

REGISTERED TRAINING ORGANISATION

Binnacle Training (RTO Code: 31319)

DELIVERY OVERVIEW

SIS30321 Certificate III in Fitness is delivered as a senior subject by qualified school staff via a third-party arrangement with external Registered Training Organisation (RTO) Binnacle Training. Students successfully achieving all qualification requirements will be provided with the qualification and record of results. Students who achieve at least one unit (but not the full qualification) will receive a Statement of Attainment.

Upon successful completion students can achieve a maximum 8 QCE credits.

ENTRY REQUIREMENTS

At enrolment, each student will be required to create (or simply supply if previously created) a Unique Student Identifier (USI). A USI creates an online record of all training and qualifications attained in Australia.

LANGUAGE, LITERACY AND NUMERACY SKILLS

A Language, Literacy & 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. Please refer to Binnacle Training's Student Information document for a snapshot of reading, writing and numeracy skills that would be expected in order to satisfy competency requirements.

COURSE OUTLINE

Students will participate in the delivery of a range of fitness programs and services to clients within, and beyond 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 sessions, including with male adult, female adult and older adult clients. This program also includes the following:

- First Aid qualification and CPR certificate

ASSESSMENT

Program delivery will combine both class-based tasks and practical components in a real gym environment at the school. 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

Evidence contributing towards competency will be collected throughout the course.

COURSE SCHEDULE – YEAR 1

- The Sport, Fitness and Recreation Industry
- Developing Coaching Practices
- Delivery of Community Fitness Programs
- First Aid and CPR Certificate
- Anatomy and Physiology – Body Systems, Terminology
- Client Screening and Health Assessments
- Anatomy and Physiology – Digestive System and Energy Systems
- Nutrition – Providing Healthy Eating Information

COURSE SCHEDULE – YEAR 2

- Plan and Deliver Exercise Programs
- Specific Populations – Training Adult and Older Clients, Client Conditions
- Mobility Programs
- Training Other Specific Population Clients
- Community Fitness Programs

Finalisation of qualification: SIS30321 Certificate III in Fitness

PATHWAYS

The Certificate III in Fitness will predominantly be used by students seeking to enter the sport, fitness and recreation industry as a fitness instructor, community coach, sports coach, athlete, or activity assistant.

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>

Students may also choose to continue their study by completing the Certificate IV in Fitness at another RTO.

COST

- **\$365.00** = Binnacle Training Fee
- **\$55.00** = First Aid Certificate costs
- **{ \$ insert here }** = Excursions to other outside venues to participate in and to conduct fitness activities.

PROGRAM DISCLOSURE STATEMENT

This Subject Outline 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 provides and those services carried out by the 'Partner School' (i.e. the delivery of training and assessment services).

To access Binnacle's PDS, visit: binnacletraining.com.au/rto and select 'RTO Files'.