

### IMPORTANT PROGRAM DISCLOSURE STATEMENT (PDS)

***This Subject Outline is to be read in conjunction with Binnacle Training's Program Disclosure Statement (PDS). The PDS sets out the services and training products Binnacle Training provides and those services carried out by the 'Partner School' (i.e. the delivery of training and assessment services).***

**To access Binnacle's PDS, visit: <https://www.binnacletraining.com.au/connect/support-centre/rto-documents/#binnacle-rto-files>**

## COURSE OVERVIEW & OUTLINE

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 deliver 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

**This program also includes the following:**

- › The nationally recognised First Aid competency - HLTAID011 Provide First Aid
- › Community Coaching - Essential Skills Course (non-accredited), issued by [Australian Sports Commission](#)
- › A range of career pathway options including pathway into SIS40221 Certificate IV in Fitness at another provider

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.

**Delivery Format:**

2-Year Format

**Timetable Requirements:**

1-Timetabled Line

**Units of Competency:**

Standalone Qualification - 15 Units  
Dual Qualification - Additional 8 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)  
**(+ \$55.00 First Aid)**

**QCE Outcome:**

Maximum 8 QCE Credits

## UNITS OF COMPETENCY

UNITS OF COMPETENCY <i>Certificate III in Fitness</i>	
HLTAID011	Provide First Aid
HLTWHS001	Participate in workplace health and safety
SISXEMR001	Respond to emergency situations
SISXIND001	Work effectively in sport, fitness and recreation environments
SISXIND002	Maintain sport, fitness and recreation industry knowledge
BSBSUS211	Participate in sustainable work practices
SISFFIT047	Use anatomy and physiology knowledge to support safe and effective exercise
BSBOPS304	Deliver and monitor a service to customers
BSBPEF301	Organise personal work priorities
SISFFIT035	Plan group exercise sessions
SISFFIT036	Instruct group exercise sessions
SISFFIT032	Complete pre-exercise screening and service orientation
SISFFIT033	Complete client fitness assessments
SISFFIT052	Provide healthy eating information
SISFFIT040	Develop and instruct gym-based exercise programs for individual clients

ADDITIONAL 8 UNITS OF COMPETENCY (OPTIONAL) <i>Part of the optional Certificate II in Sport and Recreation</i>	
SISXCAI002	Assist with activity sessions
SISXCCS001	Provide quality service
BSBWOR202	Organise and complete daily work activities
BSBTEC201	Use business software applications
BSBTEC202	Use digital technologies to communicate in a work environment
BSBTEC203	Research using the Internet
ICTICT203	Operate application software packages
BSBSUS201	Participate in environmentally sustainable work practices

## COURSE SCHEDULE

### DUAL QUALIFICATION: SIS30321 CERTIFICATE III IN FITNESS + SIS20115 CERTIFICATE II IN SPORT AND RECREATION

(OR AS STANDALONE QUALIFICATION: SIS30321 CERTIFICATE III IN FITNESS)

<b>TERM 1</b>	<b>TOPICS</b>
	<ul style="list-style-type: none"> <li>› The Sport, Fitness &amp; Recreation (SFR) Industry</li> <li>› Apply Knowledge of Coaching Practices</li> </ul>
	<b>PROGRAMS</b>
	<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>
<b>TERM 2</b>	<b>TOPICS</b>
	<ul style="list-style-type: none"> <li>› Perform Research and Create a Group Presentation</li> <li>› Organise and Complete Work Tasks</li> </ul>
	<b>PROGRAMS</b>
	<ul style="list-style-type: none"> <li>› Group Nutrition Presentation: Create and Deliver a Presentation to your Peers</li> <li>› Community SFR Program #1: Plan and Conduct Community SFR Sessions for Participants</li> </ul>
<b>TERM 3</b>	<b>TOPICS</b>
	<ul style="list-style-type: none"> <li>› Cardio and Conditioning Programs</li> <li>› Anatomy and Physiology</li> <li>› The SFR Industry</li> </ul>
	<b>PROGRAMS</b>
	<ul style="list-style-type: none"> <li>› One-on-One Cardio Program</li> <li>› Group Conditioning Sessions for Adolescent Participants</li> </ul>
<b>TERM 4</b>	<b>TOPICS</b>
	<ul style="list-style-type: none"> <li>› Anatomy and Physiology</li> <li>› First Aid Course: HLTAID011 Provide First Aid</li> </ul>
	<b>PROGRAMS</b>
	<ul style="list-style-type: none"> <li>› Bootcamp Program (Teacher Facilitated): Assist with Delivering Bootcamp Sessions</li> </ul>
<b>QUALIFICATION SCHEDULED FOR FINALISATION</b>	
<b>SIS20115 CERTIFICATE II IN SPORT AND RECREATION</b>	
<b>TERM 5</b>	<b>TOPICS</b>
	<ul style="list-style-type: none"> <li>› Anatomy and Physiology</li> <li>› Health and Nutrition Consultations</li> </ul>
	<b>PROGRAMS</b>
	<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>
<b>TERM 6</b>	<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>
	<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>
<b>TERM 7</b>	<b>TOPICS</b>
	<ul style="list-style-type: none"> <li>› Older Clients</li> <li>› Specific Populations</li> </ul>
	<b>PROGRAMS</b>
	<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>

Please note this 2024 Course Schedule is current at the time of publishing and should be used as a guide only. This document is to be read in conjunction with Binnacle Training's Program Disclosure Statement (PDS). The PDS sets out the services and training products Binnacle Training as RTO provides and those services carried out by the School as Third Party (i.e. the facilitation of training and assessment services). To access Binnacle's PDS, please visit: [binnacletraining.com.au/rto](http://binnacletraining.com.au/rto)