



**VET Content Endorsed Course**  
**Stage 6 Course Description**

**Sport, Fitness and Recreation**

for implementation from 2012

Sport, Fitness and Recreation (120 indicative hours)  
Sport, Fitness and Recreation (180 indicative hours)  
Sport, Fitness and Recreation (240 indicative hours)  
Sport, Fitness and Recreation Specialisation Study  
(60 or 120 indicative hours)  
Fitness Extension (240 indicative hours)

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## **1 Introduction to the Sport, Fitness and Recreation VET CEC**

Vocational Education and Training (VET) Content Endorsed Courses (CECs) provide students with the opportunity to gain industry recognised national vocational qualifications under the Australian Qualifications Framework (AQF) as part of their NSW Higher School Certificate (HSC).

Courses within VET CECs count as Board Endorsed unit credit for the HSC and do not contribute towards an Australian Tertiary Admission Rank (ATAR).

### **1.1 Aim**

The Sport, Fitness and Recreation VET CEC is designed to enable students to develop a range of technical, vocational and interpersonal competencies valued both within and beyond the workplace. They will also acquire underpinning knowledge and skills related to work and further education within the sport, fitness and recreation industry.

It also provides for the development of employability skills such as communication and teamwork which are transferable to other industry areas as well as being key features of each qualification available through the VET CEC.

Through the study of this subject, students will gain experiences that can be applied to a range of contexts, including work, study and leisure, and that will assist them to make informed career choices.

### **1.2 Industry context – sport, fitness and recreation**

The sport, fitness and recreation industry is a dynamic and evolving entity, playing an important role in Australian society. Australians love their sport both as participants and spectators – it agrees with their lifestyle and is a major recreational pastime for many. Key sectors within the industry include community recreation, fitness, outdoor recreation and sport. It complements other industry areas such as hospitality, retail and tourism.

Industry trends are broadly shaped by public health and customer preference. Recently there has been a move away from activity-based sports and more towards entertainment-related activities. Sport, fitness and recreation are important to government preventive health and social inclusion initiatives.

In Australia, the industry is characterised by small businesses and part-time and casual workers, as well as a highly mobile, younger workforce. It also depends heavily on volunteers. Skill development and recognition is of vital importance for both the paid and unpaid workers in this industry. Forecast employment growth for the sport, fitness and recreation industry is good overall.<sup>1</sup>

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<sup>1</sup> DEEWR 2010, *Sport, Fitness and Recreation Training Package (SIS10)*, Volume 1.

### **1.3 AQF VET qualifications available in the Sport, Fitness and Recreation VET CEC**

The Sport, Fitness and Recreation VET CEC is based on qualifications and units of competency contained in the nationally endorsed *Sport, Fitness and Recreation Training Package (SIS10)*.

The AQF VET qualifications available in the Sport, Fitness and Recreation VET CEC are:

- Certificate II in Community Activities (SIS20110)
- Certificate II in Outdoor Recreation (SIS20210)
- Certificate II in Sport and Recreation (SIS20310)
- Certificate II in Sport Career Oriented Participation (SIS20410)
- Certificate II in Sport Coaching (SIS20510)
- Certificate III in Fitness (SIS30310)<sup>2</sup>
- Skill Set: Sports Medicine Australia Level 1 Sports Trainer.

### **1.4 AQF VET qualification and HSC VET course completion requirements**

The requirements for the completion of an AQF VET qualification are different to the requirements for HSC VET course completion. Registered Training Organisations (RTOs) need to ensure that delivery of courses meets HSC course requirements and complies with Training Package rules.

#### **1.4.1 AQF VET qualification requirements**

To receive AQF VET qualifications, students must meet the assessment requirements of the *Sport, Fitness and Recreation Training Package (SIS10)*. A qualified assessor must conduct the assessment.

AQF VET qualifications are determined by the qualification rules for each Training Package, referred to as *qualification packaging rules*. The qualification packaging rules describe the number and range of **core** and **elective** units of competency required for eligibility for an AQF VET qualification.

Qualification packaging rules for each AQF VET qualification available through the Sport, Fitness and Recreation VET CEC are contained in the *Sport, Fitness and Recreation Training Package (SIS10)* at [www.training.gov.au](http://www.training.gov.au) and Section 5 of this document. Tables 4 and 5 (Section 5) list the status of each unit of competency from the Sport, Fitness and Recreation HSC courses in relation to the qualifications available through this VET CEC.

Students may be eligible for the AQF VET qualification as a result of meeting the requirements of the packaging rules for that qualification prior to completing all HSC VET course requirements.

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<sup>2</sup> Refer to Section 4.3.

## **1.4.2 HSC VET course requirements**

HSC VET courses in the Sport, Fitness and Recreation VET CEC are made up of:

- units of competency
  - HSC **mandatory** units of competency
  - HSC **elective** units of competency
- HSC outcomes and content
- HSC work placement requirements.

For a student to be considered to have satisfactorily completed a course within the Sport, Fitness and Recreation VET CEC they must meet the:

- HSC VET course requirements described in each HSC course structure in the VET CEC (refer to Sections 2.2–2.7 of this document)
- requirements for satisfactory course completion (refer to the Board’s [Assessment Certification Examination \(ACE\) website](#)) – there must be sufficient evidence that the student has:
  - followed the course developed by the Board
  - applied themselves with diligence and sustained effort to the set tasks and experiences provided in the course
  - achieved some or all of the course outcomes
  - undertaken the work placement requirement.

HSC elective units of competency should be selected to meet qualification packaging rules for the intended qualification pathway. Selection of units of competency should also be guided by the job outcome sought and local industry requirements.

## **1.5 HSC VET course delivery**

HSC VET courses can only be delivered by a Registered Training Organisation (RTO) with the relevant qualification and units of competency on their scope of registration. These can include:

- schools and colleges as a part of school system RTOs
- TAFE NSW institutes
- other RTOs on behalf of schools and colleges.

Information about the delivery of VET courses for the HSC by RTOs other than schools and colleges as part of school system RTOs or TAFE NSW colleges are contained on the Board’s [Assessment Certification Examination \(ACE\) website](#).

Non-government schools also need to refer to the *Registered and Accredited Individual Non-government Schools (NSW) Manual* or the *Registration Systems and Member Non-government Schools (NSW) Manual* both of which are available on the Board’s website ([www.boardofstudies.nsw.edu.au/manuals/#regaccreditsystemsmanuals](http://www.boardofstudies.nsw.edu.au/manuals/#regaccreditsystemsmanuals)).

RTOs offering training programs for the delivery and assessment of HSC Sport, Fitness and Recreation courses must meet the requirements of the:

- VET Quality Framework [formerly referred to as the Australian Quality Training Framework (AQTF)]
- *Sport, Fitness and Recreation Training Package (SIS10)*
- HSC course.

The units of competency that can be delivered and assessed are determined by the scope of the registration of each RTO. **Teachers and trainers should check their accreditation and their RTO's scope of registration before determining which units of competency are to be included in their teaching and assessment programs. School or college principals should seek documentary evidence of the scope of any external RTO delivering an HSC VET course.** Scope of registration can be checked at [www.training.gov.au](http://www.training.gov.au).

## **1.6 Outcomes and content**

The HSC outcomes and content for this VET CEC are defined in the units of competency (refer to Section 2 of this document).



## **2 Course structures**

### **2.1 Sport, Fitness and Recreation HSC VET courses**

This VET CEC specifies the range of industry-developed units of competency from the *Sport, Fitness and Recreation Training Package (SIS10)* for inclusion in the HSC. It describes how these units of competency are arranged in HSC VET courses to gain unit credit for the HSC.

The Sport, Fitness and Recreation VET CEC contains the following courses:

- Sport, Fitness and Recreation (120 indicative hours) – see Section 2.2 of this document
- Sport, Fitness and Recreation (180 indicative hours) – see Section 2.3 of this document
- Sport, Fitness and Recreation (240 indicative hours) – see Section 2.4 of this document
- Sport, Fitness and Recreation Specialisation Study (60 or 120 indicative hours) – see Section 2.5 of this document
- Fitness Extension (240 indicative hours) – see Section 2.6 of this document.

Students can undertake either the Sport, Fitness and Recreation (120 indicative hours) course or the Sport, Fitness and Recreation (180 indicative hours) course or the Sport, Fitness and Recreation (240 indicative hours) course.

In addition, students undertaking the Sport, Fitness and Recreation (180 indicative hours) or Sport, Fitness and Recreation (240 indicative hours) course can access the Sport, Fitness and Recreation Specialisation Study (60 or 120 indicative hours) course and/or Fitness Extension (240 indicative hours) course.

HSC VET courses and units of competency in the Sport, Fitness and Recreation VET CEC are detailed in Section 2 of this document.

#### **2.1.1 Preliminary and HSC unit credit**

To facilitate flexibility of VET in the HSC, courses within the Sport, Fitness and Recreation VET CEC may be delivered as Preliminary units, as HSC units or as a combination of Preliminary and HSC units.

**Table 1 HSC credit units for Sport, Fitness and Recreation HSC courses**

<b>HSC VET course</b>	<b>HSC credit units</b>
Sport, Fitness and Recreation (120 indicative hours)	2U
Sport, Fitness and Recreation (180 indicative hours)	3U
Sport, Fitness and Recreation (240 indicative hours)	4U
Sport, Fitness and Recreation Specialisation Study (60 indicative hours)	1U
Sport, Fitness and Recreation Specialisation Study (120 indicative hours)	2U
Fitness Extension (240 indicative hours)	4U

The maximum number of Preliminary and/or HSC units available from this VET CEC is 10 units. The HSC credit units will be allocated to students' Preliminary and/or HSC patterns of study as required.

The pattern of study (BOS course number) entered on *Schools Online (Administration)* should reflect the delivery of the HSC VET course over successive years. For example, delivery of the 240 HSC indicative hours course over two years should be entered as 2U x 2 years. Students will be credentialled for the HSC credit units entered each calendar year, provided they have satisfactorily completed the course requirements for that calendar year as determined by the school, college or RTO.

### **2.1.2 Units of competency**

Courses for the Sport, Fitness and Recreation VET CEC are based on units of competency from the *Sport, Fitness and Recreation Training Package (SIS10)*. The units of competency available in this VET CEC are listed in Section 2 of this document.

Each HSC VET course indicates whether a unit of competency is mandatory or elective for that course (refer to Sections 2.2–2.7 of this document).

#### **Allocation of HSC indicative hours of credit**

Units of competency drawn from Training Packages are not defined in terms of duration. The amount of time required by individual students to achieve competency will vary according to their aptitude and experience. Where a training program is designed for delivery by an RTO, the RTO will specify the length of the training program according to the delivery strategies and/or curriculum resources chosen.

However, for the purposes of the HSC, VET courses must be described in terms of their indicative hours. For this reason, indicative hours for unit credit towards the HSC have been assigned to each unit of competency within the VET CEC. It is emphasised that the assignment of indicative hours does not imply that all students will fulfil all requirements of a unit of competency within these hours. RTOs may determine that additional or fewer hours are required for the achievement of particular competencies. However, this does not alter the HSC indicative hours allocated, only the delivery hours.

Students may need to spend additional time practising skills in a work environment and in completing projects and assignments, in order to fulfil Training Package assessment requirements.

The HSC indicative hours assigned to each unit of competency included in the Sport, Fitness and Recreation VET CEC for the purpose of unit credit towards the HSC are listed in Section 2 of this document.

### **2.1.3 Work placement requirements**

**Work placement is an HSC requirement within this VET CEC and appropriate hours have been assigned to each HSC VET course according to the AQF VET qualification being undertaken.**

Learning in the workplace will enable students to:

- progress towards the achievement of industry competencies
- develop appropriate attitudes towards work
- learn a range of behaviours appropriate to the industry
- practise and apply skills acquired in the classroom or workshop
- develop additional skills and knowledge, including employability skills.

Students undertaking these HSC VET courses as part of a school-based traineeship will meet the work placement hour requirements through the on-the-job training component of the traineeship.

Non-completion of work placement is grounds for withholding the HSC course. Schools and colleges are advised to follow the procedure for issuing 'N' determinations as outlined on the Board's [Assessment Certification Examination \(ACE\) website](#).

Further information and advice on the implementation of work placement are contained in policy statements or guidelines available from the relevant school system or RTO.

Students' outside employment (ie not under the auspices of the school) may be recognised towards the requirement for work placement in a VET course (ACE 8051 – [Assessment Certification Examination \(ACE\) website](#)).

Students must complete the following work placement according to qualification outcomes being undertaken through Sport, Fitness and Recreation VET CEC courses:

**Table 2 Minimum work placement hours for Sport, Fitness and Recreation HSC courses**

AQF VET qualification	Minimum work placement requirement					
	120-hour course	180-hour course	240-hour course	60-hour SS course	120-hour SS course	240-hour Ext course
Certificate II in Community Activities (SIS20110)	–	35 hours	70 hours	–	35 hours	n/a
Certificate II in Outdoor Recreation (SIS20210)	–	35 hours	70 hours)	–	35 hours	n/a
Certificate II in Sport and Recreation (SIS20310)	–	35 hours	70 hours	–	35 hours	n/a
Certificate II in Sport Career Oriented Participation (SIS20410)	–	–	–	–	–	n/a
Certificate II in Sport Coaching (SIS20510)	–	35 hours	70 hours	–	35 hours	n/a
Skill Set: Sports Medicine Australia Level 1 Sports Trainer	35 hours	35 hours	–	–	35 hours	n/a
Certificate III in Fitness (SIS30310)	–	35 hours	70 hours	–	35 hours	70 hours

Work placement is to be undertaken in an appropriate sport, fitness or recreation work environment.

The industry is characterised by paid employment and volunteer work. Work placement opportunities may be sourced from both these areas. Work placement opportunities may include events such as school carnivals and camps and coaching junior age teams where students are working under supervision.

Work placement opportunities for students undertaking Certificate III in Fitness may be undertaken in TAFE NSW gyms operating as commercial work environments, equipped to industry standard and open to public access for supervised programs.

## 2.2 Sport, Fitness and Recreation (120 indicative hours)

### AQF VET qualification

Depending on the selection and achievement of units of competency, the possible qualification outcomes for the Sport, Fitness and Recreation (120 indicative hours) course are:

- Statement of Attainment towards:
  - Certificate II in Community Activities (SIS20110)
  - Certificate II in Outdoor Recreation (SIS20210)
  - Certificate II in Sport and Recreation (SIS20310)
  - Certificate II in Sport Career Oriented Participation (SIS20410)
  - Certificate II in Sport Coaching (SIS20510)
  - Certificate III in Fitness (SIS30310)<sup>3</sup>
- Skill Set: Sports Medicine Australia Level 1 Sports Trainer.

### Course requirements

- Students must attempt:
  - **ONE** HSC mandatory unit of competency

Unit code and title	HSC indicative hours of credit
<a href="#">SISXOHS101A Follow occupational health and safety policies</a>	10
<b>Total HSC indicative hours for mandatory units of competency</b>	<b>10</b>

- **AND** units of competency to a minimum value of **110 HSC indicative hours** from Sport, Fitness and Recreation (240 indicative hours) (Section 2.4) and/or the HSC elective pool (Table 3, Section 2.7).
- Students must complete the work placement requirement for this course as outlined in Section 2.1.3 of this document.

### Exclusions

- Sport, Fitness and Recreation (180 indicative hours)
- Sport, Fitness and Recreation (240 indicative hours)
- a number of Board Developed HSC courses include a requirement for the development of project work for either internal or external assessment. Projects or products developed as part of HSC VET courses are not to be used either in full or in part for assessment in any other HSC course.

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<sup>3</sup> Refer to Section 4.3.

**BOS course numbers**

<b>BOS course name</b>	<b>Pattern of study</b>	<b>BOS course number</b>	<b>Schools Online (Administration) entry advice</b>
Sport, Fitness and Recreation (120 hours)	2 units x 1 year	54620* (school/private provider delivered)	Enter this course number in either Preliminary (Year 11) or HSC (Year 12)
		44020 (TAFE NSW delivered)	

\* For quality assurance purposes, where this course is to be delivered by a school or private provider, it is necessary for the school to apply to be endorsed to offer the course. Details of the *Application to Link to a Board Endorsed VET Course* can be found on the Board's website at [www.boardofstudies.nsw.edu.au/voc\\_ed/link-board-endorsed-courses.html](http://www.boardofstudies.nsw.edu.au/voc_ed/link-board-endorsed-courses.html).

## 2.3 Sport, Fitness and Recreation (180 indicative hours)

### AQF VET qualification

The Sport, Fitness and Recreation (180 indicative hours) course provides a pathway to the following qualifications:

- Certificate II in Community Activities (SIS20110)
- Certificate II in Outdoor Recreation (SIS20210)
- Certificate II in Sport and Recreation (SIS20310)
- Certificate II in Sport Career Oriented Participation (SIS20410)
- Certificate II in Sport Coaching (SIS20510)
- Certificate III in Fitness (SIS30310) (Statement of Attainment only)<sup>4</sup>
- Skill Set: Sports Medicine Australia Level 1 Sports Trainer.

