

REGISTERED TRAINING ORGANISATION

Binnacle Training (RTO Code: 31319)

DELIVERY OVERVIEW

SIS30315 Certificate III in Fitness is delivered as a senior subject by qualified school staff via a third-party arrangement with external Registered Training Organisation (RTO) Binnacle Training. Students successfully achieving all qualification requirements will be provided with the qualification and record of results. Students who achieve at least one unit (but not the full qualification) will receive a Statement of Attainment.

Upon successful completion students will achieve a maximum 8 QCE credits.

ENTRY REQUIREMENTS

At enrolment, each student will be required to create (or simply supply if previously created) a [Unique Student Identifier \(USI\)](#). A USI creates an online record of all training and qualifications attained in Australia.

LANGUAGE, LITERACY AND NUMERACY SKILLS

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.

COURSE OUTLINE & PATHWAYS

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 fitness 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 Sport Australia
- A range of career pathway options including pathway into SIS40221 Certificate IV in Fitness at another provider

Students eligible for an Australian Tertiary Admission Rank (ATAR) may be able to use their completed Certificate III to contribute towards their ATAR. For further information please visit <https://www.qcaa.qld.edu.au/senior/australian-tertiary-admission-rank-atar>

STUDY MODE

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

Evidence contributing towards competency will be collected throughout the course.

UNITS OF COMPETENCY

This course is delivered over 2 years over 1 timetabled line. There are 15 Units of Competency:

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

Finalisation of qualification: SIS30315 Certificate III in Fitness

COST

- **\$365.00** = Binnacle Training Fee
- **\$55.00** = First Aid Certificate costs
- **\$40** = Excursions to other outside venues to participate in and to conduct fitness activities.

PROGRAM DISCLOSURE STATEMENT

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

COURSE OUTLINE

PLEASE NOTE THAT THIS COURSE SCHEDULE IS A GUIDE ONLY.

TERM 1	TOPICS	PROGRAMS
	<ul style="list-style-type: none"> › Sport, Fitness and Recreation (SFR) Industry Knowledge › Beginning Coaching Principles › Workplace Health and Safety › SFR Laws and Legislation › Maintain SFR Equipment 	<ul style="list-style-type: none"> › Bootcamp Program: Assist with Delivering Sessions › Coaching Program: Plan and Deliver Coaching Sessions › Respond to an Emergency Situation: Fire Evacuation Drill › Online Course: Community Coaching Essential Skills (Online Course)
TERM 2	TOPICS	PROGRAMS
	<ul style="list-style-type: none"> › Respond to Emergencies › Provide First Aid and CPR › Risk Analysis › Organise Work › Community Fitness Programs 	<ul style="list-style-type: none"> › Community Fitness Program: Plan and Conduct Community Fitness Sessions › Short Course: Provide First Aid (HLTAID011)
TERM 3	TOPICS	PROGRAMS
	<ul style="list-style-type: none"> › Body Systems › Descriptive Terminology › Provide Quality Customer Service › Plan and Deliver Exercise Programs 	<ul style="list-style-type: none"> › One-on-One Cardio Program › Group Conditioning Sessions for Adolescent Clients
TERM 4	TOPICS	PROGRAMS
	<ul style="list-style-type: none"> › Introduction to Nutrition (Binnacle Online Delivery) › Digital Technologies in the Workplace (Binnacle Online Delivery) › Sustainable Work Practices in the SFR Industry 	<ul style="list-style-type: none"> › Community SFR Program › Group Nutrition Presentation
TERM 5	TOPICS	PROGRAMS
	<ul style="list-style-type: none"> › Conducting Health Assessments › Plan and Deliver Exercise Programs › Anatomy and Physiology 	<ul style="list-style-type: none"> › Fitness Orientation Program: Client Orientation › One-on-One Gym Program: Adolescent Client
TERM 6	TOPICS	PROGRAMS
	<ul style="list-style-type: none"> › Older Clients › Specific Population Clients › Anatomy and Physiology 	<ul style="list-style-type: none"> › Gentle Exercise Program: Participate in Gentle Exercise Sessions › Mobility Program: Plan and Instruct Mobility Sessions › Specific Populations: Plan and Deliver Programs for Scenario Clients › Community Fitness Program: Primary School Participants
TERM 7	TOPICS	PROGRAMS
	<ul style="list-style-type: none"> › Older Clients › Specific Populations › Anatomy and Physiology 	<p>Group Exercise and Gym-based One-on-One Sessions:</p> <ul style="list-style-type: none"> › Female and Male Adults aged 18+; and › Older Adults aged 55+