

INTRODUCTION TO SPORT, FITNESS & RECREATION (4-UNIT SHORT COURSE)

Registered Training Organisation: Binnacle Training (RTO 31319)

COURSE OVERVIEW & OUTLINE

This 4-Unit Short Course is a great Year 10 option for HPE or Sports Academy Programs prior to commencing a Certificate III course.

Topics of study include sport coaching, personal development, self-awareness, healthy eating and fitness programs.

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-Term Format

Timetable Requirements:

1-Timetabled Line

Units of Competency:

4 Units

Suitable Year Level(s):

Year 10 (or Year 11 or 12)

Study Mode:

Combination of classroom and project-based learning, online learning (self-study) and practical work-related experience

Cost (Fee-For-Service):

\$125.00 per person

QCE Outcome:

Maximum 2 QCE Credits

Important Note: 4-Units of Competency towards SIS30321 Certificate III in Fitness

COURSE SCHEDULE

TERM 1	TOPICS
	<ul style="list-style-type: none"> › Introduction to Sport and Recreation › Conducting Sport Coaching Sessions › Personal Development and Self-Awareness
	PROGRAMS
	<ul style="list-style-type: none"> › Plan and Deliver Sport-Specific Sessions › Create a Self-Awareness Action Plan
UNITS OF COMPETENCY	
SISSSCO001	Conduct sport coaching sessions with foundation level participants
BSBPEF302	Develop self-awareness

TERM 2	TOPICS
	<ul style="list-style-type: none"> › Introduction to Fitness › Nutrition and Energy Systems › Anatomy › Fitness Programs
	PROGRAMS
	<ul style="list-style-type: none"> › Community Fitness Program – Plan and Instruct Sessions for Peers › Create a Workplace Wellbeing Action Plan
UNITS OF COMPETENCY	
BSBTWK201	Work effectively with others
BSBPEF201	Support personal wellbeing in the workplace

Please note this 2026 Course Schedule is current at the time of publishing and should be used as a guide only. This document 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 as RTO provides and those services carried out by the School as Third Party (i.e. the facilitation of training and assessment services). To access Binnacle's PDS, please visit: binnacletraining.com.au/rto