### Course requirements

- Students must attempt:
  - **TWO** HSC mandatory units of competency

Unit code and title	HSC indicative hours of credit
<a href="#">SISXIND101A Work effectively in sport and recreation environments</a>	15
<a href="#">SISXOHS101A Follow occupational health and safety policies</a>	10
<b>Total HSC indicative hours for mandatory units of competency</b>	<b>25</b>

- **AND** units of competency to a minimum value of **155 HSC indicative hours** from Table 3 (Section 2.7).
- Students must complete the work placement requirement for this course as outlined in Section 2.1.3 of this document.

### Exclusions

- Sport, Fitness and Recreation (120 indicative hours)
- Sport, Fitness and Recreation (240 indicative hours)
- a number of Board Developed HSC courses include a requirement for the development of project work for either internal or external assessment. Projects or products developed as part of HSC VET courses are not to be used either in full or in part for assessment in any other HSC course.

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<sup>4</sup> Refer to Section 4.3.

**BOS course numbers**

<b>BOS course name</b>	<b>Pattern of study</b>	<b>BOS course number</b>	<b>Schools Online (Administration) entry advice</b>
Sport, Fitness and Recreation (180 hours)	3 units x 1 year	54621* (school/private provider delivered)	Enter this course number in either Preliminary (Year 11) or HSC (Year 12)
		44021 (TAFE NSW delivered)	

\* For quality assurance purposes, where this course is to be delivered by a school or private provider, it is necessary for the school to apply to be endorsed to offer the course. Details of the *Application to Link to a Board Endorsed VET Course* or *Application to Link to Board Endorsed VET Course – school-based apprentices/trainees* can be found on the Board’s website at [www.boardofstudies.nsw.edu.au/voc\\_ed/link-board-endorsed-courses.html](http://www.boardofstudies.nsw.edu.au/voc_ed/link-board-endorsed-courses.html).



## 2.4 Sport, Fitness and Recreation (240 indicative hours)

### AQF VET qualification

The Sport, Fitness and Recreation (240 indicative hours) course provides a pathway to the following qualifications:

- Certificate II in Community Activities (SIS20110)
- Certificate II in Outdoor Recreation (SIS20210)
- Certificate II in Sport and Recreation (SIS20310)
- Certificate II in Sport Career Oriented Participation (SIS20410)
- Certificate II in Sport Coaching (SIS20510)
- Certificate III in Fitness (SIS30310) (Statement of Attainment only).<sup>5</sup>

### Course requirements

- Students must attempt:
  - **TWO** HSC mandatory units of competency

Unit code and title	HSC indicative hours of credit
<a href="#">SISXIND101A Work effectively in sport and recreation environments</a>	15
<a href="#">SISXOHS101A Follow occupational health and safety policies</a>	10
<b>Total HSC indicative hours for mandatory units of competency</b>	<b>25</b>

- **AND** units of competency to a minimum value of **215 HSC indicative hours** from Table 3 (Section 2.7).
- Students must complete the work placement requirement for this course as outlined in Section 2.1.3 of this document.

### Exclusions

- Sport, Fitness and Recreation (120 indicative hours)
- Sport, Fitness and Recreation (180 indicative hours)
- a number of Board Developed HSC courses include a requirement for the development of project work for either internal or external assessment. Projects or products developed as part of HSC VET courses are not to be used either in full or in part for assessment in any other HSC course.

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<sup>5</sup> Refer to Section 4.3.

**BOS course numbers**

<b>BOS course name</b>	<b>Pattern of study</b>	<b>BOS course number</b>	<b>Schools Online (Administration) entry advice</b>
Sport, Fitness and Recreation (240 hours)	2 units x 2 years	54622* (school/private provider delivered)	Enter this course number in both Preliminary (Year 11) and HSC (Year 12)
		44022 (TAFE NSW delivered)	
	or		
	4 units x 1 year	54623* (school/private provider delivered)	Enter this course number for either Preliminary (Year 11) or HSC (Year 12)
44023 (TAFE NSW delivered)			

\* For quality assurance purposes, where this course is to be delivered by a school or private provider, it is necessary for the school to apply to be endorsed to offer the course. Details of the *Application to Link to a Board Endorsed VET Course* or *Application to Link to Board Endorsed VET Course – school-based apprentices/trainees* can be found on the Board’s website at [www.boardofstudies.nsw.edu.au/voc\\_ed/link-board-endorsed-courses.html](http://www.boardofstudies.nsw.edu.au/voc_ed/link-board-endorsed-courses.html).

The pattern of study entered should reflect the delivery of the course over successive years. Students will be credentialled for the HSC unit credit entered each calendar year, provided they have satisfactorily completed the course requirements for that calendar year as determined by the school or college or RTO.

## **2.5 Sport, Fitness and Recreation Specialisation Study (60 or 120 indicative hours)**

### **AQF VET qualifications**

The Sport, Fitness and Recreation Specialisation Study (60 or 120 indicative hours) course provides a pathway to the following qualifications:

- Certificate II in Community Activities (SIS20110)
- Certificate II in Outdoor Recreation (SIS20210)
- Certificate II in Sport and Recreation (SIS20310)
- Certificate II in Sport Career Oriented Participation (SIS20410)
- Certificate II in Sport Coaching (SIS20510)
- Certificate III in Fitness (SIS30310)<sup>6</sup>
- Skill Set: Sports Medicine Australia Level 1 Sports Trainer.

### **Course eligibility**

The Sport, Fitness and Recreation Specialisation Study is available only to students who are currently entered in, or have completed, the Sport, Fitness and Recreation (180 indicative hours) course or Sport, Fitness and Recreation (240 indicative hours) course.

### **Course requirements**

- Students must attempt units of competency not previously attempted to a minimum value of 60 or 120 HSC indicative hours from Table 3 (Section 2.7).
- Students must complete the work placement requirement for these courses as outlined in Section 2.1.3 of this document.

### **Exclusions**

- a number of Board Developed HSC courses include a requirement for the development of project work for either internal or external assessment. Projects or products developed as part of HSC VET courses are not to be used either in full or in part for assessment in any other HSC course.

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<sup>6</sup> Refer to Section 4.3.

**BOS course numbers**

<b>BOS course name</b>	<b>Pattern of study</b>	<b>BOS course number</b>	<b>Schools Online (Administration) entry advice</b>
Sport, Fitness and Recreation Specialisation Study (60 hours)	1 unit x 1 year	54624* (school/private provider delivered)	Enter this course number for either Preliminary (Year 11) or HSC (Year 12)
		44024 (TAFE NSW delivered)	
Sport, Fitness and Recreation Specialisation Study (120 hours)	2 units x 1 year	54625* (school/private provider delivered)	Enter this course number for either Preliminary (Year 11) or HSC (Year 12)
		44025 (TAFE NSW delivered)	

\* For quality assurance purposes, where this course is to be delivered by a school or private provider, it is necessary for the school to apply to be endorsed to offer the course. Details of the *Application to Link to a Board Endorsed VET Course* or *Application to Link to Board Endorsed VET Course – school-based apprentices/trainees* can be found on the Board’s website at [www.boardofstudies.nsw.edu.au/voc\\_ed/link-board-endorsed-courses.html](http://www.boardofstudies.nsw.edu.au/voc_ed/link-board-endorsed-courses.html).

## **2.6 Fitness Extension (240 indicative hours)**

### **AQF VET qualifications**

The Fitness Extension (240 indicative hours) course provides a pathway to the following qualification:

- Certificate III in Fitness (SIS30310).<sup>7</sup>

### **Course eligibility**

The Fitness Extension is available only to students who are currently entered in, or have completed, the Sport, Fitness and Recreation (180 indicative hours) course or Sport, Fitness and Recreation (240 indicative hours) course.

The course provides students who have achieved a Certificate II qualification with the opportunity to also gain Certificate III in Fitness.

### **Course requirements**

- Students must attempt units of competency not previously attempted to a minimum value of 240 HSC indicative hours from Table 3 (Section 2.7). Units of competency selected must contribute to Certificate III in Fitness.

(Table 5 in Section 5 lists the status of each unit of competency in the Sport, Fitness and Recreation VET CEC courses in relation to Certificate III in Fitness. The qualification packaging rules are also detailed in Section 5.)

- Students must complete the work placement requirement for these courses as outlined in Section 2.1.3 of this document.

### **Exclusions**

- a number of Board Developed HSC courses include a requirement for the development of project work for either internal or external assessment. Projects or products developed as part of HSC VET courses are not to be used either in full or in part for assessment in any other HSC course.

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<sup>7</sup> Refer to Section 4.3.

**BOS course numbers**

<b>BOS course name</b>	<b>Pattern of study</b>	<b>BOS course number</b>	<b>Schools Online (Administration) entry advice</b>
Fitness Extension (240 hours)	2 units x 2 years	tba* (school/private provider delivered)	Enter this course number in both Preliminary (Year 11) and HSC (Year 12)
		44026 (TAFE NSW delivered)	
	or		
	4 units x 1 year	tba* (school/private provider delivered)	Enter this course number for either Preliminary (Year 11) or HSC (Year 12)
44027 (TAFE NSW delivered)			

\* For quality assurance purposes, where this course is to be delivered by a school or private provider, it is necessary for the school to apply to be endorsed to offer the course. Details of the *Application to Link to a Board Endorsed VET Course* or *Application to Link to Board Endorsed VET Course – school-based apprentices/trainees* can be found on the Board’s website at [www.boardofstudies.nsw.edu.au/voc\\_ed/link-board-endorsed-courses.html](http://www.boardofstudies.nsw.edu.au/voc_ed/link-board-endorsed-courses.html).

The pattern of study entered should reflect the delivery of the course over successive years. Students will be credentialled for the HSC unit credit entered each calendar year, provided they have satisfactorily completed the course requirements for that calendar year as determined by the school or college or RTO.

## 2.7 Sport, Fitness and Recreation units of competency

Details of units of competency listed in Table 3 are available in the *Sport, Fitness and Recreation Training Package (SIS10)* at [www.training.gov.au](http://www.training.gov.au).

**Table 3 HSC elective pool – units of competency**

Unit code and title	HSC indicative hours of credit
<b>Aquatics</b>	
<a href="#">SISCAQU202A</a> Perform basic water rescues	10
<a href="#">SISCAQU306A</a> Supervise clients at an aquatic facility or environment	15
<a href="#">SISCAQU307A</a> Perform advanced water rescues Prerequisite: <a href="#">SISCAQU202A</a> & <a href="#">HLTFA301B</a>	10
<a href="#">SISCAQU308A</a> Instruct water familiarisation, buoyancy and mobility skills Prerequisite: <a href="#">SISCAQU202A</a>	20
<a href="#">SISCAQU309A</a> Instruct clients in water safety and survival skills	15
<a href="#">SISCAQU310A</a> Instruct swimming strokes	20
<b>Community Recreation Operations</b>	
<a href="#">SISCCRO302A</a> Apply legal and ethical instructional skills	15
<b>Fitness</b>	
<a href="#">SISFFIT301A</a> Provide fitness orientation and health screening	15
<a href="#">SISFFIT302A</a> Provide quality service in the fitness industry	20
<a href="#">SISFFIT303A</a> Develop and apply an awareness of specific populations to exercise delivery	30
<a href="#">SISFFIT304A</a> Instruct and monitor fitness programs	30
<a href="#">SISFFIT305A</a> Apply anatomy and physiology principles in a fitness context	40
<a href="#">SISFFIT306A</a> Provide healthy eating information to clients in accordance with recommended guidelines	25
<a href="#">SISFFIT307A</a> Undertake client health assessment	20
<a href="#">SISFFIT308A</a> Plan and deliver gym programs	40
<a href="#">SISFFIT309A</a> Plan and deliver group exercise sessions	30
<a href="#">SISFFIT310A</a> Plan and deliver water based fitness activities	30
<b>Abseiling – natural surface</b>	
<a href="#">SISOABN201A</a> Demonstrate abseiling skills on natural surfaces	10
<a href="#">SISOABN202A</a> Safeguard an abseiler using a single rope belay system	15
<b>Bushwalking</b>	
<a href="#">SISOBWG201A</a> Demonstrate bushwalking skills in a controlled environment Prerequisite: <a href="#">SISONAV201A</a>	15

**Table 3 cont/d**

<b>Unit code and title</b>	<b>HSC indicative hours of credit</b>
<b>Canyoning</b>	
<a href="#">SISOCAY201A Demonstrate horizontal canyoning skills</a>	15
<b>Climbing – artificial surfaces</b>	
<a href="#">SISOCLA201A Demonstrate top rope climbing skills on artificial surfaces</a>	15
<b>Climbing – natural surfaces</b>	
<a href="#">SISOCLN201A Demonstrate top rope climbing skills on natural surfaces</a>	15
<b>Canoeing</b>	
<a href="#">SISOCNE201A Demonstrate simple canoeing skills</a>	15
<a href="#">SISOCNE202A Perform deep water rescues</a>	15
<b>Cycle Tours</b>	
<a href="#">SISOCYT201A Select, set up and maintain a bike</a>	10
<a href="#">SISOCYT202A Demonstrate basic cycling skills</a>	15
<b>Equestrian Activities</b>	
<a href="#">SISOEQO201A Handle horses</a>	20
<a href="#">SISOEQO202A Demonstrate basic horse riding skills</a>	30
<a href="#">SISOEQO304A Apply first aid for horses</a>	25
<b>Fishing</b>	
<a href="#">SISOFSH201A Catch and handle fish</a>	30
<a href="#">SISOFSH202A Select, catch and use bait</a>	10
<a href="#">SISOFSH203A Select, rig and use terminal tackle</a>	10
<a href="#">SISOFSH204A Select, use and maintain fishing tackle outfits</a>	10
<a href="#">SISOFSH205A Construct and work simple fishing lures</a> Prerequisite: <a href="#">SISOFSH201A</a> ; <a href="#">SISOFSH204A</a>	15
<a href="#">SISOFSH206A Locate and attract fish</a>	20
<a href="#">SISOFSH311A Demonstrate freshwater fishing skills</a>	20
<a href="#">SISOFSH312A Demonstrate estuary fishing skills</a>	20
<a href="#">SISOFSH315A Demonstrate beach fishing skills</a>	20
<b>Kayaking</b>	
<a href="#">SISOKYK201A Demonstrate simple kayaking skills</a>	15
<b>Navigation</b>	
<a href="#">SISONAV201A Demonstrate navigation skills in a controlled environment</a>	15



**Table 3 cont/d**

<b>Unit code and title</b>	<b>HSC indicative hours of credit</b>
<b>Outdoor Recreation</b>	
<a href="#">SISOODR201A Assist in conducting outdoor recreation sessions</a>	15
<b>Field Operations</b>	
<a href="#">SISOOPS201A Minimise environmental impact</a>	10
<a href="#">SISOOPS202A Use and maintain a temporary or overnight site</a>	15
<a href="#">SISOOPS304A Plan for minimal environmental impact</a>	15
<b>Skiing – Touring</b>	
<a href="#">SISOSKT201A Demonstrate basic cross country skiing skills</a>	25
<b>Surfing</b>	
<a href="#">SISOSRF201A Demonstrate surf survival and self rescue skills</a>	15
<a href="#">SISOSRF202A Demonstrate basic surfing manoeuvres in controlled conditions</a>	20
<b>White Water Rescue</b>	
<a href="#">SISOWWR201A Demonstrate self rescue skills in white water</a>	15
<b>Australian Football League</b>	
<a href="#">SISSAFL201A Perform the intermediate skills of Australian Football</a>	20
<a href="#">SISSAFL202A Perform the intermediate tactics of Australian Football</a>	15
<a href="#">SISSAFL203A Participate in conditioning for Australian Football</a>	15
<b>Athletics</b>	
<a href="#">SISSATH201A Teach the fundamental skills of athletics</a>	25
<b>Basketball</b>	
<a href="#">SISSBSB201A Teach fundamental basketball skills</a>	25
<a href="#">SISSBSB202A Teach fundamental basketball tactics and game strategy</a>	20
<b>Coaching General Principles</b>	
<a href="#">SISSCGP201A Apply legal and ethical coaching practices</a>	15
<a href="#">SISSCGP202A Reflect on professional coaching role and practice</a>	10
<a href="#">SISSCGP303A Coach junior players to develop fundamental perceptual motor skills</a> Prerequisite: <a href="#">SISSCGP201A</a>	20
<a href="#">SISSCGP308A Provide drugs in sport information</a>	15
<b>Cricket</b>	
<a href="#">SISSCKT201A Perform the intermediate skills of cricket</a>	20
<a href="#">SISSCKT202A Perform the intermediate tactics and strategies of cricket</a>	15

