

2023 EDITION

# FITNESS IN SCHOOLS

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.**



## WHAT DO STUDENTS ACHIEVE?

- › 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)

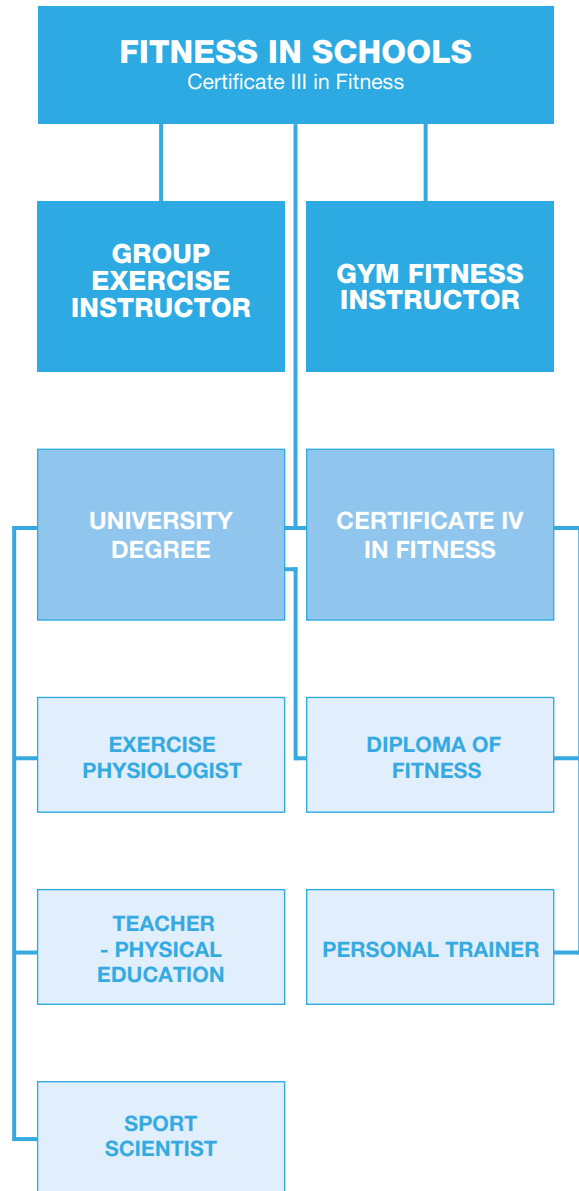


## SKILLS ACQUIRED

- › 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



## CAREER PATHWAYS



FLEXIBLE PROGRAMS

PRACTICAL SUBJECTS

RESOURCES PROVIDED



**Binnacle  
Training**

RTO CODE 31319



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# 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:

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

TERM 1		TERM 2	
	<b>TOPICS</b> <ul style="list-style-type: none"> <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> <ul style="list-style-type: none"> <li>› Bootcamp Program (Teacher Facilitated)</li> <li>› Coaching Program (Student Delivery)</li> <li>› Respond to an Emergency Situation: Fire Evacuation Drill</li> <li>› Online Course: Community Coaching</li> </ul>		<b>TOPICS</b> <ul style="list-style-type: none"> <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> <ul style="list-style-type: none"> <li>› Community Fitness Program: Plan and Conduct Community Fitness Sessions for Junior Secondary School Participants</li> <li>› Short Course: Provide First Aid (HLTAID011)</li> </ul>
UNITS OF COMPETENCY SCHEDULED FOR COMPLETION			
HLTAID011	Provide First Aid		
	<b>TOPICS</b> <ul style="list-style-type: none"> <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 style="list-style-type: none"> <li>› One-on-One Cardio Program</li> <li>› Group Conditioning Sessions for Adolescent Participants</li> </ul>		<b>TOPICS</b> <ul style="list-style-type: none"> <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> </ul> <b>PROGRAMS</b> <ul style="list-style-type: none"> <li>› Group Nutrition Presentation</li> <li>› Strength and Conditioning Program for Peers</li> </ul>
UNITS OF COMPETENCY SCHEDULED FOR COMPLETION		UNITS OF COMPETENCY SCHEDULED FOR COMPLETION	
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
SISXCAI002	Assist with activity session	BSBTEC202	Use digital technologies to communicate in a work environment
SISXIND002	Maintain sport, fitness and recreation industry knowledge	BSBTEC203	Research using the internet
SISXCCS001	Provide quality service	ICTICT203	Operate application software packages
	<b>TOPICS</b> <ul style="list-style-type: none"> <li>› Conducting Health Assessments</li> <li>› Plan and Deliver Exercise Programs</li> <li>› Anatomy &amp; Physiology</li> </ul> <b>PROGRAMS</b> <ul style="list-style-type: none"> <li>› Fitness Orientation Program: Client Orientation</li> <li>› One-on-One Gym Program: Adolescent Client</li> </ul>		<b>TOPICS</b> <ul style="list-style-type: none"> <li>› Older Clients</li> <li>› Specific Population Clients</li> <li>› Anatomy and Physiology</li> </ul> <b>PROGRAMS</b> <ul style="list-style-type: none"> <li>› Gentle Exercise Program</li> <li>› Mobility Program</li> <li>› Specific Populations: Plan and Deliver Programs for Scenario Clients</li> <li>› Community Fitness Program: Primary School Participants</li> </ul>
UNITS OF COMPETENCY SCHEDULED FOR COMPLETION		UNITS OF COMPETENCY SCHEDULED FOR COMPLETION	
	<b>TOPICS</b> <ul style="list-style-type: none"> <li>› Older Clients</li> <li>› Specific Populations</li> <li>› Anatomy and Physiology</li> </ul> <b>PROGRAMS</b> <ul style="list-style-type: none"> <li>› Group Exercise and Gym-based One-on-One Sessions: <ul style="list-style-type: none"> <li>› Female and Male Adults aged 18+; and</li> <li>› Older adults aged 55+</li> </ul> </li> </ul>	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