

2023 EDITION

# FITNESS IN SCHOOLS

SIS30321 CERTIFICATE III IN FITNESS



## 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

**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)
- › 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)

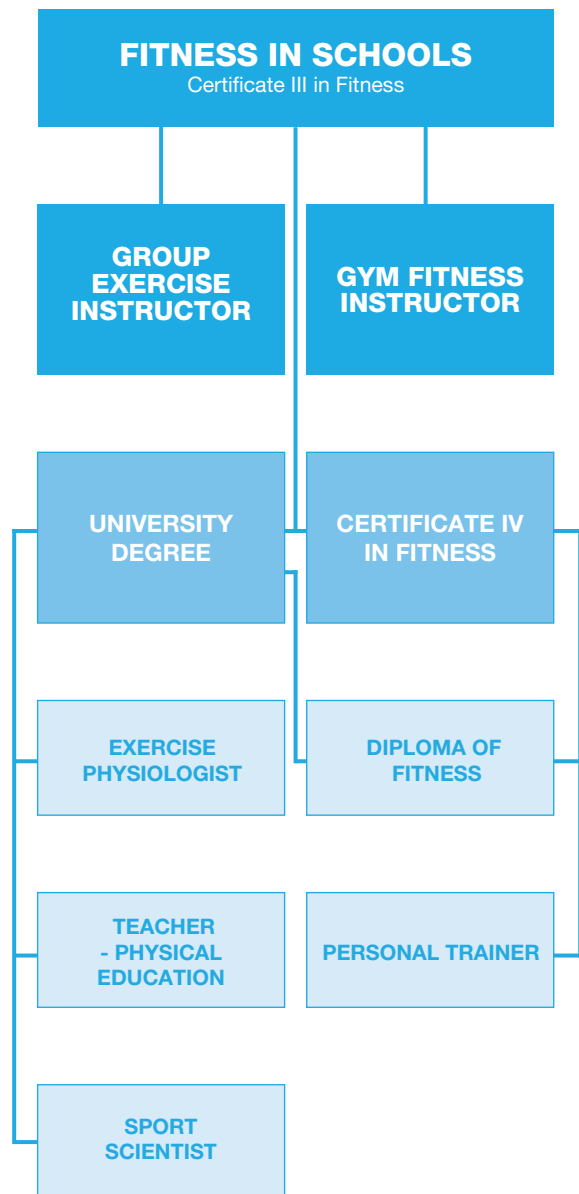


## SKILLS ACQUIRED

- › 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

## 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:

15 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

+ \$55 First Aid

### QCE Outcome:

Maximum 8 QCE Credits

	TOPICS		TOPICS
TERM 1	<ul style="list-style-type: none"> <li>› Binnacle Lounge Induction</li> <li>› Sport, Fitness and Recreation (SFR) Industry Knowledge</li> <li>› Beginning Coaching Principles</li> <li>› Workplace Health and Safety</li> <li>› SFR Laws and Legislation</li> <li>› Maintain SFR Equipment</li> </ul>	TERM 2	<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>
	PROGRAMS		PROGRAMS
	<ul style="list-style-type: none"> <li>› Bootcamp Program: Assist with Delivering Sessions</li> <li>› Coaching Program: Plan and Deliver Coaching Sessions</li> <li>› Respond to an Emergency Situation: Fire Evacuation Drill</li> <li>› Online Course: Community Coaching Essential Skills (Online Course)</li> </ul>		<ul style="list-style-type: none"> <li>› Community Fitness Program: Plan and Conduct Community Fitness Sessions</li> <li>› Short Course: Provide First Aid (HLTAID011)</li> </ul>

### UNITS OF COMPETENCY SCHEDULED FOR COMPLETION

HLTAID011	Provide First Aid
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	TOPICS		TOPICS
TERM 3	<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>	TERM 4	<ul style="list-style-type: none"> <li>› The Digestive System and the Energy Systems</li> <li>› Provide Healthy Eating Information</li> <li>› Client Screening and Health Assessment</li> <li>› Sustainable Work Practices in the SFR Industry</li> </ul>
	PROGRAMS		PROGRAMS
	<ul style="list-style-type: none"> <li>› One-on-One Cardio Program</li> <li>› Group Conditioning Sessions for Adolescent Clients</li> </ul>		<ul style="list-style-type: none"> <li>› Client Screening: Initial Client Consultation</li> <li>› Group Nutrition Presentation</li> </ul>

### UNITS OF COMPETENCY SCHEDULED FOR COMPLETION

HLTWHS001	Participate in workplace health and safety
SISXEMR001	Respond to emergency situations
SISXIND001	Work effectively in sport, fitness and recreation environments
SISXIND002	Maintain sport, fitness and recreation industry knowledge
BSBSUS211	Participate in sustainable work practices

	TOPICS		TOPICS
TERM 5	<ul style="list-style-type: none"> <li>› Conducting Health Assessments</li> <li>› Plan and Deliver Exercise Programs</li> <li>› Anatomy and Physiology</li> </ul>	TERM 6	<ul style="list-style-type: none"> <li>› Older Clients</li> <li>› Specific Population Clients</li> <li>› Anatomy and Physiology</li> </ul>
	PROGRAMS		PROGRAMS
	<ul style="list-style-type: none"> <li>› Fitness Orientation Program: Client Orientation</li> <li>› One-on-One Gym Program: Adolescent Client</li> </ul>		<ul style="list-style-type: none"> <li>› Gentle Exercise Program: Participate in Gentle Exercise Sessions</li> <li>› Mobility Program: Plan and Instruct Mobility Sessions</li> <li>› Specific Populations: Plan and Deliver Programs for Scenario Clients</li> <li>› Community Fitness Program: Primary School Participants</li> </ul>

	TOPICS
TERM 7	<ul style="list-style-type: none"> <li>› Older Clients</li> <li>› Specific Populations</li> <li>› Anatomy and Physiology</li> </ul>
	PROGRAMS
	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>

### UNITS OF COMPETENCY SCHEDULED FOR COMPLETION

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