**Table 3 cont/d**

<b>Unit code and title</b>	<b>HSC indicative hours of credit</b>
<b>Cricket cont/d</b>	
<a href="#">SISSCKT306A</a> <u>Teach the intermediate skills of cricket</u>	25
<a href="#">SISSCKT307A</a> <u>Teach the intermediate tactics and strategies of cricket</u>	20
<b>Career Oriented Participation</b>	
<a href="#">SISSCOP201A</a> <u>Prepare a pre or post event meal</u>	5
<a href="#">SISSCOP202A</a> <u>Develop a personal management plan</u>	15
<a href="#">SISSCOP203A</a> <u>Develop a travel and accommodation plan</u>	5
<a href="#">SISSCOP204A</a> <u>Develop personal media skills</u>	15
<a href="#">SISSCOP205A</a> <u>Develop a personal financial plan</u>	10
<a href="#">SISSCOP308A</a> <u>Model the responsibilities of an elite athlete</u>	20
<b>Golf</b>	
<a href="#">SISSGLF201A</a> <u>Perform the A Grade skills of golf</u> (must be assessed with <a href="#">SISSGLF202A</a> & <a href="#">SISSGLF203A</a> )	20
<a href="#">SISSGLF202A</a> <u>Apply the A Grade tactics and strategies of golf</u> (must be assessed with <a href="#">SISSGLF201A</a> & <a href="#">SISSGLF203A</a> )	15
<a href="#">SISSGLF203A</a> <u>Interpret and apply the rules of golf at the A Grade level</u> (must be assessed with <a href="#">SISSGLF201A</a> & <a href="#">SISSGLF202A</a> )	5
<b>Gymnastics</b>	
<a href="#">SISSGYN201A</a> <u>Teach fundamental gymnastic skills</u>	25
<b>Netball</b>	
<a href="#">SISSNTB201A</a> <u>Use intermediate level netball skills</u>	20
<a href="#">SISSNTB202A</a> <u>Use intermediate level tactics and game strategy in netball play</u>	15
<a href="#">SISSNTB203A</a> <u>Participate in conditioning for netball</u>	15
<a href="#">SISSNTB204A</a> <u>Teach foundation netball skills</u>	25
<b>Rugby League</b>	
<a href="#">SISSRGL201A</a> <u>Use intermediate level Rugby League game skills</u>	20
<a href="#">SISSRGL202A</a> <u>Use intermediate level tactics and game strategy in Rugby League play</u>	15
<a href="#">SISSRGL203A</a> <u>Participate in conditioning for Rugby League</u>	15
<a href="#">SISSRGL204A</a> <u>Teach the skills of Rugby League for modified games</u>	25
<b>Rugby Union</b>	
<a href="#">SISSRGU201A</a> <u>Perform foundation level Rugby Union skills</u>	20
<a href="#">SISSRGU202A</a> <u>Perform foundation level Rugby Union tactics and strategies</u>	15

**Table 3 cont/d**

<b>Unit code and title</b>	<b>HSC indicative hours of credit</b>
<b>Rugby Union cont/d</b>	
<a href="#">SISSRGU203A Participate in conditioning for Rugby Union</a>	15
<a href="#">SISSRGU204A Officiate junior level Rugby Union</a>	15
<a href="#">SISSRGU205A Officiate local or district level Rugby Union</a>	15
<b>Sports Trainer</b>	
<a href="#">SISSSPT201A Implement sports injury prevention</a>	15
<a href="#">SISSSPT302A Provide initial management of sports injuries</a>	30
<a href="#">SISSSPT303A Conduct basic warm-up and cool-down programs</a>	15
<a href="#">SISSSPT304A Tape ankle, thumb and fingers</a>	15
<a href="#">SISSSPT305A Support sports injury management</a>	20
<a href="#">SISSSPT306A Deal with medical conditions in a sport setting</a>	15
<b>Surf Life Saving</b>	
<a href="#">SISSSUR201A Teach the basic skills of surf life saving</a>	25
<a href="#">SISSSUR202A Officiate beginner level surf life saving competitions</a>	15
<b>Tennis</b>	
<a href="#">SISSTNS201A Assist in conducting tennis activities for beginner players</a>	15
<a href="#">SISSTNS202A Interpret and apply the rules of tennis</a>	10
<b>Touch Football</b>	
<a href="#">SISSTOU201A Perform the intermediate skills of Touch</a>	20
<a href="#">SISSTOU202A Perform the intermediate tactics and strategies of Touch</a>	15
<b>Coaching and Instruction</b>	
<a href="#">SISXCAI101A Provide equipment for activities</a>	10
<a href="#">SISXCAI102A Assist in preparing and conducting sport and recreation sessions</a>	15
<a href="#">SISXCAI306A Facilitate groups</a>	15
<b>Client and Customer Service</b>	
<a href="#">SISXCCS201A Provide customer service</a>	10
<b>Emergency Response</b>	
<a href="#">SISXEMR201A Respond to emergency situations</a>	10
<b>Facility Management</b>	
<a href="#">SISXFAC201A Maintain sport and recreation equipment for activities</a>	10
<a href="#">SISXFAC202A Maintain sport and recreation facilities</a>	15

**Table 3 cont/d**

<b>Unit code and title</b>	<b>HSC indicative hours of credit</b>
<b>Risk Management and Safety</b>	
<a href="#"><u>SISXRSK301A Undertake risk analysis of activities</u></a>	15
<b>Imported</b>	
<a href="#"><u>BSBINM201A Process and maintain workplace information</u></a>	20
<a href="#"><u>BSBSUS201A Participate in environmentally sustainable work practices</u></a>	15
<a href="#"><u>BSBWOR202A Organise and complete daily work activities</u></a>	15
<a href="#"><u>BSBWOR204A Use business technology</u></a>	15
<a href="#"><u>HLTFA301B Apply first aid</u></a>	20
<a href="#"><u>ICAU2006B Operate computing packages</u></a>	5
<a href="#"><u>ICPMM263C Access and use the Internet</u></a>	10
<a href="#"><u>RTE2104A Carry out regular horse observation</u></a>	15
<a href="#"><u>RTE2121A Provide daily care for horses</u></a>	25
<a href="#"><u>RTE2130A Ride and care for horses and equipment</u></a>	25
<a href="#"><u>RTE2136A Load and unload livestock</u></a>	10
<a href="#"><u>SIRXCLM001A Organise and maintain work areas</u></a>	10
<a href="#"><u>SITXENV001A Participate in environmentally sustainable work practices</u></a>	15
<a href="#"><u>SITXMPR001A Coordinate production of brochures and marketing materials</u></a>	30

### **3 Assessment requirements and advice**

Assessment is the process of gathering information and making judgements about student achievement for a variety of purposes. In the HSC, those purposes include:

- assisting student learning
- evaluating and improving teaching and learning programs
- providing evidence of satisfactory achievement
- providing HSC results.

For HSC VET courses, they also include:

- confirming whether an individual can perform to the standards expected in the workplace, as expressed in the relevant endorsed unit of competency
- determining eligibility for AQF VET qualifications.

#### **3.1 Competency-based assessment**

The courses within the Sport, Fitness and Recreation VET CEC are competency-based courses. The Board of Studies and the VET Quality Framework (formerly referred to as the AQTF) requires that a competency-based approach to assessment is used. Assessment must meet the requirements of the *Sport, Fitness and Recreation Training Package (SIS10)*.

In a competency-based course, assessment of competencies is standards-referenced. This means that a participant's performance is judged against a prescribed standard contained in each unit of competency, not against the performance of other participants.

The purpose of assessment is to judge competence on the basis of the performance criteria set out under each element of competency. A participant is judged either 'competent' or 'not yet competent'. This judgement is made on the basis of a range of evidence, which may be in a variety of forms.

Competency-based assessment focuses on the requirements of the workplace. Competence incorporates all aspects of work performance, including problem-solving and the capacity to apply knowledge and skills in both familiar and new situations. Assessment of competence involves the assessment of skills and knowledge combined.

It is not necessary, nor is it desirable, for individual performance criteria to be demonstrated separately for assessment purposes. Rather, **assessors should adopt an integrated or holistic approach to assessment**. This means that a number of elements of competency or even several units of competency are assessed together. This method of assessment is strongly recommended because the concept of competency involves the integration of a wide range of skills, knowledge and attitudes.

The evidence guide in a unit of competency identifies the specific skills and knowledge required to demonstrate achievement of the unit of competency.

#### **3.2 Training Package requirements**

To achieve an AQF VET Certificate or Statement of Attainment, a student or worker must be assessed as competent according to the requirements set out in the national Training Package.

A qualified assessor under the auspices of the RTO that is to issue the qualification must conduct the assessment.

### **3.2.1 Assessment guidelines**

The assessment guidelines of a Training Package are part of the mandatory components of the package.

The role of the assessment guidelines is to set out principles and provide guidance that ensure fair, valid and consistent assessment.

The assessment guidelines in the Sport, Fitness and Recreation Training Package set out information on:

- assessment system overview
- licensing/registration requirements
- learning and assessment pathways
- assessor requirements
- designing assessment tools
- conducting assessment
- assessment of employability skills
- access and equity
- assessment in the sport, fitness and recreation industry
- assessment of imported units of competence
- further sources of information.

The full text of the assessment guidelines and units of competency is included in the *Sport, Fitness and Recreation Training Package (SIS10)* available at [www.training.gov.au](http://www.training.gov.au)

In addition to the assessment guidelines, the Training Package contains an evidence guide for the assessment of each unit of competency in courses in the VET CEC.

### **3.2.2 Using qualified assessors**

The Training Package specifies that a qualified assessor must conduct the assessment.

The VET Quality Framework specifies mandatory competency requirements for assessors. Standard SNR15 from the *Standards for NVR Registered Training Organisations* is as follows:

- 15.4 Training and assessment is delivered by trainers and assessors who:
- a) have the necessary training and assessment competencies as determined by the National Quality Council or its successors; and
  - b) have the relevant vocational competencies at least to the level being delivered or assessed; and
  - c) can demonstrate current industry skills directly relevant to the training/assessment being undertaken; and
  - d) continue to develop their vocational education and training (VET) knowledge and skills as well as their industry currency and trainer/assessor competence.

All assessors who are engaged in assessing units of competency from the Sport, Fitness and Recreation Training Package must be either:

- employed by an RTO
- OR
- acting under the registration of an RTO (for example, a teacher working at a delivery site of a school sector RTO).

### **3.2.3 Sport, Fitness and Recreation industry advice for assessors<sup>8</sup>**

To satisfy the requirements of the VET Quality Framework (formerly referred to as the AQTF), assessors must have the mandatory units of competency in assessment and the relevant vocational competencies they are assessing.

For the sport, fitness and recreation industry assessors, or at least one person in the assessment team, should satisfy the following vocational competency requirements:

1. Have relevant industry experience in the field in which they are assessing and must have experience in workplace application of the specific units of competency they are assessing. Relevant industry-based supervisory or management experience and a qualification in the field would be of benefit.
2. Have comprehensive current knowledge of the industry, current industry practices and the job role against which performance is being assessed. This current knowledge may be developed and demonstrated through:
  - participation in relevant industry professional development activities
  - conduct of relevant industry projects and research activities
  - recent and relevant work experience in a commercial environment
  - involvement in professional industry networks and memberships
  - participation in assessment and/or training activities conducted in the workplace.

Currency of vocational competence is crucial to the success of assessment outcomes for the sport, fitness and recreation industry. It ensures that those involved in assessment processes have current industry knowledge, expertise in current operational practice and knowledge of what workplace equipment is currently used so that assessments reflect up-to-date workplace practice.

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<sup>8</sup> DEEWR 2010, *Sport, Fitness and Recreation Training Package (SIS10)*, Volume 1.

## **4 Other important information**

### **4.1 Recognition of Prior Learning (RPL) and credit transfer within VET courses**

Students undertaking HSC courses within the Sport, Fitness and Recreation VET CEC may already hold units of competency or have current knowledge, skills and experience relevant to the units of competency within the courses.

Students can be granted credit (RPL or credit transfer) for:

- units of competency within AQF VET qualifications
- HSC VET course outcomes and content as defined by the indicative hour requirements of HSC VET courses
- work placement requirements.

The RPL requirements of the VET Quality Framework [formerly referred to as the AQTF] and the Board of Studies must be met.

Further information about the arrangements for RPL and credit transfer within VET courses, including processes, application forms and examples of possible scenarios, is available on the Board's website at [www.boardofstudies.nsw.edu.au/voc\\_ed/rpl.html](http://www.boardofstudies.nsw.edu.au/voc_ed/rpl.html).

### **4.2 School-based trainees**

The Sport, Fitness and Recreation VET CEC includes provision for school-based trainees to gain unit credit towards the HSC for the formal training component of their traineeship.

Information on requirements and arrangements for NSW school-based traineeships in Sport, Fitness and Recreation is available at [www.training.nsw.gov.au/individuals/apprenticeships\\_traineeships/school\\_based/index.html](http://www.training.nsw.gov.au/individuals/apprenticeships_traineeships/school_based/index.html)

Students may choose to complete the Board Endorsed *Stage 6 Industry-based Learning Course* enabling them to gain HSC credit for the on-the-job training component of the school-based traineeship. Details of the course requirements are contained in the [Industry-based Learning](#) course description.

Further information is available on the Board's website at [www.boardofstudies.nsw.edu.au/voc\\_ed/apprenticeships-traineeships.html](http://www.boardofstudies.nsw.edu.au/voc_ed/apprenticeships-traineeships.html).

### **4.3 Certificate III in Fitness**

RTOs offering training programs for the delivery and assessment of Certificate III in Fitness should:

- ensure clear communication with the school, parent/guardian and student regarding the demands of the program
- undertake careful selection of students to ensure suitability to the program:
  - calibre, maturity and commitment
  - consideration that their age on completion of the course would allow employment in a workplace
- provide a detailed briefing to students prior to enrolment



- undertake thorough orientation prior to commencement of the course and work placement
- carefully select trainers and assessors
- provide sufficient access to a fitness workplace, with industry-standard equipment and clients, to allow acquisition and demonstration of competence.

#### **4.4 Students with Special Education Needs**

Courses in the Sport, Fitness and Recreation VET CEC are available to all students.

Students with special education needs may access:

- all courses within the Sport, Fitness and Recreation VET CEC under regular course arrangements
- OR**
- units of competency selected through the collaborative curriculum planning process from the relevant course units of competency detailed in Section 2 of this document.

It is recommended that the collaborative curriculum planning should prioritise units of competency that provide essential foundation skills for employment in the sport, fitness or recreation industry and work towards the achievement of an AQF VET Certificate.

#### **Work placement**

Students with special education needs **must** undertake the minimum work placement requirements for courses within the Sport, Fitness and Recreation VET CEC, described in Section 2.1.3 of this document.

#### **Assessment**

Students with special education needs are subject to the assessment requirements detailed in Section 3 of this document. Some students may require adjustments to assessment strategies as well as additional time to demonstrate the required level of competence.

#### **AQF VET qualifications**

Eligibility for AQF VET qualifications is the same for all students. To receive AQF VET qualifications, students with special education needs must meet the assessment requirements of the *Sport, Fitness and Recreation Training Package (SIS10)*. A qualified assessor must conduct the assessment.

#### **Further information**

Further advice on VET courses for students with special education needs is contained in the *VET Courses and Students with Special Education Needs* fact sheet. This document is available on the Board's website at [www.boardofstudies.nsw.edu.au/special\\_ed/faq\\_11\\_12.html](http://www.boardofstudies.nsw.edu.au/special_ed/faq_11_12.html).

#### **4.5 Access by students in Years 9 and 10 (Stage 5)**

In certain circumstances students in Years 9 and 10 may access HSC VET course(s). Further information is available on the Board of Studies website at [www.boardofstudies.nsw.edu.au/voc\\_ed/stage-5.html](http://www.boardofstudies.nsw.edu.au/voc_ed/stage-5.html).

For further advice contact your school system and/or RTO.

## **5 Minimum requirements for AQF VET qualifications**

The following pages outline the qualification packaging rules for the AQF VET qualifications available in this VET CEC. This information is reproduced directly from the ***Sport, Fitness and Recreation Training Package (SIS10)***. It is included so that the minimum requirements for achieving the industry qualifications are clear. Students who meet these requirements will be eligible for the relevant AQF VET Certificate, whether or not they have met the additional requirements of the HSC course.

**Please note: Only the shaded units of competency are available in the Sport, Fitness and Recreation VET CEC. HSC course requirements are outlined in Section 2.**

### **SIS20110 Certificate II in Community Activities**

#### **Descriptor**

This qualification provides the skills and knowledge for an individual to be competent in a range of activities and functions with a focus on customer contact such as assisting with the conduct of recreation activities, and facility maintenance and operations. Work may be undertaken as part of a team and would be performed under supervision. Work would be undertaken in locations such as community recreation centres or facilities, indoor recreation facilities and leisure and aquatic centres.

