## **2023 EDITION**

# FITNESS IN SCHOOLS

**CAREER PATHWAYS** 

GROUP

EXERCISE

INSTRUCTOR

UNIVERSITY

DEGREE

EXERCISE

**PHYSIOLOGIST** 

TEACHER

- PHYSICAL EDUCATION

SPORT SCIENTIST

**FITNESS IN SCHOOLS** 

**GYM FITNESS** 

INSTRUCTOR

**CERTIFICATE IV** 

**IN FITNESS** 

**DIPLOMA OF** 

**FITNESS** 

PERSONAL TRAINER

SIS30321 CERTIFICATE III IN FITNESS + SIS20115 CERTIFICATE II IN SPORT AND RECREATION



## HOW DOES IT WORK

Students gain the entry-level skills required of a Fitness Professional (a Group Exercise Instructor or Gym Fitness Instructor).

Students facilitate fitness programs within their school community.

**Programs include:** 

- 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

## Includes entry qualification:

SIS20115 Certificate II in Sport and Recreation (only in Dual Qualification)

Pathway into SIS40221 Certificate IV in Fitness - with another Registered Training Organisation.



- > SIS30321 Certificate III in Fitness (max. 8 QCE Credits)
- Entry qualification: SIS20115 Certificate II in Sport and Recreation (only in Dual Qualification)
- The nationally recognised First Aid competency -HLTAID011 Provide First Aid

### Direct pathway into:

- Certificate IV in Fitness with FIT College (RTO: 31903)— Binnacle graduates receive a \$500 discount!
- Successful completion of the Certificate III in Fitness may contribute towards a student's Australian Tertiary Admission Rank (ATAR)



## **SKILLS ACQUIRED**

- > Client screening and health assessment
- > Planning and instructing fitness programs
- > Deliver 1-on-1 and group fitness programs
- > Exercise science and nutrition
- Anatomy and physiology



PRACTICAL SUBJECTS





**f** in **O** 



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

## SIS30321 CERTIFICATE III IN FITNESS +

SIS20115 CERTIFICATE II IN SPORT AND RECREATION

(or as Standalone Qualification: SIS30321 Certificate III in Fitness)

## **COURSE OVERVIEW & OUTLINE**

Registered Training Organisation: Binnacle Training (RTO 31319)

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 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

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

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 First Aid

QCE Outcome:

Maximum 8 QCE Credits

and safety       practices         SISXEMR001       Respond to emergency situations         SISXIND001       Work effectively in sport, fitness and recreation environments         SISXCAI002       Assist with activity session         SISXIND001       Maintain sport, fitness and recreation industry knowledge				
HLTAID011       Provide Erist Aid         TERM 3       TOPICS	TERM 1	<ul> <li>Binnacle Lounge Induction</li> <li>The Sport, Fitness and Recreation (SFR) Industry</li> <li>Apply Knowledge of Coaching Practices</li> <li>Workplace Health and Safety</li> <li>SFR Laws and Legislation</li> </ul> <b>PROGRAMS</b> Bootcamp Program (Teacher Facilitated) Coaching Program (Student Delivery) Respond to an Emergency Situation: Fire Evacuation Drill Online Course: Community	TERM 2	<ul> <li>Respond to Emergencies</li> <li>Provide First Aid and CPR</li> <li>Risk Analysis</li> <li>Organise Work</li> <li>Community Fitness Programs</li> </ul> <b>PROGRAMS</b> Community Fitness Program: Plan and Conduct Community Fitness Sessions for Junior Secondary School Participants Short Course: Provide First Aid
HLTAID011       Provide First Aid         TOPICS       Body Systems       TopicS <ul> <li>Body Systems</li> <li>The Cardiorsepiratory System</li> <li>Descriptive Terminology</li> <li>The Musculoskelati System</li> <li>Provide Caulity Customer Servica</li> <li>Plan and Deliver Exercise Programs</li> </ul> TERM 4 <ul> <li>Termid Support</li> <li>The Musculoskelati System</li> <li>Provide Caulity Customer Servica</li> <li>One-on-One Cardio Program</li> <li>Group Conditioning Sessions</li> <li>Torogram for Presentable Work Pacticose in the SFR Industry</li> <li>Strength and Conditioning Program for Presentation</li> <li>Strength and Conditioning Program for Presentation</li> <li>Strength and Conditioning Program for Presentation</li> </ul> UNITS OF COMPETENCY SCHEDULED FOR COMPLETION              UNITS OF COMPETENCY SCHEDULED FOR Completion           UNITS OF ComPETENCY SCHEDULED FOR ComPLETION              BSBUS2211               Basic Statis with activity ession <li>BSBEC2021</li> SISXCA002 <li>Assist with activity ession</li> BSBEC2031 <li>Provide quality service</li> <li>SISXCCS001             <li>Provide quality service</li> <li>SISXID002</li> <li>Plan and Deliver Exercise Programs</li> <li>Anatomy &amp; Physiology</li> <li>Preorerams</li></li>		UNITS OF COMPETENCY SC	HEDULED FOR C	
• Bady Systems       • The Cardiorsepiratory System         • Term 3       • The Cardiorsepiratory System         • Term 4       • The Matchine Terminology         • Programs       • Programs         • One-on-One Cardio Programs       • Croup Nutrition (Binnacle Online Delivery)         • One-on-One Cardio Programs       • Group Conditioning Sessions         • One-on-One Cardio Programs       • Group Conditioning Sessions         • One-on-One Cardio Programs       • Group Nutrition Presentation         • Group Conditioning Sessions       • Group Nutrition Presentation         • Standard Programs       • Standard Programs         • Standard Programs       • Group Nutrition Presentation         • Standard Programs	HLTAID011			
COMPLETION         COMPLETION           HLTWHS001         Participate in workplace health and safety         Participate in sustainable work practices           SISXEMR001         Respond to emergency situations         BSBSUS211         Participate in sustainable work practices           SISXIND001         Work effectively in sport, fitness and recreation environments         BSBTEC201         Use business software applications           SISXCA002         Assist with activity session         BSBTEC201         Use digital technologies to communicate in a work environment           SISXCA002         Assist with activity session         BSBTEC202         Operate applications           SISXCCS001         Provide quality service         BSBSUS201         Participate in environmentally sustainable work practices           SISXCCS001         Provide quality service         BSBSUS201         Participate in environmentally sustainable work practices           * Older Clients         · Anatomy & Physiology         PAGRAMS         · Older Clients · Specific Population S: Plan and Deliver Program           * One-on-One Gym Program: . Anatomy and Physiology         PROGRAMS         · Older Clients · Specific Populations: Plan and Deliver Programs School Participants           * Onder Clients · Anatomy and Physiology         · Older Clients · Anatomy and Physiology         · SISFFIT047           * Older Clients · Anatomy and Physiology         · SISFFIT032	TERM 3	<ul> <li>Body Systems</li> <li>The Cardiorespiratory System</li> <li>Descriptive Terminology</li> <li>The Musculoskeletal System</li> <li>Provide Quality Customer Service</li> <li>Plan and Deliver Exercise Programs</li> </ul> <b>PROGRAMS</b> <ul> <li>One-on-One Cardio Program</li> <li>Group Conditioning Sessions</li> </ul>	TERM 4	<ul> <li>Introduction to Nutrition (Binnacle Online Delivery)</li> <li>Digital Technologies in the Workplace (Binnacle Online Delivery)</li> <li>Environmentally Sustainable Work Practices in the SFR Industry</li> <li>PROGRAMS</li> <li>Group Nutrition Presentation</li> <li>Strength and Conditioning</li> </ul>
