

<p>IMPORTANT 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 and select 'RTO Files'.</p>
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REGISTERED TRAINING ORGANISATION	Binnacle Training (RTO Code: 31319)
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Subject Type	Vocational Education and Training (VET) Qualification
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Nationally Recognised Qualifications	<p>SIS30315 Certificate III in Fitness <i>PLUS entry qualification: SIS20115 Certificate II in Sport and Recreation</i></p>
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Course Length	2 years
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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) at another RTO.
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<p><u>LANGUAGE, LITERACY AND NUMERACY SKILLS</u></p> <p>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.</p>

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 <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 and 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>

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 an 'outside subject' weekly component as follows:

- 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.

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>	<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 at another RTO.</p>
<p>Cost</p>	<ul style="list-style-type: none">• \$265.00 = Binnacle Training Fee - Certificate II entry qualification• \$100.00 = Binnacle Training Fee - Certificate III Gap Fee• \$55.00 = First Aid Certificate costs• \$20.00 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 Head of Department (VET), Romana Wallace, rwall113@eq.edu.au