

REGISTERED TRAINING ORGANISATION

Binnacle Training (RTO Code: 31319)

Cost \$365 + \$55 (First Aide) = Binnacle Training Fee

PROGRAM OVERVIEW

Students facilitate 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.

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

YEAR 1			
Term 1	Introduction to the Sport, Fitness and Recreation (SFR) Industry Introduction to Coaching Programs	Term 2	Introduction to Community Programs Introduction to Conditioning Programs
Programs:	Coaching Program (Student Delivery): Plan and Deliver Coaching Sessions SFR Coaching Program (Supervisor): Assist with Delivering Coaching Sessions	Programs:	Community SFR Program: Assist with Delivering Community SFR Sessions Conditioning Program: Participate in Conditioning Sessions
Term 3	Working in the SFR Industry Providing Quality Service in the SFR Industry	Term 4	Anatomy and Physiology - The Musculoskeletal System First Aid Course: HLTAID011 Provide First Aid
Programs:	Group Conditioning Program: Plan and Deliver Group Conditioning Sessions One-on-one Cardio Program: Plan and Deliver a Cardio Program	Programs:	Recreational Group Exercise Program
YEAR 2			
Term 5	Anatomy and Physiology Health and Nutrition Consultations	Term 6	Screening and Health Assessments Specific Population Clients Older Clients
Programs:	One-on-One Gym Program: Adolescent Client Conduct Consultations with a Client (Peer) Plan and Conduct Sessions (Scenario Clients)	Programs:	Fitness Orientation Program: Client Orientation Gentle Exercise Program: Participate in Gentle Exercise Sessions Mobility Program: Plan and Instruct Mobility Sessions
Term 7	Older Clients Specific Populations	Term 8	Course finalisation
	Group Exercise and Gym-based One-on-One Sessions: - Female and Male Adults aged 18+; and - Older adults aged 55+		

UNITS OF COMPETENCY			
HLTAID011	Provide First Aid	SISFFIT035	Plan group exercise sessions
HLTWHS001	Participate in workplace health and safety	SISFFIT036	Instruct group exercise sessions
SISXEMR001	Respond to emergency situations	SISFFIT032	Complete pre-exercise screening and service orientation
SISXIND011	Maintain sport, fitness and recreation industry knowledge	SISFFIT033	Complete client fitness assessments
SISCCS004	Provide quality service	SISFFIT052	Provide healthy eating information
BSBSUS211	Participate in sustainable work practices	SISFFIT040	Develop and instruct gym-based exercise programs for individual clients
BSBOPS304	Deliver and monitor a service to customers	SISFFIT047	Use anatomy and physiology knowledge to support safe and effective exercise
BSBPEF301	Organise personal work priorities		

STUDY MODE

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

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 may also choose to continue their study by completing the Certificate IV or Diploma (e.g. Fitness or Sport) at another RTO or a undertake university degree in various areas e.g. Sports Science, Exercise Physiologist.

PDS DECLARATION:

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/