third party): The provision of adequate physical (equipment and facilities) and human resources (program deliverer, i.e., qualified trainer and assessor), and facilitating training and assessment services on behalf of Binnacle Training including the provision of student support services such as language, literacy, numeracy and digital literacy (LLND) assistance, course suitability advice, and student wellbeing.

10. Student Enrolment

Student enrolment into the program requires the school to have a current third-party agreement in place.

11. Definitions and Interpretations

Program. The course(s) or qualifications(s) in its entirety.

Registered Training Organisation (RTO). A training organisation that has authorisation to train and assess nationally recognised qualifications on its scope of registration.

School (third party). The secondary school/college that is providing the physical and human resources to deliver training and conduct assessment on behalf of, and in the name of, Binnacle Training as the external RTO.

Training Product. Any qualification, unit of competency, or group of competencies packaged together as a Binnacle Program.

For further information please access the [Program Disclosure Statement](#) in full.