#### **Job roles**

The following are indicative job roles for this qualification:

- activity assistant
- customer service assistant.

This qualification is suitable for an Australian apprenticeship pathway and for VET in Schools delivery.

#### **Packaging rules**

13 units must be completed:

- 8 core units
- 5 elective units which may be selected from the electives listed in this qualification or from units first packaged at AQF level 1, 2 or 3 from SIS10; up to 2 of these units may come from any current accredited course or other Training Package, and must be first packaged at AQF level 2.

In all cases, selection of electives must relate to the core function or role of the candidate's current or intended work environment, local industry requirements and the characteristics of this qualification (as per the AQF descriptors).

**Core (8)**

BSBSUS201A	Participate in environmentally sustainable work practices
BSBWOR202A	Organise and complete daily work activities
HLTFA301B	Apply first aid
SISXCAI102A	Assist in preparing and conducting sport and recreation sessions
SISXCCS201A	Provide customer service
SISXEMR201A	Respond to emergency situations
SISXIND101A	Work effectively in sport and recreation environments
SISXOHS101A	Follow occupational health and safety policies

**Electives (5)**

***Aquatics***

SISCAQU201A	Monitor pool water quality
SISCAQU202A	Perform basic water rescues

***Cross Sector***

SISXCAI101A	Provide equipment for activities
SISXFAC201A	Maintain sport and recreation equipment for activities
SISXFAC202A	Maintain sport and recreation facilities
SISXIND202A	Process entry transactions

***Imported***

ICAU2006B	Operate computing packages
SIRXCLM001A	Organise and maintain work areas
SIRXMER001A	Merchandise products
SIRXSLS001A	Sell products and services
SIRXSLS002A	Advise on products and services
SITTVAF001A	Provide venue information and assistance

## **Employability Skills Summary**

The following table contains a summary of the employability skills required by the sport and recreation industry for this qualification. The employability skills facets described here are broad industry requirements that may vary depending on packaging options.

<b>Employability skill</b>	<b>Industry/enterprise requirements for this qualification include:</b>
Communication	Communicating with clients and colleagues to determine and interpret their specific requirements; understanding verbal and written information on community recreation products and services; completing maintenance documentation; preparing accurate records of client details; interpreting and carrying out verbal instructions from other employees.
Teamwork	Working as a skilled team member, receiving instructions and understanding own role in assisting in preparing and conducting community recreation activities; supporting other team members to provide quality sport and recreation experiences for clients; recognising and adapting appropriately to cultural and language differences.
Problem-solving	Identifying hazards and risks that may arise during community recreation activities; responding to emergency situations within scope of responsibility; clarifying the extent of, and resolving problems through negotiating with clients in a sensitive and culturally appropriate manner; taking responsibility for seeking assistance from colleagues to resolve issues; dealing with delays and equipment breakdowns; adhering to organisation policies and procedures to guide solutions to problems.
Initiative and enterprise	Adjusting work procedures to differences in equipment, activities and facilities; taking correct action and following established procedures on discovery of an actual or potential emergency, security or safety hazard; reflecting on own performance for improvement.
Planning and organising	Collecting and recording information to assist with the efficient planning and delivery of community recreation activities; setting work priorities and scheduling own daily work activities to meet deadlines; following organisation policies and procedures to complete facility maintenance tasks in an efficient manner.
Self-management	Understanding and complying with the legal and ethical responsibilities that apply to own role in the community recreation industry; applying basic safety practices and procedures; seeking and acting on feedback from colleagues and clients to improve own work performance.
Learning	Knowing the networks and sources of information within the community; keeping well informed of updates and changes to organisational policies, procedures and regulations; accessing professional development opportunities to strengthen own skill base and sharing information with colleagues.
Technology	Understanding the operating capability of computer systems and software that assists in selling, planning and delivering community recreation products and services; safely using and maintaining sport and recreation equipment according to manufacturer's specifications and organisation policies and procedures.

**Please note: Only the shaded units of competency are available in the Sport, Fitness and Recreation VET CEC. HSC course requirements are outlined in Section 2.**

## **SIS20210 Certificate II in Outdoor Recreation**

### **Descriptor**

This qualification provides the skills and knowledge for an individual to be competent in performing core skills in outdoor recreation environments and assisting with the conduct of a range of outdoor activities.

Work may be undertaken as part of a team and would be performed under supervision. Work would be undertaken in field locations such as camps or in indoor recreation centres or facilities, in differing environments such as water-based, dry land and mountainous terrains, using a diverse range of equipment.

### **Job roles**

The following are indicative job roles for this qualification:

- outdoor activity assistant
- outdoor participant.

This qualification is suitable for an Australian apprenticeship pathway.

### **Packaging rules**

15 units must be completed:

- 5 core units
- 10 elective units, consisting of:
  - all the units in any one of Groups A to T
  - the remaining to make up the required 10 elective units from General electives, or any of the groups above; up to 3 of these may be selected elsewhere in SIS10 or any current accredited course or other Training Package, and must be first packaged at AQF level 2 or 3.

In all cases, selection of electives must be guided by the job outcome sought, local industry requirements and the characteristics of this qualification (as per the AQF descriptors).

### **Core (5)**

HLTFA301B	Apply first aid
SISOODR201A	Assist in conducting outdoor recreation sessions
SISOOPS201A	Minimise environmental impact
SISXIND101A	Work effectively in sport and recreation environments
SISXOHS101A	Follow occupational health and safety policies

## **Electives (10)**

### ***Group A – Abseiling – artificial surfaces***

SISOABA201A Demonstrate abseiling skills on artificial surfaces

SISOABN202A Safeguard an abseiler using a single rope belay system

### ***Group B – Abseiling – natural surfaces***

SISOABN201A Demonstrate abseiling skills on natural surfaces

SISOABN202A Safeguard an abseiler using a single rope belay system

### ***Group C – Bushwalking***

SISOBWG201A Demonstrate bushwalking skills in a controlled environment

SISONAV201A Demonstrate navigation skills in a controlled environment

### ***Group D – Canoeing – flat water***

SISOCNE201A Demonstrate simple canoeing skills

SISOCNE202A Perform deep water rescues

### ***Group E – Caving***

SISOCVE201A Demonstrate caving skills

SISONAV201A Demonstrate navigation skills in a controlled environment

### ***Group F – Climbing – top rope – artificial surfaces***

SISOCLA201A Demonstrate top rope climbing skills on artificial surfaces

SISXCAI102A Assist in preparing and conducting sport and recreation sessions

### ***Group G – Climbing – top rope – natural surfaces***

SISOCLN201A Demonstrate top rope climbing skills on natural surfaces

SISXCAI102A Assist in preparing and conducting sport and recreation sessions

### ***Group H – Cycling***

SISOCYT201A Select, set up and maintain a bike

SISOCYT202A Demonstrate basic cycling skills

### ***Group I – Fishing***

SISOFSH201A Catch and handle fish

SISOFSH206A Locate and attract fish

### ***Group J – Fishing – tackle and bait***

SISOFSH202A Select, catch and use bait

SISOFSH203A Select, rig and use terminal tackle

SISOFSH204A Select, use and maintain fishing tackle outfits

SISOFSH205A Construct and work simple fishing lures

### ***Group K – Horse Care***

RTE2104A Carry out regular horse observation

RTE2121A Provide daily care for horses

SISOEQO201A Handle horses

RTE2136A Load and unload livestock

***Group L – Horse Riding***

RTE2130A	Ride and care for horses and equipment
SISOEQO202A	Demonstrate basic horse riding skills

***Group M – Kayaking***

SISOKYK201A	Demonstrate simple kayaking skills
SISOCNE202A	Perform deep water rescues

***Group N – Kayaking Sea***

SISOKYS201A	Demonstrate simple sea kayaking skills
SISOCNE202A	Perform deep water rescues

***Group O – Mountain Biking***

SISOMBK201A	Demonstrate basic off-road cycling skills
SISONAV201A	Demonstrate navigation skills in a controlled environment

***Group P – Personal Water Craft – controlled conditions***

SISOPWC201A	Select and maintain a personal water craft
SISOPWC202A	Demonstrate simple personal water craft skills in controlled conditions

***Group Q – Skiing – Touring***

SISONAV201A	Demonstrate navigation skills in a controlled environment
SISOSKT202A	Demonstrate ski touring skills in a patrolled environment to a basic standard

***Group R – Snorkelling***

SISOSNK201A	Demonstrate snorkelling activities
SISXCAI102A	Assist in preparing and conducting sport and recreation sessions

***Group S – Surfing***

SISOSRF201A	Demonstrate surf survival and self rescue skills
SISOSRF202A	Demonstrate basic surfing manoeuvres in controlled conditions

***Group T – Trail Bike Riding***

SISOTBR201A	Select, set up and maintain an off-highway motorcycle
SISOTBR202A	Demonstrate basic off-highway motorcycling skills

**General electives**

SISOCAY201A	Demonstrate horizontal canyoning skills
SISODRV201A	Drive AWD/4WD vehicles on unsealed roads
SISOINT201A	Conduct interpretation within an outdoor activity
SISOOPS202A	Use and maintain a temporary or overnight site
SISOSKB201A	Demonstrate snowboarding skills on beginner terrain
SISOSKI201A	Demonstrate alpine skiing skills downhill on beginner terrain
SISOSKT201A	Demonstrate basic cross country skiing skills
SISXEMR201A	Respond to emergency situations
SISOWWR201A	Demonstrate self rescue skills in white water
SISOYSA201A	Demonstrate basic sailboarding skills in controlled conditions
SISOYSB201A	Demonstrate basic skills to sail a small boat in controlled conditions
SISXFAC201A	Maintain sport and recreation equipment for activities
SISXFAC202A	Maintain sport and recreation facilities

***Imported Units***

CHCDIS301A	Work effectively with people with a disability
ICAU2006B	Operate computing packages
RTE2104A	Carry out regular horse observation
RTE2121A	Provide daily care for horses
RTE2130A	Ride and care for horses and equipment
RTE2136A	Load and unload livestock
SITTGDE002A	Provide arrival and departure assistance
SITTGDE006A	Prepare and present tour commentaries or activities
SITTGDE007A	Develop and maintain the general and regional knowledge required by guides
SITTGDE008A	Research and share general information on Australian Indigenous cultures
SITXOHS002A	Follow workplace hygiene procedures
TLIB307C	Carry out vehicle servicing and maintenance
TLIB407C	Carry out vehicle inspection
TLIB807C	Carry out inspection of trailers



## **Employability Skills Summary**

The following table contains a summary of the employability skills required by the outdoor recreation industry for this qualification. The employability skills facets described here are broad industry requirements that may vary depending on packaging options.

<b>Employability skill</b>	<b>Industry/enterprise requirements for this qualification include:</b>
Communication	Communicating with clients to determine and interpret their specific requirements; understanding verbal and written information on the conduct of outdoor recreation activities; interpreting and carrying out verbal instructions from supervisors; providing clear verbal instructions to clients when assisting with the conduct of outdoor activities.
Teamwork	Working as a skilled team member, receiving instructions and understanding own role in assisting with the conduct of outdoor recreation activities; supporting other team members to provide quality outdoor recreation experiences for clients.
Problem-solving	Identifying hazards and risks that may arise during outdoor recreation activities; responding to emergency situations within scope of responsibility; taking responsibility for seeking assistance from colleagues to resolve issues; dealing with delays and equipment breakdowns; adhering to organisation policies and procedures to guide solutions to problems.
Initiative and enterprise	Adjusting work procedures to differences in equipment, environment and facilities; taking correct action and following established procedures on discovery of an actual or potential emergency or safety hazard.
Planning and organising	Collecting and recording information to allow for the efficient conduct of outdoor recreation activities; setting work priorities and scheduling own daily work activities to meet deadlines; following organisation policies and procedures to complete facility or equipment maintenance tasks in an efficient manner.
Self-management	Understanding and complying with the legal and ethical responsibilities that apply to own role in the outdoor recreation industry; applying safety practices and procedures; minimising environmental impact; seeking and acting on feedback from colleagues and clients to improve own work performance.
Learning	Knowing the organisations and sources of information within the outdoor recreation industry; keeping well informed of updates and changes to outdoor activity policies, procedures and regulations; accessing professional development opportunities to strengthen own skill base and sharing information with colleagues.
Technology	Understanding the operating capability of equipment that assists in the conduct of outdoor recreation activities; safely using and maintaining outdoor recreation equipment according to manufacturer's specifications and organisation policies and procedures.

**Please note: Only the shaded units of competency are available in the Sport, Fitness and Recreation VET CEC. HSC course requirements are outlined in Section 2.**

## **SIS20310 Certificate II in Sport and Recreation**

### **Descriptor**

This qualification provides the skills and knowledge for an individual wishing to work in the sport and recreation industry in a generalist capacity. Likely functions for someone with this qualification can include providing support in the provision of sport and recreation programs, grounds and facilities maintenance, routine housekeeping, retail and customer service assistance, administrative assistance or bar and café service in locations such as fitness centre, outdoor sporting grounds or complexes or aquatic centres. All job roles are performed under supervision.

### **Job roles**

The following are indicative job roles for this qualification:

- recreation assistant
- administration assistant
- grounds assistant
- retail assistant.

This qualification is suitable for an Australian apprenticeship pathway and for VET in Schools delivery.

### **Packaging rules**

11 units must be completed:

- 5 core units
- 6 elective units, which may be selected from the elective units listed or from SIS10, and must be first packaged at AQF level 2 or 3; up to 2 of these elective units may be selected from any current accredited course or other Training Package, and must be first packaged at AQF level 2.

In all cases selection of electives must relate to the core function or role of the candidate's current or intended work environment, local industry requirements and the characteristics of this qualification (as per the AQF descriptors).

### **Core (5)**

BSBWOR202A	Organise and complete daily work activities
HLTFA301B	Apply first aid
SISXEMR201A	Respond to emergency situations
SISXIND101A	Work effectively in sport and recreation environments
SISXOHS101A	Follow occupational health and safety policies

**Electives (6)**

BSBIND201A	Work effectively in a business environment
BSBINM201A	Process and maintain workplace information
BSBINM202A	Handle mail
BSBWOR204A	Use business technology
CUEFOH04C	Usher patrons
CUEFOH10B	Monitor entry to a venue
FNSICGEN305A	Maintain daily financial/business records
ICAU2006B	Operate computing packages
ICAU1129B	Operate a word processing application
ICAU1130B	Operate a spreadsheet application
ICAU1131B	Operate a database application
ICAU1132B	Operate a presentation package
ICPMM263C	Access and use the Internet
RTC2012A	Plant trees and shrubs
RTC2401A	Treat weeds
RTC2404A	Treat plant pests, diseases and disorders
RTC2706A	Apply chemicals under supervision
RTE2308A	Operate ride-on vehicles
RTF2015A	Prepare turf surfaces for play
RTF2019A	Renovate grassed areas
RTF2020A	Assist with turf construction
RTF2023A	Support turf establishment
SIRXCCS001A	Apply point-of-sale handling procedures
SIRXCLM001A	Organise and maintain work areas
SIRXFIN001A	Balance point-of-sale terminal
SIRXINV001A	Perform stock control procedures
SIRXMER001A	Merchandise products
SIRXRSK001A	Minimise theft
SIRXSLS001A	Sell products and services
SIRXSLS002A	Advise on products and services
SISOODR201A	Assist in conducting outdoor recreation sessions
SISOOPS201A	Minimise environmental impact
SISXCAI101A	Provide equipment for activities
SISXCAI102A	Assist in preparing and conducting sport and recreation sessions
SISXFAC201A	Maintain sport and recreation equipment for activities
SISXFAC202A	Maintain sport and recreation facilities
SISXIND202A	Process entry transactions
SITHFAB001A	Clean and tidy bar areas
SITHFAB003A	Serve food and beverage to customers
SITHFAB009A	Provide responsible service of alcohol
SITHGAM001A	Attend gaming machines
SITXMPR001A	Coordinate production of brochures and marketing materials
SITXOHS002A	Follow workplace hygiene procedures

## **Employability Skills Summary**

The following table contains a summary of the employability skills required by the sport and recreation industry for this qualification. The employability skills facets described here are broad industry requirements that may vary depending on packaging options.