HLTWHS001         Participate in workplace health and safety         BSBSUS211         Participate in sustainable work practices           SISXEMR001         Respond to emergency situations         BSBWOR202         Organise and complete daily work activities           SISXIND001         Work effectively in sport, fitness and recreation environments         BSBTEC201         Use business software applications           SISXIND002         Assist with activity session         BSBTEC202         Use digital technologies to communicate in a work environment         Use digital technologies to communicate in a work environment           SISXCS002         Maintain sport, fitness and recreation industry knowledge         BSBTEC202         Research using the internet           SISXCCS001         Provide quality service         BSBSUS201         Participate in environmentally sustainable work practices           SISXCCS001         Provide quality service         TOPICS         • Older Clients           • Conducting Health Assessments         • Anatomy & Physiology         • Older Clients           • Anatomy & Physiology         • Community Fitness Program: • Anatomy and Physiology         • Gente Exercise Program: • Mobility Program           • Older Clients         • Specific Populations: • Anatomy and Physiology         SISFFIT047         Use and monitor a service to customers           • Older Clients         • Specific Populations         SISFFIT032 <td< th=""><th>UNITS OF C</th><th></th><th colspan="2"></th></td<>	UNITS OF C			
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SISXCCS001         Provide quality service         BSBSUS201         Participate in environmentally sustainable work practices           TOPICS              • Conducting Health Assessments <ul> <li>Plan and Deliver Exercise Programs</li> <li>Anatomy &amp; Physiology</li> </ul> <ul> <li>TERM 5</li> <li>Piness Orientation Program: Client Orientation</li> <li>One-on-One Gwp Program: Adolescent Client</li> </ul> <ul> <li>TOPICS</li> <li>Gentle Exercise Program</li> <li>Specific Populations: Plan and Deliver Programs for Scenario Clients</li> <li>One-on-One Gwp Program: Adolescent Client</li> </ul> <ul> <li>TOPICS</li> <li>Golder Clients</li> <li>Specific Populations: Plan and Deliver Programs for Scenario Clients</li> <li>Community Fitness Program: Primary School Participants</li> </ul> <ul> <li>Older Clients</li> <li>Specific Populations</li> <li>Anatomy and Physiology</li> <li>Stantomy and Physiology</li> </ul> <ul> <li>PROGRAMS</li> <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> <li>StisFFIT032</li> <li>Complete pre-exercise screening and service orientation</li> <li>StisFFIT033</li> <li>Complete client fitness assessments</li> <li>StisFFIT040</li> <li>Develop and instruct group-based exercise programs for individual</li> </ul>	SISXIND002			Operate application software
TOPICS <ul> <li>Conducting Health Assessments</li> <li>Plan and Deliver Exercise Programs</li> <li>Anatomy &amp; Physiology</li> </ul> <ul> <li>Fitness Orientation Program: Client</li> <li>One-on-One Gym Program: Adolescent Client</li> <li>One-on-One Gym Program: Adolescent Client</li> <li>Older Clients</li> <li>Specific Populations: Plan and Deliver Programs for Scenario Clients</li> <li>Community Fitness Program: Adolescent Client</li> </ul> <ul> <li>Older Clients</li> <li>Specific Populations: Plan and Deliver Programs for Scenario Clients</li> <li>Community Fitness Program: Primary School Participants</li> </ul> <ul> <li>Older Clients</li> <li>Specific Populations: Plan and Deliver Programs for Scenario Clients</li> <li>Computed Programs School Participants</li> <li>Computed Programs School Participants</li> </ul> <ul> <li>Older Clients</li> <li>Specific Populations</li> <li>Anatomy and Physiology</li> </ul> <ul> <li>ProcRAMS</li> <li>SisFFIT047</li> <li>Use anatomy and physiology knowledge to support safe and effective exercise</li> <li>BSBOPS304</li> <li>Deliver and monitor a service to customers</li> <li>SisFFIT035</li> <li>Plan group exercise sessions</li> <li>SisFFIT036</li> <li>Instruct group exercise sessions</li> <li>SisFFIT037</li> <li>Complete client fitness assessesests</li> <li>SisFFIT038</li></ul>	SISXCCS001	Provide quality service	BSBSUS201	Participate in environmentally
