

Certificate III in Fitness + Certificate II in Sport

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| IMPORTANT PROGRAM DISCLOSURE STATEMENT (PDS) | <p><i>This Subject Outline is to be read in conjunction with Binnacle Training's <u>Program Disclosure Statement (PDS)</u>. The PDS sets out the services and training products Binnacle Training provides <u>and</u> those services carried out by the 'Partner School' (i.e. the delivery of training and assessment services).</i></p> <p><i>To access Binnacle's PDS, visit: http://www.binnacletraining.com.au/rto.php and select 'RTO Files'.</i></p> |
| REGISTERED TRAINING ORGANISATION | Binnacle Training (RTO Code: 31319) |
| Subject Type | Vocational Education and Training (VET) Qualification |
| Nationally Recognised Qualifications | SIS30321 Certificate III in Fitness <u>PLUS</u> entry qualification: SIS20115 Certificate II in Sport and Recreation |
| Course Length | 2 years |
| Reasons to Study the Subject | <p>Binnacle's Certificate III in Fitness 'Fitness in Schools' program is offered as a senior subject where students deliver a range of fitness programs and services to clients within their school community. Graduates will be competent in a range of essential skills – such as undertaking client health assessments, planning and delivering fitness programs, and conducting group fitness sessions in indoor and outdoor fitness settings, including with older adult clients.</p> <p><u>QCE Credits:</u> Successful completion of the Certificate III in Fitness contributes a maximum of eight (8) credits towards a student's QCE. A maximum of eight credits from the same training package can contribute to a QCE.</p> <p>This program also includes the following:</p> <ul style="list-style-type: none"> • <u>First Aid</u> qualification and <u>CPR</u> certificate; <i>plus</i> coaching accreditation. • A range of career pathway options including direct pathway into Certificate IV in Fitness (Personal Trainer). |
| <u>ENTRY REQUIREMENTS</u> | |
| <p>Students must have a passion for and/or interest in pursuing a career in the fitness and sport industries. They must have good quality written and spoken communication skills and an enthusiasm / motivation to participate in physical activity sessions.</p> | |

| | TERM 1 | TERM 2 | TERM 3 | TERM 4 |
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| Topics of Study / Learning Experiences | <ul style="list-style-type: none"> The Sport, Fitness and Recreation Industry Work Health and Safety in Sport & Fitness Developing Coaching Practices | <ul style="list-style-type: none"> Community Fitness Programs Policies and Procedures First Aid and CPR certificate | <ul style="list-style-type: none"> Anatomy and Physiology – Body Systems, Cardiorespiratory System, Terminology | <ul style="list-style-type: none"> Client Screening and Health Assessments Plan and Deliver Exercise Programs <p><i>Finalisation of qualification: SIS20115 Certificate II in Sport and Recreation</i></p> |
| | <ul style="list-style-type: none"> Anatomy and Physiology – Digestive System & Energy Systems Nutrition – Providing Healthy Eating Information | <ul style="list-style-type: none"> Specific Populations; Training Older Clients; Client Conditions | <ul style="list-style-type: none"> Training Other Specific Population Clients; Community Fitness Programs | <ul style="list-style-type: none"> CPR refresher (optional) <p><i>Finalisation of qualification: SIS30315 Certificate III in Fitness</i></p> |
| Learning and Assessment | <p>Program delivery will combine both class-based tasks and practical components in a real gym environment at the school. This involves the delivery of a range of fitness programs to clients within the school community (students, teachers, and staff).</p> <p>A range of teaching/learning strategies will be used to deliver the competencies. These include:</p> <ul style="list-style-type: none"> Practical tasks Hands-on activities involving participants/clients Group work Practical experience within the school sporting programs and fitness facility Log Book of practical experience <p>Evidence contributing towards competency will be collected throughout the course. This process allows a student's competency to be assessed in a holistic approach that integrates a range of competencies. 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.</p> <p>NOTE: This program involves an 'outside subject' weekly component as follows:</p> <ul style="list-style-type: none"> MANDATORY: A minimum of one session (60 minutes) – delivering a gentle exercise session to an older adult client (age 50+), undertaken at the school gym or an alternate fitness facility sourced by the school. RECOMMENDED: 60 minutes per week across a minimum of 5 consecutive weeks – delivering fitness programs and services to an adult client, undertaken at the school gym or an alternate fitness facility sourced by the school. <p>All other practical experiences have been timetabled within class time. Students will keep a Log Book of these practical experiences (minimum 40 hours).</p> | | | |
| Pathways | <p>The Certificate III in Fitness will predominantly be used by students seeking to enter the fitness industry and/or as an alternative entry into University. For example:</p> <ul style="list-style-type: none"> Exercise Physiologist Teacher – Physical Education Sport Scientist <p>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</p> <p>Students may also choose to continue their study by completing the Certificate IV in Fitness.</p> | | | |