<b>Employability skill</b>	<b>Industry/enterprise requirements for this qualification include:</b>
Communication	Communicating with clients and colleagues to determine and interpret their specific requirements; understanding verbal and written information on sport and recreation products and services; completing maintenance documentation; preparing accurate records of client details; recording telephone messages; interpreting and carrying out verbal instructions from other employees.
Teamwork	Working as a skilled team member, receiving instructions and understanding own role in assisting in the provision of sport and recreation programs; supporting other team members to provide quality sport and recreation experiences for clients; recognising and adapting appropriately to cultural and language differences.
Problem-solving	Identifying hazards and risks in the work environment; responding to emergency situations within scope of responsibility; clarifying the extent of, and resolving problems through negotiating with clients in a sensitive and culturally appropriate manner; dealing with equipment breakdowns; recognising and reporting basic routine problems within work activities; adhering to organisation policies and procedures to guide solutions to problems.
Initiative and enterprise	Adjusting work procedures to differences in equipment and facilities; taking correct action and following established procedures on discovery of an actual or potential emergency, security or safety hazard; reflecting on own performance for improvement.
Planning and organising	Collecting and recording information to assist colleagues to provide sport and recreation programs; setting work priorities and scheduling own daily work activities to meet deadlines; following organisation policies and procedures to complete facility, equipment or ground maintenance tasks in an efficient manner.
Self-management	Understanding and complying with the legal and ethical responsibilities that apply to own role in the sport and recreation industry; applying basic safety practices and procedures; acknowledging the boundaries of own role; seeking and acting on feedback from colleagues and clients to improve own work performance.
Learning	Knowing the networks and sources of information within the sport and recreation industry; keeping well informed of updates and changes to organisational policies, procedures and regulations; updating skills and knowledge to accommodate changes in equipment and operating procedures; accessing professional development opportunities to strengthen own skill base and sharing information with colleagues.
Technology	Understanding the operating capability of computer systems and software that assist in selling, planning and delivering sport and recreation programs; safely using and maintaining sport and recreation equipment according to manufacturer's specifications and organisation policies and procedures.

**Please note: Only the shaded units of competency are available in the Sport, Fitness and Recreation VET CEC. HSC course requirements are outlined in Section 2.**

## **SIS20410 Certificate II in Sport Career Oriented Participation**

### **Descriptor**

This qualification provides the skills and knowledge for an individual to pursue a career as an athlete at a regional and state or territory level.

Those undertaking this qualification should hold a scholarship with an Institute of Sport, be a member of a state, territory or national team, squad or development program, a national or state or territory talent development program or a member of a second tier national competition.

### **Job roles**

The following are indicative job roles for this qualification:

- professional athlete.

This qualification is suitable for an Australian apprenticeship pathway and for VET in Schools delivery.

### **Packaging rules**

11 units must be completed:

- 7 core units
- 4 elective units, consisting of:
  - all the units in any one of Groups A to H
  - the remaining to make up the required 4 elective units from General electives or from units first packaged at AQF level 2 or 3 from SIS10; up to 2 of these units may be chosen elsewhere in SIS10 or any current accredited course or other Training Package, and must be first packaged at AQF level 2.

In all cases, selection of electives must relate to the core function or role of the candidate's current or intended work environment, local industry requirements and the characteristics of this qualification (as per the AQF descriptors).

### **Core (7)**

BSBWOR202A	Organise and complete daily work activities
SISXIND101A	Work effectively in sport and recreation environments
SISXOHS101A	Follow occupational health and safety policies
SISSCOP201A	Prepare a pre or post event meal
SISSCOP202A	Develop a personal management plan
SISSCOP204A	Develop personal media skills
SISSCOP205A	Develop a personal financial plan

## **Electives (4)**

### ***Group A – AFL***

SISSAFL201A	Perform the intermediate skills of Australian Football
SISSAFL202A	Perform the intermediate tactics of Australian Football
SISSAFL203A	Participate in conditioning for Australian Football

### ***Group B – Cricket***

SISSCKT201A	Perform the intermediate skills of cricket
SISSCKT202A	Perform the intermediate tactics and strategies of cricket

### ***Group C – Equestrian***

SISOEQO201A	Handle horses
SISOEQO202A	Demonstrate basic horse riding skills
SISOEQO304A	Apply first aid for horses

### ***Group D – Golf***

SISSGLF201A	Perform the A Grade skills of golf
SISSGLF202A	Apply the A Grade tactics and strategies of golf
SISSGLF203A	Interpret and apply the rules of golf at the Grade A level

### ***Group E – Netball***

SISSNTB201A	Use intermediate level netball skills
SISSNTB202A	Use intermediate level tactics and game strategy in netball play
SISSNTB203A	Participate in conditioning for netball

### ***Group F – Rugby League***

SISSRGL201A	Use intermediate level Rugby League game skills
SISSRGL202A	Use intermediate level tactics and game strategy in Rugby League play
SISSRGL203A	Participate in conditioning for Rugby League

### ***Group G – Rugby Union***

SISSRGU201A	Perform foundation level Rugby Union skills
SISSRGU203A	Participate in conditioning for Rugby League

### ***Group H – Touch***

SISSTOU201A	Perform the intermediate skills of Touch
SISSTOU202A	Perform the intermediate tactics and strategies of Touch

## **General electives**

SISSCOP203A	Develop a travel and accommodation plan
SISSCNO201A	Perform the intermediate skills and tactics of canoeing
SISSSPT201A	Implement sports injury prevention
SISXFAC202A	Maintain sport and recreation facilities

## ***Imported Units***

HLTFA301B	Apply first aid
HLTFA402B	Apply advanced first aid
ICAU2006B	Operate computing packages
ICAU1129B	Operate a word processing application
ICAU1130B	Operate a spreadsheet application
ICAU1131B	Operate a database application

ICAU1132B	Operate a presentation package
ICAU3126B	Use advanced features of computer applications
ICPMM263C	Access and use the Internet

### **Employability Skills Summary**

The following table contains a summary of the employability skills required by the sport industry for this qualification. The employability skills facets described here are broad industry requirements that may vary depending on packaging options.

<b>Employability skill</b>	<b>Industry/enterprise requirements for this qualification include:</b>
Communication	Communicating with coaches to determine and interpret own specific training requirements; understanding verbal and written information on professional sport; presentation skills to interact effectively with media personnel; clearly articulating own requirements to coaches, other players and support personnel.
Teamwork	Understanding one's relationship and accountability to other team members, coaches and support personnel; receiving instructions and assisting in planning and implementing training plans; contributing to positive team dynamics and working autonomously in the interest of shared team goals and objectives.
Problem-solving	Identifying hazards and risks that may arise during sporting activities; responding to setbacks; taking responsibility for seeking assistance from colleagues to resolve issues; dealing with travel delays and equipment breakdowns and determining appropriate solutions to technique or skill problems.
Initiative and enterprise	Adjusting performance to differences in competitors, equipment and venues; adapting to new competition strategies, taking correct action and following established procedures when issues arise; reflecting on own performance to identify areas for improvement.
Planning and organising	Collecting and recording information to develop personal management, financial, travel and accommodation plans; recognising team priorities and scheduling own training and career development activities to meet deadlines and achieve goals and targets; following policies and procedures to meet scholarship or talent development program responsibilities in an efficient manner.
Self-management	Understanding and complying with the legal and ethical responsibilities that apply to own role as a professional athlete; applying basic safety practices and procedures; seeking and acting on feedback from team members, coaches and support personnel to improve own performance and identifying and seeking out appropriate development opportunities.
Learning	Knowing the structure of sport institutes and sources of information within the sport industry; actively using feedback from coaches and support personnel to improve performance; keeping well informed of updates and changes to sport policies, procedures and regulations; sourcing information on new techniques to improve performance.
Technology	Understanding the operating capability of equipment and software that assists in performance enhancement; using information technology to assist in planning travel and accommodation; safely using and maintaining sport equipment according to manufacturer's specifications and organisation policies and procedures.

**Please note: Only the shaded units of competency are available in the Sport, Fitness and Recreation VET CEC. HSC course requirements are outlined in Section 2.**

## **SIS20510 Certificate II in Sport Coaching**

### **Descriptor**

This qualification provides the skills and knowledge for an individual to be competent in assisting senior coaches in the planning and implementation of instruction for a range of sports. Work may be undertaken as part of a team and would be performed under supervision. Learners wishing to undertake this qualification should be current or past participants in the respective sport specialisation chosen as part of this qualification.

### **Job roles**

The following is an indicative job role for this qualification:

- assistant coach
- junior coach.

This qualification is suitable for an Australian apprenticeship pathway and for VET in Schools delivery.

### **Packaging rules**

13 units must be completed:

- 6 core units
- 7 elective units, consisting of:
  - all the units in one of Groups A to K
  - the remaining to make up the required 7 elective units from General electives; up to 2 of these remaining units may be selected elsewhere in SIS10 or any current accredited course or other Training Package, and must be first packaged at AQF level 2 or 3.

In all cases, selection of electives must be guided by the job outcome sought, local industry requirements and the characteristics of this qualification (as per the AQF descriptors).

### **Core (6)**

BSBWOR202A	Organise and complete daily work activities
HLTFA301B	Apply first aid
SISSCGP201A	Apply legal and ethical coaching practices
SISXCAI102A	Assist in preparing and conducting sport and recreation sessions
SISXIND101A	Work effectively in sport and recreation environments
SISXOHS101A	Follow occupational and health and safety policies



## **Electives (7)**

### ***Group A – Athletics***

SISSATH201A	Teach the fundamental skills of athletics
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### ***Group B – Basketball***

SISSBSB201A	Teach fundamental basketball skills
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SISSBSB202A	Teach fundamental basketball tactics and game strategy
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### ***Group C – Equestrian***

SISOEQO201A	Handle horses
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SISOEQO202A	Demonstrate basic horse riding skills
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### ***Group D – Gymnastics Coach***

SISSGYN201A	Teach fundamental gymnastic skills
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### ***Group E – Martial Arts***

SISSMAR201A	Teach the intermediate skills of martial arts
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### ***Group F – Netball***

SISSNTB204A	Teach foundation netball skills
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### ***Group G – Rugby League***

SISSRGL204A	Teach the skills of Rugby League for modified games
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### ***Group H – Squash***

SISSSQU201A	Teach the fundamental skills of squash
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SISSSQU202A	Teach the basic tactics and strategies of squash
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### ***Group I – Surf Life Saving***

SISSSUR201A	Teach the basic skills of surf life saving
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SISSSUR202A	Officiate beginner level surf life saving competitions
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### ***Group J – Tennis***

SISSTNS201A	Assist in conducting tennis activities for beginner players
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SISSTNS202A	Interpret and apply the rules of tennis
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### ***Group K – Tenpin Bowling***

SISSTPB201A	Teach fundamental tenpin bowling skills
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## **General electives**

### ***Athletics***

SISSATH201A	Teach the fundamental skills of athletics
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### ***Basketball***

SISSBSB201A	Teach fundamental basketball skills
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SISSBSB202A	Teach fundamental basketball tactics and game strategy
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### ***Coaching General Principles***

SISSCGP202A	Reflect on professional coaching role and practice
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SISSCGP303A	Coach junior players to develop fundamental perceptual motor skills
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***Gymnastics***

SISSGYN201A Teach fundamental gymnastic skills

***Martial Arts***

SISSMAR201A Teach the intermediate skills of martial arts

***Netball***

SISSNTB204A Teach foundation netball skills

***Rugby League***

SISSRGL204A Teach the skills of Rugby League for modified games

***Rugby Union***

SISSRGU204A Officiate junior level Rugby Union

SISSRGU205A Officiate local or district level Rugby Union

***Sports Trainer***

SISSSPT201A Implement sports injury prevention

***Squash***

SISSSQU201A Teach the fundamental skills of squash

SISSSQU202A Teach the basic tactics and strategies of squash

***Surf Life Saving***

SISSSUR201A Teach the basic skills of surf life saving

***Tennis***

SISSTNS201A Assist in conducting tennis activities for beginner players

***Tenpin Bowling***

SISSTPB201A Teach fundamental tenpin bowling skills

***Cross Sector – Facility Management***

SISXFAC202A Maintain sport and recreation facilities

***Imported***

ICAU1129B Operate a word processing application

ICAU1130B Operate a spreadsheet application

ICAU1131B Operate a database application

ICAU1132B Operate a presentation package

ICAU2006B Operate computing packages

ICPMM263C Access and use the Internet

## **Employability Skills Summary**

The following table contains a summary of the employability skills required by the sport industry for this qualification. The employability skills facets described here are broad industry requirements that may vary depending on packaging options.

<b>Employability skill</b>	<b>Industry/enterprise requirements for this qualification include:</b>
Communication	Communicating with senior coaches to determine and interpret their specific requirements; understanding verbal and written information on sport skills; interpreting and carrying out verbal instructions from senior coaches; providing clear verbal instructions to players when teaching basic sports skills.
Teamwork	Working as a skilled team member, receiving instructions and understanding own role in assisting in planning and implementing coaching activities; supporting other team members to provide quality sport experiences for players.
Problem-solving	Identifying hazards and risks that may arise during coaching activities; responding to emergency situations within scope of responsibility; taking responsibility for seeking assistance from colleagues to resolve issues; recognising and adapting appropriately to age and skill differences; dealing with delays and equipment breakdowns; determining appropriate solutions to problems.
Initiative and enterprise	Adjusting coaching techniques to differences in players, equipment and facilities; taking correct action and following established procedures on discovery of an actual or potential emergency or safety hazard; reflecting on own performance for improvement.
Planning and organising	Collecting and recording information to assist senior coaches with the efficient planning and delivery of coaching activities; recognising team priorities and scheduling own work activities to meet deadlines; following organisation policies and procedures to complete coaching tasks in an efficient manner.
Self-management	Understanding and complying with the legal and ethical responsibilities that apply to own role as a sports coach; applying basic safety practices and procedures; seeking and acting on feedback from colleagues and clients to improve own coaching performance.
Learning	Knowing the structure of organisations and sources of information within the sport industry; keeping well informed of updates and changes to sport policies, procedures and regulations; accessing professional development opportunities to strengthen own skill base and sharing information with colleagues.
Technology	Understanding the operating capability of equipment and software that assists in sport coaching; safely using and maintaining sport equipment according to manufacturer's specifications and organisation policies and procedures.

**Please note: Only the shaded units of competency are available in the Sport, Fitness and Recreation VET CEC. HSC course requirements are outlined in Section 2.**

## **SIS30310 Certificate III in Fitness**

### **Descriptor**

This qualification provides the skills and knowledge for an individual to be competent in a range of activities and functions requiring autonomous work within a defined range of exercise instruction situations and activities. Qualification outcomes will depend on the elective grouping chosen and may include providing exercise instruction for group, aqua or gym programs.

Work may be undertaken in locations such as gyms, fitness facilities, pools, community facilities and in outdoor environments.

### **Job roles**

- exercise instructor – gym
- exercise instructor – group exercise
- exercise instructor – aqua.

### **Packaging rules**

15 units must be completed:

- 10 core units
- 5 elective units, consisting of :
  - all the units in any one of Groups A to C
  - the remaining units to make up the required 5 elective units from General Electives; up to 2 of these remaining units may be selected elsewhere in SIS10 or any current accredited course or other Training Package, and must be first packaged at AQF level 3 or 4.

In all cases, selection of electives must be guided by the job outcome sought, local industry requirements and the characteristics of this qualification (as per the AQF descriptors).

**Core (10)**

SISFFIT301A	Provide fitness orientation and health screening
SISFFIT302A	Provide quality service in the fitness industry
SISFFIT303A	Develop and apply an awareness of specific populations to exercise delivery
SISFFIT305A	Apply anatomy and physiology principles in a fitness context
SISFFIT306A	Provide healthy eating information to clients in accordance with recommended guidelines
SISXFAC201A	Maintain sport and recreation equipment for activities
SISXIND101A	Work effectively in sport and recreation environments
SISXOHS101A	Follow occupational health and safety policies
SISXRSK301A	Undertake risk analysis of activities
HLTFA301B	Apply first aid

**Electives (5)**

***Group A – Aqua Instructor***

SISFFIT304A	Instruct and monitor fitness programs
SISFFIT310A	Plan and deliver water based fitness activities

***Group B – Group Exercise Instructor***

SISFFIT304A	Instruct and monitor fitness programs
SISFFIT309A	Plan and deliver group exercise sessions

***Group C – Gym Instructor***

SISFFIT304A	Instruct and monitor fitness programs
SISFFIT307A	Undertake client health assessment
SISFFIT308A	Plan and deliver gym programs

**General electives**

***Aqua***

SISCAQU308A	Instruct water familiarisation, buoyancy and mobility skills
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***Cross Sector***

SISXCAI306A	Facilitate groups
SISXIND202A	Process entry transactions

***Fitness***

SISFFIT307A	Undertake client health assessment
SISFFIT308A	Plan and deliver gym programs
SISFFIT309A	Plan and deliver group exercise sessions
SISFFIT310A	Plan and deliver water based fitness activities
SISFFIT311A	Deliver approved community fitness programs
SISFFIT312A	Plan and deliver an endurance training program
SISFFIT313A	Plan and deliver exercise to apparently healthy children and adolescents
SISFFIT314A	Plan and deliver exercise to older clients with managed conditions

***Imported***

CHCIC301D	Interact effectively with children
SITXENV001A	Participate in environmentally sustainable work practices

## **Employability Skills Summary**

The following table contains a summary of the employability skills required by the fitness industry for this qualification. The employability skills facets described here are broad industry requirements that may vary depending on packaging options.

