

SIS30315: Certificate III in Fitness

Registered Training Organisation: Binnacle Training (RTO No. 31319)

VET

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>
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Subject Type	Vocational Education and Training (VET) Qualification
Nationally Recognised Qualification	SIS30315 Certificate III in Fitness
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 8 credits towards a student's QCE. A maximum of 8 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).

Topics of Study/Learning Experiences	TERM 1	TERM 2	TERM 3	TERM 4
	<ul style="list-style-type: none"> • The Sport, Fitness and Recreation Industry • Work Health and Safety in Sport and 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
	TERM 5	TERM 6	TERM 7	TERM 8
	<ul style="list-style-type: none"> • Anatomy and Physiology – Digestive System and Energy Systems 	<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"> • First Aid and/or CPR certificate <p><i>Finalisation of qualification: SIS30315 Certificate III in Fitness</i></p>

	<ul style="list-style-type: none"> • Nutrition – Providing Healthy Eating Information
<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> <p>Each student must obtain a (free) ‘Working with Children’ Student Blue Card (application to be completed as part of the enrolment process). A student’s official enrolment is unable to be finalised until their Student Blue Card has been issued.</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). 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.</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</p> <p>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>
Cost	<ul style="list-style-type: none"> • \$290.00 = Binnacle Training course fee • \$40.00 = First Aid Certificate costs • \$35.00 = Fitness polo shirt