

Certificate II in Sport and Recreation + Certificate III in Fitness

SIS20122 + SIS30321



The Certificate II in Sport and Recreation will set you up to make a difference in your community. You can start working as a community coach or recreation assistant. You'll also be able to assist at community recreation centres, outdoor sporting grounds and aquatic centres.

The course includes general coaching units and fundamental motor coaching skills, so you can confidently start your sport coaching career. Our experienced instructors will teach you how to apply the right skills and knowledge to a basic sport and recreation session.

The Certificate III in Fitness is the minimum requirement for anyone looking to work as a gym instructor across Australia, with graduates also finding work as fitness instructors and group exercise instructors.

If you have a passion for health and fitness, and a desire to really make a difference in people's lives, then this course is for you. This course is perfect for anyone looking to launch a new career in the growing fitness industry, and those seeking to learn about the latest techniques for helping others to reach their fitness goals.

Refer to training.gov.au for specific information about the qualification.

Pathways

- Community Coach
- Recreation Assistant
- Community Activities Assistant
- Gym Instructor
- Group Exercise Instructor
- Leisure & Fitness Instructor
- Martial Arts Instructor
- Higher Education ie Certificate IV in Fitness or Diploma of Sport (Coaching & Sport Development)

Entry requirements

There are no entry requirements for this qualification. At enrolment students will need to provide their Unique Student Identifier (usi.gov.au) and complete an LLN test to determine suitability and any support needs.

Duration and location

This is a 9 month course delivered in year 11 on site with qualified Fit Education trainers via a third party arrangement with GeSS Education.

Fees

The total Fee for Service cost is VETiS + \$450 (*Provide First Aid is an extra \$130 if not already completed prior).

QCE Points

Maximum of 4 credits. May contribute towards ATAR.



Course Units

Students must successfully complete all 10 units of competency (6 core units plus 4 elective* units) to attain the Certificate II Sport and Recreation and all 15 units of competency (11 core units plus 4 elective* units) to attain the Certificate III in Fitness.

Unit code	Unit title (Certificate II in Sport and Recreation)
SISXCCS004	Provide quality service
SISXIND011	Maintain sport, fitness and recreation industry knowledge
SIRXPDK001*	Advise on products and services
SISOFLD001	Assist in conducting recreation sessions
BSBPEF301*	Organise personal work priorities
HLTWHS001	Participate in workplace health and safety
SISXEMR003	Respond to emergency situations
SISXFAC007*	Maintain clean facilities
SISXFAC006	Maintain activity equipment
HLTAID011*	Provide First Aid

Unit code	Unit title (Certificate III in Fitness)
HLTWHS001	Participate in Workplace Health and Safety
SISFFIT047	Use anatomy and physiology knowledge to support safe and effective exercise
BSBPEF301	Organise personal work priorities
BSBOPS304	Deliver and monitor a service to customers
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
SISFFIT035	Plan group exercise sessions
SISFFIT036	Instruct group exercise sessions
HLTAID011	Provide First Aid
SISXFAC002*	Maintain Sport, Fitness and Recreation Facilities
SISXCAI009*	Instruct strength and conditioning techniques
SISFFIT037*	Develop and instruct group movement programs for children
BSBOPS403*	Apply business risk management processes



Delivery modes

A range of delivery modes will be used during the teaching and learning of this qualification. These include:

- face-to-face instruction
- practicals and scenarios
- online training

Assessment

Assessment is competency based. Assessment techniques include but not limited to:

- observations
- folios of work
- questionnaires
- written and practical tasks

Obligation

Students will be provided with every opportunity to complete the qualification. Employment is not guaranteed upon completion. Students deemed competent in all units of competency will be awarded the qualification and a record of results by Fit Education Pty Ltd. Students who achieve at least one unit of competency (but not the full qualification) will receive a Statement of Attainment