<b>Employability skill</b>	<b>Industry/enterprise requirements for this qualification include:</b>
Communication	Communicating with clients and colleagues to determine and interpret their specific requirements; understanding verbal and written information on fitness products and services; preparing accurate records of client details; providing clear verbal pre-screening instructions; empathising and negotiating acceptable solutions to client requests and complaints to ensure a positive fitness experience.
Teamwork	Working as a skilled team member, giving and receiving instructions and understanding own role in delivering fitness sessions and servicing client needs; supporting other team members to provide quality fitness experiences for clients.
Problem-solving	Identifying hazards and risks that may arise during fitness activities; mitigate problems by making variations to the activity that are within scope of responsibility; clarifying the extent of, and resolving problems through negotiating with clients in a sensitive and culturally appropriate manner; taking responsibility for seeking assistance from colleagues to resolve issues; adhering to organisation policies and procedures to guide solutions to problems.
Initiative and enterprise	Showing initiative and independence in delivering fitness sessions that meet or exceed client expectations; identifying and discussing a range of product or service enhancements to improve client satisfaction or business profitability.
Planning and organising	Collecting, analysing and recording client, product or service information to allow for the efficient planning and delivery of fitness sessions; setting work priorities and scheduling own daily work activities to meet deadlines; following organisation policies and procedures to guide planning and delivery of fitness sessions.
Self-management	Understanding and complying with the legal and ethical responsibilities that apply to own role in the fitness industry; understanding the boundaries of own role and correctly determining when referral to colleagues or medical or allied health professionals is required; reviewing and reflecting on own work performance; seeking and acting on feedback from colleagues and clients to improve service delivery.
Learning	Knowing the structure of networks within and sources of new information on the fitness industry; accessing professional development opportunities to regularly update fitness product and service knowledge and skills; sharing information with colleagues.
Technology	Understanding the operating capability of computer systems and software that assist in selling, planning and delivering exercise products and services; safely using and maintaining fitness equipment according to manufacturer's specifications and organisation policies and procedures.

**Please note: Only the shaded units of competency are available in the Sport, Fitness and Recreation VET CEC. HSC course requirements are outlined in Section 2.**

## **SIS10 Sports Medicine Australia Level 1 Sports Trainer**

### **Pathways information**

These units provide credit towards SIS30810 Certificate III in Sports Trainer.

### **Target group**

This skill set is for those wishing to gain Sports Medicine Australia Level 1 Sports Trainer accreditation.

### **Skill set requirements**

8 units must be completed.

HLTFA301B	Apply first aid
SISSCGP308A	Provide drugs in sport information
SISSSPT302A	Provide initial management of sports injuries
SISSSPT303A	Conduct basic warm-up and cool-down programs
SISSSPT304A	Tape ankle, thumb and fingers
SISSSPT305A	Support sports injury management
SISSSPT306A	Deal with medical conditions in a sport setting
SISXOHS101A	Follow occupational health and safety policies

**Table 4 Status of units of competency from the Sport, Fitness and Recreation HSC courses for Certificates II in Community Activities, Outdoor Recreation, Sport and Recreation and Sport Career Oriented Participation**

Unit code	Unit title	Unit-specific prerequisite	HSC indicative hours	Sport, Fitness & Recreation VET CEC	Cert II in Community Activities SIS20110	Cert II in Outdoor Recreation SIS20210	Cert II in Sport & Recreation SIS20310	Cert II in Sport Career Oriented Participation SIS20410
<i>Qualification packaging rules</i>					<b>13 units</b> • 8 core • 5 electives - max 2 other	<b>15 units</b> • 5 core • 10 electives - all units one group: A-T - max 3 other	<b>11 units</b> • 5 core • 6 electives - max 2 other	<b>11 units</b> • 7 core • 4 electives - all units one group: A-H - max 2 other
SISXIND101A	Work effectively in sport and recreation environments	nil	15	mandatory (180, 240) elective (120)	core	core	core	core
SISXOHS101A	Follow occupational health and safety policies	nil	10	mandatory (120, 180, 240)	core	core	core	core
SISCAQU202A	Perform basic water rescues	nil	10	elective (120, 180, 240, SS)	listed elective	other elective	elective	elective
SISCAQU306A	Supervise clients at an aquatic facility or environment	nil	15	elective (120, 180, 240, SS)	elective	other elective	elective	elective
SISCAQU307A	Perform advanced water rescues	SISCAQU202A HLTFA301B	10	elective (120, 180, 240, SS)	elective	other elective	elective	elective
SISCAQU308A	Instruct water familiarisation, buoyancy and mobility skills	SISCAQU202A	20	elective (120, 180, 240, SS)	elective	other elective	elective	elective
SISCAQU309A	Instruct clients in water safety and survival skills	nil	15	elective (120, 180, 240, SS)	elective	other elective	elective	elective
SISCAQU310A	Instruct swimming strokes	nil	20	elective (120, 180, 240, SS)	elective	other elective	elective	elective
SISCCRO302A	Apply legal and ethical instructional skill	nil	15	elective (120, 180, 240, SS)	elective	other elective	elective	elective



*Sport, Fitness and Recreation VET Content Endorsed Course Description*

<b>Unit code</b>	<b>Unit title</b>	<b>Unit-specific prerequisite</b>	<b>HSC indicative hours</b>	<b>Sport, Fitness &amp; Recreation VET CEC</b>	<b>Cert II in Community Activities SIS20110</b>	<b>Cert II in Outdoor Recreation SIS20210</b>	<b>Cert II in Sport &amp; Recreation SIS20310</b>	<b>Cert II in Sport Career Oriented Participation SIS20410</b>
SISFFIT301A	Provide fitness orientation and health screening	nil	15	elective (120, 180, 240, SS)	elective	other elective	elective	elective
SISFFIT302A	Provide quality service in the fitness industry	nil	20	elective (120, 180, 240, SS)	elective	other elective	elective	elective
SISFFIT303A	Develop and apply an awareness of specific populations to exercise delivery	nil	30	elective (120, 180, 240, SS)	elective	other elective	elective	elective
SISFFIT304A	Instruct and monitor fitness programs	nil	30	elective (120, 180, 240, SS)	elective	other elective	elective	elective
SISFFIT305A	Apply anatomy and physiology principles in a fitness context	nil	40	elective (120, 180, 240, SS)	elective	other elective	elective	elective
SISFFIT306A	Provide healthy eating information to clients in accordance with recommended guidelines	nil	25	elective (120, 180, 240, SS)	elective	other elective	elective	elective
SISFFIT307A	Undertake client health assessment	nil	20	elective (120, 180, 240, SS)	elective	other elective	elective	elective
SISFFIT308A	Plan and deliver gym programs	nil	40	elective (120, 180, 240, SS)	elective	other elective	elective	elective
SISFFIT309A	Plan and deliver group exercise sessions	nil	30	elective (120, 180, 240, SS)	elective	other elective	elective	elective
SISFFIT310A	Plan and deliver water based fitness activities	nil	30	elective (120, 180, 240, SS)	elective	other elective	elective	elective
SISOABN201A	Demonstrate abseiling skills on natural surfaces	nil	10	elective (120, 180, 240, SS)	elective	elective B (2) or elective	elective	elective
SISOABN202A	Safeguard an abseiler using a single rope belay system	nil	15	elective (120, 180, 240, SS)	elective	elective A (2) or elective B (2) or elective	elective	elective

*Sport, Fitness and Recreation VET Content Endorsed Course Description*

<b>Unit code</b>	<b>Unit title</b>	<b>Unit-specific prerequisite</b>	<b>HSC indicative hours</b>	<b>Sport, Fitness &amp; Recreation VET CEC</b>	<b>Cert II in Community Activities SIS20110</b>	<b>Cert II in Outdoor Recreation SIS20210</b>	<b>Cert II in Sport &amp; Recreation SIS20310</b>	<b>Cert II in Sport Career Oriented Participation SIS20410</b>
SISOBWG201A	Demonstrate bushwalking skills in a controlled environment	SISONAV201A	15	elective (120, 180, 240, SS)	elective	elective C (2) or elective	elective	elective
SISOCAY201A	Demonstrate horizontal canyoning skills	nil	15	elective (120, 180, 240, SS)	elective	listed general elective	elective	elective
SISOCLA201A	Demonstrate top rope climbing skills on artificial surfaces	nil	15	elective (120, 180, 240, SS)	elective	elective F (2) or elective	elective	elective
SISOCLN201A	Demonstrate top rope climbing skills on natural surfaces	nil	15	elective (120, 180, 240, SS)	elective	elective G (2) or elective	elective	elective
SISOCNE201A	Demonstrate simple canoeing skills	nil	15	elective (120, 180, 240, SS)	elective	elective D (2) or elective	elective	elective
SISOCNE202A	Perform deep water rescues	nil	15	elective (120, 180, 240, SS)	elective	elective D (2) or elective M (2) or elective N (2) or elective	elective	elective
SISOCYT201A	Select, set up and maintain a bike	nil	10	elective (120, 180, 240, SS)	elective	elective H (2) or elective	elective	elective
SISOCYT202A	Demonstrate basic cycling skills	nil	15	elective (120, 180, 240, SS)	elective	elective H (2) or elective	elective	elective
SISOEQO201A	Handle horses	nil	20	elective (120, 180, 240, SS)	elective	elective K (4) or elective	elective	elective C (3) or elective
SISOEQO202A	Demonstrate basic horse riding skills	nil	30	elective (120, 180, 240, SS)	elective	elective L (2) or elective	elective	elective C (3) or elective
SISOEQO304A	Apply first aid for horses	nil	25	elective (120, 180, 240, SS)	elective	other elective	elective	elective C (3) or elective

*Sport, Fitness and Recreation VET Content Endorsed Course Description*

<b>Unit code</b>	<b>Unit title</b>	<b>Unit-specific prerequisite</b>	<b>HSC indicative hours</b>	<b>Sport, Fitness &amp; Recreation VET CEC</b>	<b>Cert II in Community Activities SIS20110</b>	<b>Cert II in Outdoor Recreation SIS20210</b>	<b>Cert II in Sport &amp; Recreation SIS20310</b>	<b>Cert II in Sport Career Oriented Participation SIS20410</b>
SISOFSH201A	Catch and handle fish	nil	30	elective (120, 180, 240, SS)	elective	elective I (2) or elective	elective	elective
SISOFSH202A	Select, catch and use bait	nil	10	elective (120, 180, 240, SS)	elective	elective J (4) or elective	elective	elective
SISOFSH203A	Select, rig and use terminal tackle	nil	10	elective (120, 180, 240, SS)	elective	elective J (4) or elective	elective	elective
SISOFSH204A	Select, use and maintain fishing tackle outfits	nil	10	elective (120, 180, 240, SS)	elective	elective J (4) or elective	elective	elective
SISOFSH205A	Construct and work simple fishing lures	SISOFSH201A SISOFSH204A	15	elective (120, 180, 240, SS)	elective	elective J (4) or elective	elective	elective
SISOFSH206A	Locate and attract fish	nil	20	elective (120, 180, 240, SS)	elective	elective I (2) or elective	elective	elective
SISOFSH311A	Demonstrate freshwater fishing skills	nil	20	elective (120, 180, 240, SS)	elective	other elective	elective	elective
SISOFSH312A	Demonstrate estuary fishing skills	nil	20	elective (120, 180, 240, SS)	elective	other elective	elective	elective
SISOFSH315A	Demonstrate beach fishing skills	nil	20	elective (120, 180, 240, SS)	elective	other elective	elective	elective
SISOKYK201A	Demonstrate simple kayaking skills	nil	15	elective (120, 180, 240, SS)	elective	elective M (2) or elective	elective	elective
SISONAV201A	Demonstrate navigation skills in a controlled environment	nil	15	elective (120, 180, 240, SS)	elective	elective C (2) or elective E (2) or elective O (2) or elective Q (2) or elective	elective	elective

*Sport, Fitness and Recreation VET Content Endorsed Course Description*

<b>Unit code</b>	<b>Unit title</b>	<b>Unit-specific prerequisite</b>	<b>HSC indicative hours</b>	<b>Sport, Fitness &amp; Recreation VET CEC</b>	<b>Cert II in Community Activities SIS20110</b>	<b>Cert II in Outdoor Recreation SIS20210</b>	<b>Cert II in Sport &amp; Recreation SIS20310</b>	<b>Cert II in Sport Career Oriented Participation SIS20410</b>
SISOODR201A	Assist in conducting outdoor recreation sessions	nil	15	elective (120, 180, 240, SS)	elective	core	listed elective	elective
SISOOPS201A	Minimise environmental impact	nil	10	elective (120, 180, 240, SS)	elective	core	listed elective	elective
SISOOPS202A	Use and maintain a temporary or overnight site	nil	15	elective (120, 180, 240, SS)	elective	listed general elective	elective	elective
SISOOPS304A	Plan for minimal environmental impact	nil	15	elective (120, 180, 240, SS)	elective	other elective	elective	elective
SISOSKT201A	Demonstrate basic cross country skiing skills	nil	25	elective (120, 180, 240, SS)	elective	listed general elective	elective	elective
SISOSRF201A	Demonstrate surf survival and self rescue skills	nil	15	elective (120, 180, 240, SS)	elective	elective S (2) or elective	elective	elective
SISOSRF202A	Demonstrate basic surfing manoeuvres in controlled conditions	nil	20	elective (120, 180, 240, SS)	elective	elective S (2) or elective	elective	elective
SISOWWR201A	Demonstrate self rescue skills in white water	nil	15	elective (120, 180, 240, SS)	elective	other elective	elective	elective
SISSAFL201A	Perform the intermediate skills of Australian Football	nil	20	elective (120, 180, 240, SS)	elective	other elective	elective	elective A (3) or elective
SISSAFL202A	Perform the intermediate tactics of Australian Football	nil	15	elective (120, 180, 240, SS)	elective	other elective	elective	elective A (3) or elective
SISSAFL203A	Participate in conditioning for Australian Football	nil	15	elective (120, 180, 240, SS)	elective	other elective	elective	elective A (3) or elective
SISSATH201A	Teach the fundamental skills of athletics	nil	25	elective (120, 180, 240, SS)	elective	other elective	elective	elective
SISSBSB201A	Teach fundamental basketball skills	nil	25	elective (120, 180, 240, SS)	elective	other elective	elective	elective

*Sport, Fitness and Recreation VET Content Endorsed Course Description*

<b>Unit code</b>	<b>Unit title</b>	<b>Unit-specific prerequisite</b>	<b>HSC indicative hours</b>	<b>Sport, Fitness &amp; Recreation VET CEC</b>	<b>Cert II in Community Activities SIS20110</b>	<b>Cert II in Outdoor Recreation SIS20210</b>	<b>Cert II in Sport &amp; Recreation SIS20310</b>	<b>Cert II in Sport Career Oriented Participation SIS20410</b>
SISSBSB202A	Teach fundamental basketball tactics and game strategy	nil	20	elective (120, 180, 240, SS)	elective	other elective	elective	elective
SISSCGP201A	Apply legal and ethical coaching practices	nil	15	elective (120, 180, 240, SS)	elective	other elective	elective	elective
SISSCGP202A	Reflect on professional coaching role and practice	nil	10	elective (120, 180, 240, SS)	elective	other elective	elective	elective
SISSCGP303A	Coach junior players to develop fundamental perceptual motor skills	SISSCGP201A	20	elective (120, 180, 240, SS)	elective	other elective	elective	elective
SISSCGP308A	Provide drugs in sport information	nil	15	elective (120, 180, 240, SS)	elective	other elective	elective	elective
SISSCKT201A	Perform the intermediate skills of cricket	nil	20	elective (120, 180, 240, SS)	elective	other elective	elective	elective B (2) or elective
SISSCKT202A	Perform the intermediate tactics and strategies of cricket	nil	15	elective (120, 180, 240, SS)	elective	other elective	elective	elective B (2) or elective
SISSCKT306A	Teach the intermediate skills of cricket	nil	25	elective (120, 180, 240, SS)	elective	other elective	elective	elective
SISSCKT307A	Teach the intermediate tactics and strategies of cricket	nil	20	elective (120, 180, 240, SS)	elective	other elective	elective	elective
SISSCOP201A	Prepare a pre or post event meal	nil	5	elective (120, 180, 240, SS)	elective	other elective	elective	core
SISSCOP202A	Develop a personal management plan	nil	15	elective (120, 180, 240, SS)	elective	other elective	elective	core
SISSCOP203A	Develop a travel and accommodation plan	nil	5	elective (120, 180, 240, SS)	elective	other elective	elective	listed general elective
SISSCOP204A	Develop personal media skills	nil	15	elective (120, 180, 240, SS)	elective	other elective	elective	core

