

<p><u>IMPORTANT</u> PROGRAM DISCLOSURE STATEMENT (PDS)</p>	<p>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).</p> <p>To access Binnacle's PDS, visit: http://www.binnacletraining.com.au/rto.php and select 'RTO Files'.</p>
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<p>REGISTERED TRAINING ORGANISATION</p>	<p>Binnacle Training (RTO Code: 31319)</p>
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<p>Subject Type</p>	<p>Vocational Education and Training (VET) Qualification</p>
<p>Nationally Recognised Qualifications</p>	<p>SIS30315 Certificate III in Fitness <u>PLUS</u> entry qualification: SIS20115 Certificate II in Sport and Recreation</p>
<p>Course Length</p>	<p>2 years</p>
<p>Reasons to Study the Subject</p>	<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).

ENTRY REQUIREMENTS

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.

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.



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 Introduction to Anatomy and Physiology Developing Coaching Practices 	<ul style="list-style-type: none"> Conducting Health Assessments Work Health and Safety in Sport & Fitness Delivering Community Fitness Programs First Aid and CPR certificate 	<ul style="list-style-type: none"> Customer Service in the Fitness Industry Conducting Group Fitness Sessions Anatomy and Physiology – Musculoskeletal and Cardiovascular Systems 	<ul style="list-style-type: none"> Learning Gym Exercises Fitness Programming and Instruction Work Effectively in the Sport, Fitness and Recreation Industry <p><i>Finalisation of qualification: SIS20115 Certificate II in Sport and Recreation</i></p>
Learning and Assessment	TERM 5	TERM 6	TERM 7	TERM 8
	<ul style="list-style-type: none"> Anatomy and Physiology – Digestive System & Energy Systems Nutrition – Providing Healthy Eating Information 	<ul style="list-style-type: none"> Training Older Clients 	<ul style="list-style-type: none"> Training Other Specific Population Clients 	<ul style="list-style-type: none"> First Aid and/or CPR certificate <p><i>Finalisation of qualification: SIS30315 Certificate III in Fitness</i></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:

- 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

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.

NOTE: This program involves a mandatory ‘outside subject’ weekly component as follows:

- TERM 5, 6 or 7:** 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.

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	<ul style="list-style-type: none">• TERM 6: 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. <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>
Cost	<ul style="list-style-type: none">• \$210.00 = Binnacle Training Fee - Certificate II entry qualification• \$80.00 = Binnacle Training Fee - Certificate III (Upgrade from entry qualification)• \$40.00 = First Aid Certificate costs• { \$ TBA } Year 1X = Excursions to other outside venues to participate in and to conduct fitness activities.• { \$ TBA } Year 1X = Excursions to other outside venues to participate in and to conduct fitness activities. <p><i>Final cost and notification of these excursions will be included in the permission letter which will be distributed closer to the excursion date.</i></p> <ul style="list-style-type: none">• All texts and reprographics are provided by the school.

For further information, contact the {insert position}, {insert name} {insert email address}