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





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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

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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