*Sport, Fitness and Recreation VET Content Endorsed Course Description*

<b>Unit code</b>	<b>Unit title</b>	<b>Unit-specific prerequisite</b>	<b>HSC indicative hours</b>	<b>Sport, Fitness &amp; Recreation VET CEC</b>	<b>Cert II in Community Activities SIS20110</b>	<b>Cert II in Outdoor Recreation SIS20210</b>	<b>Cert II in Sport &amp; Recreation SIS20310</b>	<b>Cert II in Sport Career Oriented Participation SIS20410</b>
SISSCOP205A	Develop a personal financial plan	nil	10	elective (120, 180, 240, SS)	elective	other elective	elective	core
SISSCOP308A	Model the responsibilities of an elite athlete	nil	20	elective (120, 180, 240, SS)	elective	other elective	elective	elective
SISSGLF201A	Perform the A Grade skills of golf	must be assessed with SISSGLF202A SISSGLF203A	20	elective (120, 180, 240, SS)	elective	other elective	elective	elective D (3) or elective
SISSGLF202A	Apply the A Grade tactics and strategies of golf	must be assessed with SISSGLF201A SISSGLF203A	15	elective (120, 180, 240, SS)	elective	other elective	elective	elective D (3) or elective
SISSGLF203A	Interpret and apply the rules of golf at the A Grade level	must be assessed with SISSGLF201A SISSGLF202A	5	elective (120, 180, 240, SS)	elective	other elective	elective	elective D (3) or elective
SISSGYN201A	Teach fundamental gymnastic skills	nil	25	elective (120, 180, 240, SS)	elective	other elective	elective	elective
SISSNTB201A	Use intermediate level netball skills	nil	20	elective (120, 180, 240, SS)	elective	other elective	elective	elective E (3) or elective
SISSNTB202A	Use intermediate level tactics and game strategy in netball play	nil	15	elective (120, 180, 240, SS)	elective	other elective	elective	elective E (3) or elective
SISSNTB203A	Participate in conditioning for netball	nil	15	elective (120, 180, 240, SS)	elective	other elective	elective	elective E (3) or elective
SISSNTB204A	Teach foundation netball skills	nil	25	elective (120, 180, 240, SS)	elective	other elective	elective	elective
SISSRGL201A	Use intermediate level Rugby League game skills	nil	20	elective (120, 180, 240, SS)	elective	other elective	elective	elective F (3) or elective

*Sport, Fitness and Recreation VET Content Endorsed Course Description*

<b>Unit code</b>	<b>Unit title</b>	<b>Unit-specific prerequisite</b>	<b>HSC indicative hours</b>	<b>Sport, Fitness &amp; Recreation VET CEC</b>	<b>Cert II in Community Activities SIS20110</b>	<b>Cert II in Outdoor Recreation SIS20210</b>	<b>Cert II in Sport &amp; Recreation SIS20310</b>	<b>Cert II in Sport Career Oriented Participation SIS20410</b>
SISSRGL202A	Use intermediate level tactics and game strategy in Rugby League play	nil	15	elective (120, 180, 240, SS)	elective	other elective	elective	elective F (3) or elective
SISSRGL203A	Participate in conditioning for Rugby League	nil	15	elective (120, 180, 240, SS)	elective	other elective	elective	elective F (3) or elective
SISSRGL204A	Teach the skills of Rugby League for modified games	nil	25	elective (120, 180, 240, SS)	elective	other elective	elective	elective
SISSRGU201A	Perform foundation level Rugby Union skills	nil	20	elective (120, 180, 240, SS)	elective	other elective	elective	elective G (2) or elective
SISSRGU202A	Perform foundation level Rugby Union tactics and strategies	nil	15	elective (120, 180, 240, SS)	elective	other elective	elective	elective
SISSRGU203A	Participate in conditioning for Rugby Union	nil	15	elective (120, 180, 240, SS)	elective	other elective	elective	elective G (2) or elective
SISSRGU204A	Officiate junior level Rugby Union	nil	15	elective (120, 180, 240, SS)	elective	other elective	elective	elective
SISSRGU205A	Officiate local or district level Rugby Union	nil	15	elective (120, 180, 240, SS)	elective	other elective	elective	elective
SISSSPT201A	Implement sports injury prevention	nil	15	elective (120, 180, 240, SS)	elective	other elective	elective	listed general elective
SISSSPT302A	Provide initial management of sports injuries	nil	30	elective (120, 180, 240, SS)	elective	other elective	elective	elective
SISSSPT303A	Conduct basic warm-up and cool-down programs	nil	15	elective (120, 180, 240, SS)	elective	other elective	elective	elective
SISSSPT304A	Tape ankle, thumb and fingers	nil	15	elective (120, 180, 240, SS)	elective	other elective	elective	elective
SISSSPT305A	Support sports injury management	nil	20	elective (120, 180, 240, SS)	elective	other elective	elective	elective

*Sport, Fitness and Recreation VET Content Endorsed Course Description*

<b>Unit code</b>	<b>Unit title</b>	<b>Unit-specific prerequisite</b>	<b>HSC indicative hours</b>	<b>Sport, Fitness &amp; Recreation VET CEC</b>	<b>Cert II in Community Activities SIS20110</b>	<b>Cert II in Outdoor Recreation SIS20210</b>	<b>Cert II in Sport &amp; Recreation SIS20310</b>	<b>Cert II in Sport Career Oriented Participation SIS20410</b>
SISSSPT306A	Deal with medical conditions in a sport setting	nil	15	elective (120, 180, 240, SS)	elective	other elective	elective	elective
SISSSUR201A	Teach the basic skills of surf life saving	nil	25	elective (120, 180, 240, SS)	elective	other elective	elective	elective
SISSSUR202A	Officiate beginner level surf life saving competitions	nil	15	elective (120, 180, 240, SS)	elective	other elective	elective	elective
SISSTNS201A	Assist in conducting tennis activities for beginner players	nil	15	elective (120, 180, 240, SS)	elective	other elective	elective	elective
SISSTNS202A	Interpret and apply the rules of tennis	nil	10	elective (120, 180, 240, SS)	elective	other elective	elective	elective
SISSTOU201A	Perform the intermediate skills of Touch	nil	20	elective (120, 180, 240, SS)	elective	other elective	elective	elective H (2) or elective
SISSTOU202A	Perform the intermediate tactics and strategies of Touch	nil	15	elective (120, 180, 240, SS)	elective	other elective	elective	elective H (2) or elective
SISXCAI101A	Provide equipment for activities	nil	10	elective (120, 180, 240, SS)	listed elective	–	listed elective	–
SISXCAI102A	Assist in preparing and conducting sport and recreation sessions	nil	15	elective (120, 180, 240, SS)	core	elective F (2) or elective G (2) or elective R (2) or elective	listed elective	–
SISXCAI306A	Facilitate groups	nil	15	elective (120, 180, 240, SS)	elective	other elective	elective	elective
SISXCCS201A	Provide customer service	nil	10	elective (120, 180, 240, SS)	core	other elective	elective	elective



*Sport, Fitness and Recreation VET Content Endorsed Course Description*

<b>Unit code</b>	<b>Unit title</b>	<b>Unit-specific prerequisite</b>	<b>HSC indicative hours</b>	<b>Sport, Fitness &amp; Recreation VET CEC</b>	<b>Cert II in Community Activities SIS20110</b>	<b>Cert II in Outdoor Recreation SIS20210</b>	<b>Cert II in Sport &amp; Recreation SIS20310</b>	<b>Cert II in Sport Career Oriented Participation SIS20410</b>
SISXEMR201A	Respond to emergency situations	nil	10	elective (120, 180, 240, SS)	core	listed general elective	core	elective
SISXFAC201A	Maintain sport and recreation equipment for activities	nil	10	elective (120, 180, 240, SS)	listed elective	listed general elective	listed elective	elective
SISXFAC202A	Maintain sport and recreation facilities	nil	15	elective (120, 180, 240, SS)	listed elective	listed general elective	listed elective	listed general elective
SISXRSK301A	Undertake risk analysis of activities	nil	15	elective (120, 180, 240, SS)	elective	other elective	elective	elective
BSBINM201A	Process and maintain workplace information	nil	20	elective (120, 180, 240, SS)	elective	other elective	listed elective	elective
BSBSUS201A	Participate in environmentally sustainable work practices	nil	15	elective (120, 180, 240, SS)	core	–	–	–
BSBWOR202A	Organise and complete daily work activities	nil	15	elective (120, 180, 240, SS)	core	–	core	core
BSBWOR204A	Use business technology	nil	15	elective (120, 180, 240, SS)	elective	other elective	listed elective	elective
HLTFA301B	Apply first aid	nil	20	elective (120, 180, 240, SS)	core	core	core	listed general elective
ICAU2006B	Operate computing packages	nil	5	elective (120, 180, 240, SS)	listed elective	listed general elective	listed elective	listed general elective
ICPMM263C	Access and use the Internet	nil	10	elective (120, 180, 240, SS)	elective	other elective	listed elective	listed general elective
RTE2104A	Carry out regular horse observation	nil	15	elective (120, 180, 240, SS)	elective	elective K (4) or listed general elective	elective	elective
RTE2121A	Provide daily care for horses	nil	25	elective (120, 180, 240, SS)	elective	elective K (4) or listed general elective	elective	elective

*Sport, Fitness and Recreation VET Content Endorsed Course Description*

<b>Unit code</b>	<b>Unit title</b>	<b>Unit-specific prerequisite</b>	<b>HSC indicative hours</b>	<b>Sport, Fitness &amp; Recreation VET CEC</b>	<b>Cert II in Community Activities SIS20110</b>	<b>Cert II in Outdoor Recreation SIS20210</b>	<b>Cert II in Sport &amp; Recreation SIS20310</b>	<b>Cert II in Sport Career Oriented Participation SIS20410</b>
RTE2130A	Ride and care for horses and equipment	nil	25	elective (120, 180, 240, SS)	elective	elective L (2) or listed general elective	elective	elective
RTE2136A	Load and unload livestock	nil	10	elective (120, 180, 240, SS)	elective	elective K (4) or listed general elective	elective	elective
SIRXCLM001A	Organise and maintain work areas	nil	10	elective (120, 180, 240, SS)	listed elective	–	listed elective	–
SITXENV001A	Participate in environmentally sustainable work practices	nil	15	elective (120, 180, 240, SS)	elective	–	–	–
SITXMPR001A	Coordinate production of brochures and marketing materials	nil	30	elective (120, 180, 240, SS)	elective	other elective	listed elective	elective

**Table 5 Status of units of competency from the Sport, Fitness and Recreation HSC courses for Certificate II in Sport Coaching, Certificate III in Fitness and Skill Set: Sports Medicine Australia Level 1 Sports Trainer**

Unit code	Unit title	Unit-specific prerequisite	HSC indicative hours	Sport, Fitness & Recreation VET CEC	Cert II in Sport Coaching SIS20510	Cert III in Fitness SIS30310	SMA Level 1 Sports Trainer
<i>Qualification packaging rules</i>					<b>13 units</b> <ul style="list-style-type: none"> <li>• 6 core</li> <li>• 7 electives                             <ul style="list-style-type: none"> <li>- all units one group: A–K</li> <li>- max 2 other</li> </ul> </li> </ul>	<b>15 units</b> <ul style="list-style-type: none"> <li>• 10 core</li> <li>• 5 electives                             <ul style="list-style-type: none"> <li>- all units one group: A–C</li> <li>- max 2 other</li> </ul> </li> </ul>	<b>8 units</b>
SISXIND101A	Work effectively in sport and recreation environments	nil	15	mandatory (180, 240) elective (120)	core	core	–
SISXOHS101A	Follow occupational health and safety policies	nil	10	mandatory (120, 180, 240)	core	core	✓
SISCAQU202A	Perform basic water rescues	nil	10	elective (120, 180, 240, SS)	other elective	–	–
SISCAQU306A	Supervise clients at an aquatic facility or environment	nil	15	elective (120, 180, 240, SS, Ext)	other elective	other elective	–
SISCAQU307A	Perform advanced water rescues	SISCAQU202A HLTFA301B	10	elective (120, 180, 240, SS, Ext)	other elective	other elective	–
SISCAQU308A	Instruct water familiarisation, buoyancy and mobility skills	SISCAQU202A	20	elective (120, 180, 240, SS, Ext)	other elective	listed general elective	–
SISCAQU309A	Instruct clients in water safety and survival skills	nil	15	elective (120, 180, 240, SS, Ext)	other elective	other elective	–
SISCAQU310A	Instruct swimming strokes	nil	20	elective (120, 180, 240, SS, Ext)	other elective	other elective	–
SISCCRO302A	Apply legal and ethical instructional skill	nil	15	elective (120, 180, 240, SS, Ext)	other elective	other elective	–

*Sport, Fitness and Recreation VET Content Endorsed Course Description*

<b>Unit code</b>	<b>Unit title</b>	<b>Unit-specific prerequisite</b>	<b>HSC indicative hours</b>	<b>Sport, Fitness &amp; Recreation VET CEC</b>	<b>Cert II in Sport Coaching SIS20510</b>	<b>Cert III in Fitness SIS30310</b>	<b>SMA Level 1 Sports Trainer</b>
SISFFIT301A	Provide fitness orientation and health screening	nil	15	elective (120, 180, 240, SS, Ext)	other elective	core	–
SISFFIT302A	Provide quality service in the fitness industry	nil	20	elective (120, 180, 240, SS, Ext)	other elective	core	–
SISFFIT303A	Develop and apply an awareness of specific populations to exercise delivery	nil	30	elective (120, 180, 240, SS, Ext)	other elective	core	–
SISFFIT304A	Instruct and monitor fitness programs	nil	30	elective (120, 180, 240, SS, Ext)	other elective	elective A (2) or elective B (2) or elective C (3)	–
SISFFIT305A	Apply anatomy and physiology principles in a fitness context	nil	40	elective (120, 180, 240, SS, Ext)	other elective	core	–
SISFFIT306A	Provide healthy eating information to clients in accordance with recommended guidelines	nil	25	elective (120, 180, 240, SS, Ext)	other elective	core	–
SISFFIT307A	Undertake client health assessment	nil	20	elective (120, 180, 240, SS, Ext)	other elective	elective C (3) or listed general elective	–
SISFFIT308A	Plan and deliver gym programs	nil	40	elective (120, 180, 240, SS, Ext)	other elective	elective C (3) or listed general elective	–
SISFFIT309A	Plan and deliver group exercise sessions	nil	30	elective (120, 180, 240, SS, Ext)	other elective	elective B (2) or listed general elective	–
SISFFIT310A	Plan and deliver water based fitness activities	nil	30	elective (120, 180, 240, SS, Ext)	other elective	elective A (2) or listed general elective	–

*Sport, Fitness and Recreation VET Content Endorsed Course Description*

<b>Unit code</b>	<b>Unit title</b>	<b>Unit-specific prerequisite</b>	<b>HSC indicative hours</b>	<b>Sport, Fitness &amp; Recreation VET CEC</b>	<b>Cert II in Sport Coaching SIS20510</b>	<b>Cert III in Fitness SIS30310</b>	<b>SMA Level 1 Sports Trainer</b>
SISOABN201A	Demonstrate abseiling skills on natural surfaces	nil	10	elective (120, 180, 240, SS)	other elective	–	–
SISOABN202A	Safeguard an abseiler using a single rope belay system	nil	15	elective (120, 180, 240, SS)	other elective	–	–
SISOBWG201A	Demonstrate bushwalking skills in a controlled environment	SISONAV201A	15	elective (120, 180, 240, SS)	other elective	–	–
SISOCAY201A	Demonstrate horizontal canyoning skills	nil	15	elective (120, 180, 240, SS)	other elective	–	–
SISOCLA201A	Demonstrate top rope climbing skills on artificial surfaces	nil	15	elective (120, 180, 240, SS)	other elective	–	–
SISOCLN201A	Demonstrate top rope climbing skills on natural surfaces	nil	15	elective (120, 180, 240, SS)	other elective	–	–
SISOCNE201A	Demonstrate simple canoeing skills	nil	15	elective (120, 180, 240, SS)	other elective	–	–
SISOCNE202A	Perform deep water rescues	nil	15	elective (120, 180, 240, SS)	other elective	–	–
SISOCYT201A	Select, set up and maintain a bike	nil	10	elective (120, 180, 240, SS)	other elective	–	–
SISOCYT202A	Demonstrate basic cycling skills	nil	15	elective (120, 180, 240, SS)	other elective	–	–
SISOEQO201A	Handle horses	nil	20	elective (120, 180, 240, SS)	elective C (2)	–	–
SISOEQO202A	Demonstrate basic horse riding skills	nil	30	elective (120, 180, 240, SS)	elective C (2)	–	–
SISOEQO304A	Apply first aid for horses	nil	25	elective (120, 180, 240, SS)	other elective	–	–
SISOFSH201A	Catch and handle fish	nil	30	elective (120, 180, 240, SS)	other elective	–	–

