

Available to: Years 10, 11 and 12
Length: 1 semester (16 weeks)
Accreditation: 15 SACE Credits – Stage 1

This course has been specifically designed for Senior School Students with the consideration of delivering a practical and enjoyable fitness program. For students who wish to enter into further fitness study, this course will give them a good head start to entering into the Certificate III in Fitness.

This course offers a gateway to many areas within the fitness industry. It provides a very broad base of knowledge and practical skills that are relevant to and useable across the Resort, Leisure, Fitness, Aquatic, Outdoor and Recreation Industries.

Aspects to consider:

- Students gain SACE credits and National accreditation
- This program is the first step towards the pathway to Certificate II in community recreation
- Students must be prepared to complete their study once a week after school hours (2 hours) conducted off campus in conjunction with the partnership schools
- A number of practical sessions will occur during the training
- Students will develop independent learning skills
- This course assists personal confidence through tasks and team work
- Bring own practical gear, sports shoes and water bottle
- Cost (see your VET Coordinator)

Content:

➤ SRXINU001A	Develop knowledge of the sport and recreation industry	10 hours
➤ SRXOHS001B	Follow defined OH&S policies and procedures	10 hours
➤ SRXCAI001B	Assist in preparing sport and recreation sessions for participants	6 hours
➤ SRXCAI002B	Assist in conducting sport and recreation sessions for participants	8 hours
➤ SRCCAP001A	Apply basic exercise science to a community activity program	15 hours
➤ SRCCAP002A	Promote the benefits of healthy eating to participants	10 hours
➤ SRCCAP003A	Demonstrate basis of body functioning to an activity group	10 hours
➤ SRCCAP004A	Support delivery of a group activity	10 hours
➤ SRCCAP005A	Perform warm-up stretching and cool-down techniques before and after participation in an activity	15 hours
➤ SRXEMR001A	Respond to emergency situations	15 hours

Assessment:

Practical and written assessments - practicals include massage, bean bag challenges, bodyweight games, stretching, skipping, towel twisting and resisting, fitness pilates, resistance band training.

Qualifications gained:

Partial completion of Certificate II in Community Recreation – SRC20206

Course pathway:

Certificate II & IV in Community Recreation & Certificate III & IV in Fitness
 Diploma of Fitness or Diploma of Sports (Development) or Diploma of Event Management
 Bachelor of Business (Recreation Management)
 Double Diploma of Outdoor Recreation and Tourism

Contact: School VET Coordinator