

REGISTERED TRAINING ORGANISATION

Binnacle Training (RTO Code: 31319)

DELIVERY OVERVIEW

The Binnacle Training Short Course: Introduction to Sport, Fitness and Recreation is delivered as a Year 10 short course by qualified school staff via a third party arrangement with external Registered Training Organisation (RTO) Binnacle Training. This short course incorporates 4 elective units of competency towards the qualification SIS30315 Certificate III in Fitness; plus an option to undertake the nationally recognised CPR Certificate.

Students successfully achieving all requirements will be provided with a Statement of Attainment listing the units of competency completed. Students who achieve at least one unit (but not the full short course) will receive a Statement of Attainment listing the unit(s) achieved.

Successful completion of this short course contributes a maximum 2 credits towards a student's QCE (partial completion of qualification: SIS30315 Certificate III in Fitness).

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 sport, fitness and recreation activities and programs within the school. Graduates will be competent in a range of essential skills – including coaching beginner participants to develop fundamental skills, effective communication skills, and developing self-awareness. This program also includes the following:

- An option to undertake the nationally recognised CPR certificate
- A range of career pathway options including club level official and/or coach; plus

ASSESSMENT

Program delivery will combine both class-based tasks and practical components in a real sport environment at the school. This involves the delivery of sport and fitness programs to real participants within the school community. A range of teaching/learning strategies will be used to deliver the competencies. These include practical activities involving participants as well as group work with peers. Evidence contributing towards competency will be collected throughout the short course.

COURSE SCHEDULE – TERM 1

- Introduction to Sport and Recreation
- Personal development and performance
- Planning and Delivering Sport-Specific Sessions

COURSE SCHEDULE – TERM 2

- Introduction to Fitness
- Healthy Eating and Energy Systems
- Anatomy and Body Systems
- Fitness Programs

UNITS OF COMPETENCY

SISSSCO001: Conduct sport coaching sessions with foundation level participants

BSBPEF302: Develop self-awareness

BSBTWK201: Work effectively with others

BSBPEF201: Support personal wellbeing in the workplace

PLUS OPTIONAL:

HLTAID009: Provide cardiopulmonary resuscitation

PATHWAYS

The Short Course – Introduction to Sport, Fitness and Recreation will predominantly be used by students as a Year 10 pathway into a full qualification as a Year 11-12 subject e.g. Certificate III in Fitness or Certificate III in Sport and Recreation.

It may also be used by students seeking to enter the sport, fitness and recreation industry as a community coach, sports coach, athlete, volunteer or activity assistant.

COST

- **\$80.00** = Binnacle Training Fee
- **\$55.00** = CPR Certificate costs
- Excursions to other outside venues to participate in and to conduct sport activities would be an additional cost.

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: www.binnacletraining.com.au/rto and select 'RTO Files'.