*Sport, Fitness and Recreation VET Content Endorsed Course Description*

<b>Unit code</b>	<b>Unit title</b>	<b>Unit-specific prerequisite</b>	<b>HSC indicative hours</b>	<b>Sport, Fitness &amp; Recreation VET CEC</b>	<b>Cert II in Sport Coaching SIS20510</b>	<b>Cert III in Fitness SIS30310</b>	<b>SMA Level 1 Sports Trainer</b>
SISOFSH202A	Select, catch and use bait	nil	10	elective (120, 180, 240, SS)	other elective	–	–
SISOFSH203A	Select, rig and use terminal tackle	nil	10	elective (120, 180, 240, SS)	other elective	–	–
SISOFSH204A	Select, use and maintain fishing tackle outfits	nil	10	elective (120, 180, 240, SS)	other elective	–	–
SISOFSH205A	Construct and work simple fishing lures	SISOFSH201A SISOFSH204A	15	elective (120, 180, 240, SS)	other elective	–	–
SISOFSH206A	Locate and attract fish	nil	20	elective (120, 180, 240, SS)	other elective	–	–
SISOFSH311A	Demonstrate freshwater fishing skills	nil	20	elective (120, 180, 240, SS)	other elective	–	–
SISOFSH312A	Demonstrate estuary fishing skills	nil	20	elective (120, 180, 240, SS)	other elective	–	–
SISOFSH315A	Demonstrate beach fishing skills	nil	20	elective (120, 180, 240, SS)	other elective	–	–
SISOKYK201A	Demonstrate simple kayaking skills	nil	15	elective (120, 180, 240, SS)	other elective	–	–
SISONAV201A	Demonstrate navigation skills in a controlled environment	nil	15	elective (120, 180, 240, SS)	other elective	–	–
SISOODR201A	Assist in conducting outdoor recreation sessions	nil	15	elective (120, 180, 240, SS)	other elective	–	–
SISOOPS201A	Minimise environmental impact	nil	10	elective (120, 180, 240, SS)	other elective	–	–
SISOOPS202A	Use and maintain a temporary or overnight site	nil	15	elective (120, 180, 240, SS)	other elective	–	–
SISOOPS304A	Plan for minimal environmental impact	nil	15	elective (120, 180, 240, SS, Ext)	other elective	other elective	–

*Sport, Fitness and Recreation VET Content Endorsed Course Description*

<b>Unit code</b>	<b>Unit title</b>	<b>Unit-specific prerequisite</b>	<b>HSC indicative hours</b>	<b>Sport, Fitness &amp; Recreation VET CEC</b>	<b>Cert II in Sport Coaching SIS20510</b>	<b>Cert III in Fitness SIS30310</b>	<b>SMA Level 1 Sports Trainer</b>
SISOSKT201A	Demonstrate basic cross country skiing skills	nil	25	elective (120, 180, 240, SS)	other elective	–	–
SISOSRF201A	Demonstrate surf survival and self rescue skills	nil	15	elective (120, 180, 240, SS)	other elective	–	–
SISOSRF202A	Demonstrate basic surfing manoeuvres in controlled conditions	nil	20	elective (120, 180, 240, SS)	other elective	–	–
SISOWWR201A	Demonstrate self rescue skills in white water	nil	15	elective (120, 180, 240, SS)	other elective	–	–
SISSAFL201A	Perform the intermediate skills of Australian Football	nil	20	elective (120, 180, 240, SS)	other elective	–	–
SISSAFL202A	Perform the intermediate tactics of Australian Football	nil	15	elective (120, 180, 240, SS)	other elective	–	–
SISSAFL203A	Participate in conditioning for Australian Football	nil	15	elective (120, 180, 240, SS)	other elective	–	–
SISSATH201A	Teach the fundamental skills of athletics	nil	25	elective (120, 180, 240, SS)	elective A (1) or general listed elective	–	–
SISSBSB201A	Teach fundamental basketball skills	nil	25	elective (120, 180, 240, SS)	elective B (2) or general listed elective	–	–
SISSBSB202A	Teach fundamental basketball tactics and game strategy	nil	20	elective (120, 180, 240, SS)	elective B (2) or general listed elective	–	–
SISSCGP201A	Apply legal and ethical coaching practices	nil	15	elective (120, 180, 240, SS)	core	–	–
SISSCGP202A	Reflect on professional coaching role and practice	nil	10	elective (120, 180, 240, SS)	listed general elective	–	–

*Sport, Fitness and Recreation VET Content Endorsed Course Description*

<b>Unit code</b>	<b>Unit title</b>	<b>Unit-specific prerequisite</b>	<b>HSC indicative hours</b>	<b>Sport, Fitness &amp; Recreation VET CEC</b>	<b>Cert II in Sport Coaching SIS20510</b>	<b>Cert III in Fitness SIS30310</b>	<b>SMA Level 1 Sports Trainer</b>
SISSCGP303A	Coach junior players to develop fundamental perceptual motor skills	SISSCGP201A	20	elective (120, 180, 240, SS, Ext)	listed general elective	other elective	–
SISSCGP308A	Provide drugs in sport information	nil	15	elective (120, 180, 240, SS, Ext)	other elective	other elective	✓
SISSCKT201A	Perform the intermediate skills of cricket	nil	20	elective (120, 180, 240, SS)	other elective	–	–
SISSCKT202A	Perform the intermediate tactics and strategies of cricket	nil	15	elective (120, 180, 240, SS)	other elective	–	–
SISSCKT306A	Teach the intermediate skills of cricket	nil	25	elective (120, 180, 240, SS, Ext)	other elective	other elective	–
SISSCKT307A	Teach the intermediate tactics and strategies of cricket	nil	20	elective (120, 180, 240, SS, Ext)	other elective	other elective	–
SISSCOP201A	Prepare a pre or post event meal	nil	5	elective (120, 180, 240, SS)	other elective	–	–
SISSCOP202A	Develop a personal management plan	nil	15	elective (120, 180, 240, SS)	other elective	–	–
SISSCOP203A	Develop a travel and accommodation plan	nil	5	elective (120, 180, 240, SS)	other elective	–	–
SISSCOP204A	Develop personal media skills	nil	15	elective (120, 180, 240, SS)	other elective	–	–
SISSCOP205A	Develop a personal financial plan	nil	10	elective (120, 180, 240, SS)	other elective	–	–
SISSCOP308A	Model the responsibilities of an elite athlete	nil	20	elective (120, 180, 240, SS, Ext)	other elective	other elective	–
SISSGLF201A	Perform the A Grade skills of golf	must be assessed with SISSGLF202A SISSGLF203A	20	elective (120, 180, 240, SS)	other elective	–	–



*Sport, Fitness and Recreation VET Content Endorsed Course Description*

<b>Unit code</b>	<b>Unit title</b>	<b>Unit-specific prerequisite</b>	<b>HSC indicative hours</b>	<b>Sport, Fitness &amp; Recreation VET CEC</b>	<b>Cert II in Sport Coaching SIS20510</b>	<b>Cert III in Fitness SIS30310</b>	<b>SMA Level 1 Sports Trainer</b>
SISSGLF202A	Apply the A Grade tactics and strategies of golf	must be assessed with SISSGLF201A SISSGLF203A	15	elective (120, 180, 240, SS)	other elective	–	–
SISSGLF203A	Interpret and apply the rules of golf at the A Grade level	must be assessed with SISSGLF201A SISSGLF202A	5	elective (120, 180, 240, SS)	other elective	–	–
SISSGYN201A	Teach fundamental gymnastic skills	nil	25	elective (120, 180, 240, SS)	elective D (1) or general listed elective	–	–
SISSNTB201A	Use intermediate level netball skills	nil	20	elective (120, 180, 240, SS)	other elective	–	–
SISSNTB202A	Use intermediate level tactics and game strategy in netball play	nil	15	elective (120, 180, 240, SS)	other elective	–	–
SISSNTB203A	Participate in conditioning for netball	nil	15	elective (120, 180, 240, SS)	other elective	–	–
SISSNTB204A	Teach foundation netball skills	nil	25	elective (120, 180, 240, SS)	elective F (1) or general listed elective	–	–
SISSRGL201A	Use intermediate level Rugby League game skills	nil	20	elective (120, 180, 240, SS)	other elective	–	–
SISSRGL202A	Use intermediate level tactics and game strategy in Rugby League play	nil	15	elective (120, 180, 240, SS)	other elective	–	–
SISSRGL203A	Participate in conditioning for Rugby League	nil	15	elective (120, 180, 240, SS)	other elective	–	–
SISSRGL204A	Teach the skills of Rugby League for modified games	nil	25	elective (120, 180, 240, SS)	elective G (1) or general listed elective	–	–

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<b>Unit code</b>	<b>Unit title</b>	<b>Unit-specific prerequisite</b>	<b>HSC indicative hours</b>	<b>Sport, Fitness &amp; Recreation VET CEC</b>	<b>Cert II in Sport Coaching SIS20510</b>	<b>Cert III in Fitness SIS30310</b>	<b>SMA Level 1 Sports Trainer</b>
SISSRGU201A	Perform foundation level Rugby Union skills	nil	20	elective (120, 180, 240, SS)	other elective	–	–
SISSRGU202A	Perform foundation level Rugby Union tactics and strategies	nil	15	elective (120, 180, 240, SS)	other elective	–	–
SISSRGU203A	Participate in conditioning for Rugby Union	nil	15	elective (120, 180, 240, SS)	other elective	–	–
SISSRGU204A	Officiate junior level Rugby Union	nil	15	elective (120, 180, 240, SS)	general listed elective	–	–
SISSRGU205A	Officiate local or district level Rugby Union	nil	15	elective (120, 180, 240, SS)	general listed elective	–	–
SISSSPT201A	Implement sports injury prevention	nil	15	elective (120, 180, 240, SS)	general listed elective	–	–
SISSSPT302A	Provide initial management of sports injuries	nil	30	elective (120, 180, 240, SS, Ext)	other elective	other elective	✓
SISSSPT303A	Conduct basic warm-up and cool-down programs	nil	15	elective (120, 180, 240, SS, Ext)	other elective	other elective	✓
SISSSPT304A	Tape ankle, thumb and fingers	nil	15	elective (120, 180, 240, SS, Ext)	other elective	other elective	✓
SISSSPT305A	Support sports injury management	nil	20	elective (120, 180, 240, SS, Ext)	other elective	other elective	✓
SISSSPT306A	Deal with medical conditions in a sport setting	nil	15	elective (120, 180, 240, SS, Ext)	other elective	other elective	✓
SISSSUR201A	Teach the basic skills of surf life saving	nil	25	elective (120, 180, 240, SS)	elective I (2) or general listed elective	–	–

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<b>Unit code</b>	<b>Unit title</b>	<b>Unit-specific prerequisite</b>	<b>HSC indicative hours</b>	<b>Sport, Fitness &amp; Recreation VET CEC</b>	<b>Cert II in Sport Coaching SIS20510</b>	<b>Cert III in Fitness SIS30310</b>	<b>SMA Level 1 Sports Trainer</b>
SISSSUR202A	Officiate beginner level surf life saving competitions	nil	15	elective (120, 180, 240, SS)	elective I (2)	–	–
SISSTNS201A	Assist in conducting tennis activities for beginner players	nil	15	elective (120, 180, 240, SS)	elective J (2) or general listed elective	–	–
SISSTNS202A	Interpret and apply the rules of tennis	nil	10	elective (120, 180, 240, SS)	elective J (2)	–	–
SISSTOU201A	Perform the intermediate skills of Touch	nil	20	elective (120, 180, 240, SS)	other elective	–	–
SISSTOU202A	Perform the intermediate tactics and strategies of Touch	nil	15	elective (120, 180, 240, SS)	other elective	–	–
SISXCAI101A	Provide equipment for activities	nil	10	elective (120, 180, 240, SS)	–	–	–
SISXCAI102A	Assist in preparing and conducting sport and recreation sessions	nil	15	elective (120, 180, 240, SS)	core	–	–
SISXCAI306A	Facilitate groups	nil	15	elective (120, 180, 240, SS, Ext)	other elective	listed general elective	–
SISXCCS201A	Provide customer service	nil	10	elective (120, 180, 240, SS)	other elective	–	–
SISXEMR201A	Respond to emergency situations	nil	10	elective (120, 180, 240, SS)	other elective	–	–
SISXFAC201A	Maintain sport and recreation equipment for activities	nil	10	elective (120, 180, 240, SS, Ext)	other elective	core	–
SISXFAC202A	Maintain sport and recreation facilities	nil	15	elective (120, 180, 240, SS)	listed general elective	–	–
SISXRSK301A	Undertake risk analysis of activities	nil	15	elective (120, 180, 240, SS, Ext)	other elective	core	–

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<b>Unit code</b>	<b>Unit title</b>	<b>Unit-specific prerequisite</b>	<b>HSC indicative hours</b>	<b>Sport, Fitness &amp; Recreation VET CEC</b>	<b>Cert II in Sport Coaching SIS20510</b>	<b>Cert III in Fitness SIS30310</b>	<b>SMA Level 1 Sports Trainer</b>
BSBINM201A	Process and maintain workplace information	nil	20	elective (120, 180, 240, SS)	other elective	–	–
BSBSUS201A	Participate in environmentally sustainable work practices	nil	15	elective (120, 180, 240, SS)	–	–	–
BSBWOR202A	Organise and complete daily work activities	nil	15	elective (120, 180, 240, SS)	core	–	–
BSBWOR204A	Use business technology	nil	15	elective (120, 180, 240, SS)	other elective	–	–
HLTFA301B	Apply first aid	nil	20	elective (120, 180, 240, SS, Ext)	core	core	✓
ICAU2006B	Operate computing packages	nil	5	elective (120, 180, 240, SS)	listed general elective	–	–
ICPMM263C	Access and use the Internet	nil	10	elective (120, 180, 240, SS)	listed general elective	–	–
RTE2104A	Carry out regular horse observation	nil	15	elective (120, 180, 240, SS)	other elective	–	–
RTE2121A	Provide daily care for horses	nil	25	elective (120, 180, 240, SS)	other elective	–	–
RTE2130A	Ride and care for horses and equipment	nil	25	elective (120, 180, 240, SS)	other elective	–	–
RTE2136A	Load and unload livestock	nil	10	elective (120, 180, 240, SS)	other elective	–	–
SIRXCLM001A	Organise and maintain work areas	nil	10	elective (120, 180, 240, SS)	–	–	–
SITXENV001A	Participate in environmentally sustainable work practices	nil	15	elective (120, 180, 240, SS, Ext)	–	listed general elective	–
SITXMPR001A	Coordinate production of brochures and marketing materials	nil	30	elective (120, 180, 240, SS)	other elective	–	–

## Appendix Modification history

The Sport, Fitness and Recreation VET CEC is based on the national *Sport, Fitness and Recreation Training Package (SIS10)*.

Training Packages are not static documents – they are amended periodically to reflect the latest industry practices. This work is undertaken by the Industry Skills Council (developers of the Training Package) under continuous improvement processes.

This VET CEC will be updated as appropriate to ensure it is based on the most recent version of the Training Package and continues to meet the needs of key stakeholders.

The modification history is outlined in the table below.

Date	Comments
April 2012	<p>HSC course added – Fitness Extension (240 indicative hours) – see Section 2.6.</p> <p>The following units of competency have been added to the HSC elective pool [Sections 2.7 (Table 3) and Section 5 (Tables 4 &amp; 5)]:</p> <p>SISCAQU306A <i>Supervise clients at an aquatic facility or environment</i></p> <p>SISCAQU307A <i>Perform advanced water rescues</i></p> <p>SISCAQU309A <i>Instruct clients in water safety and survival skills</i></p> <p>SISCAQU310A <i>Instruct swimming strokes</i></p> <p>SISCCRO302A <i>Apply legal and ethical instructional skills</i></p> <p>SISOWWR201A <i>Demonstrate self rescue skills in white water</i></p> <p>SISSTNS201A <i>Assist in conducting tennis activities for beginner players</i></p> <p>SISSTNS202A <i>Interpret and apply the rules of tennis</i></p> <p>SIRXCLM001A <i>Organise and maintain work areas</i></p> <p>SITXMPR001A <i>Coordinate production of brochures and marketing materials</i></p> <p>Assessment Certification Examination (ACE) website replaces references to Assessment, Certification and Examination (ACE) Manual.</p>
October 2011	Endorsement of the Sport, Fitness and Recreation VET CEC (based on SIS10v1.2).