TERM 5 <ul> <li>Conducting Health Assessments</li> <li>Plan and Deliver Exercise Programs</li> <li>Plan and Deliver Exercise Programs</li> <li>Anatomy &amp; Physiology</li> </ul> <ul> <li>PROGRAMS</li> <li>Fitness Orientation Program: Client Orientation</li> <li>One-on-One Gym Program: Adolescent Client</li> <li>Older Clients</li> <li>Specific Population Clients</li> <li>Mobility Program</li> <li>Specific Populations: Plan and Deliver Programs for Scenario Clients</li> <li>One-on-One Gym Program: Adolescent Client</li> <li>Older Clients</li> <li>Specific Populations: Plan and Deliver Programs for Scenario Clients</li> <li>Community Fitness Program: Program: Adolescent Client</li> <li>Older Clients</li> <li>Specific Populations</li> <li>Anatomy and Physiology</li> </ul> <li>Fremale and Male Adults aged 18+; and</li> <li>Older adults aged 55+</li> <li>Older adults aged 55+</li> <li>Older adults aged 55+</li> <li>Older adults aged 55+</li> <li>SISFFIT033</li> <li>Complete client fitness assessments</li> <li>SISFFIT034</li> <li>Complete client fitness assessments</li> <ul> <li>SISFFIT035</li> <li>Plan group exercise sessions</li> <li>SISFFIT033</li> <li>Complete client fitness assessments</li> <li>SISFFIT034</li> <li>Develop and instruct group exercise for instruct group brow bard assessments</li> <li>SISFFIT040</li> <li>Develop and instruct group brow bard assessments</li> <li>SISFFIT045</li> <li>Provide healthy eating information</li> <li>Develop and instruct group brow bard assexice orientation</li></ul>		TOPICS	TERM 6	
* Anatomy & Physiology       PROGRAMS         * Fitness Orientation Program: Client Orientation       * Gentle Exercise Program         * Mobility Program       * Specific Populations: Plan and Deliver Programs for Scenario Clients         * One-on-One Gym Program: Adolescent Client       * Other Clients         * Older Clients       * Community Fitness Program: Primary School Participants         * Older Clients       * Specific Populations         * Anatomy and Physiology       UNITS OF COMPETENCY SCHEDULED FOR COMPLETION         * Older Clients       * Specific Populations         * Anatomy and Physiology       USERFIT047         * Female and Male Adults aged 18+; and       Deliver and monitor a service to customers         SISFFIT035       Plan group exercise sessions         SISFFIT032       Complete pre-exercise sessions         SISFFIT033       Complete pre-exercise sessions         SISFFIT032       Provide healthy eating information         SISFFIT032       Provide healthy eating information         SISFFIT032       Provide healthy eating information         SISFFIT040       Develop and instruct gym-based exercise programs for individual	TERM 5	<ul> <li>Conducting Health Assessments</li> <li>Plan and Deliver Exercise</li> </ul>		<ul> <li>Older Clients</li> <li>Specific Population Clients</li> <li>Anatomy and Physiology</li> </ul>
TERM 7       Older Clients         • Older Clients       Specific Populations         • Anatomy and Physiology       SISFFIT047         BSBOPS304       Deliver and monitor a service to customers         Group Exercise and Gym-based One-on-One Sessions:       SISFFIT035         • Female and Male Adults aged 18+; and       SISFFIT036         • Older adults aged 55+       SISFFIT032         Complete pre-exercise sessions       SISFFIT033         SISFFIT032       Provide healthy eating information         SISFFIT052       Provide healthy eating information         SISFFIT040       Develop and instruct gym-based		<ul> <li>PROGRAMS</li> <li>Fitness Orientation Program: Client Orientation</li> <li>One-on-One Gym Program:</li> </ul>		<ul> <li>Gentle Exercise Program</li> <li>Mobility Program</li> <li>Specific Populations: Plan and Deliver Programs for Scenario Clients</li> <li>Community Fitness Program:</li> </ul>
> Older Clients       Specific Populations         > Specific Populations       SISFFIT047       Use anatomy and physiology knowledge to support safe and effective exercise         PROGRAMS       BSBOPS304       Deliver and monitor a service to customers         Group Exercise and Gym-based One-on-One Sessions:       SISFFIT035       Plan group exercise sessions         > Female and Male Adults aged 18+; and       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 grup-based exercise programs for individual		TOPICS		
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TERM 7       One-on-One Sessions:       > Female and Male Adults aged 18+; and       > Older adults aged 55+       SISFFIT035       Plan 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			BSBOPS304	
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<ul> <li>Older adults aged 55+</li> <li>SISFFIT032</li> <li>Complete pre-exercise screening and service orientation</li> <li>SISFFIT033</li> <li>Complete client fitness assessments</li> <li>SISFFIT052</li> <li>Provide healthy eating information</li> <li>SISFFIT040</li> <li>Develop and instruct gym-based exercise programs for individual</li> </ul>		<ul> <li>Female and Male Adults aged</li> </ul>		а ,
SISFFIT053     assessments       SISFFIT052     Provide healthy eating information       SISFFIT040     Develop and instruct gym-based exercise programs for individual				Complete pre-exercise screening
SISFFIT052     Provide healthy eating information       Develop and instruct gym-based       SISFFIT040     Develop and instruct gym-based			SISFFIT033	
SISFFIT040 exercise programs for individual			SISFFIT052	
			SISFFIT040	exercise programs for individual

Please note this Course Schedule is 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