

## Southern Futures & FEVER 2009 Vocational Training Course

### Pathway to Fitness (Fitness Trainer)

Part of Cert 2 in Community Recreation SRC04

*This course expands student knowledge of the sport & recreation industry generally, and includes safety, preparing and conducting sport and recreation sessions, developing understanding of exercise science, promoting healthy eating, presenting information to a group, developing and understanding of warm-up and warm-down exercises as well as responding to emergency situations.*

<b>Desired attributes:</b>	Have a good level of physical fitness, possess an enthusiastic, outgoing personality with good communication skills, and having a background in fitness activities may be an advantage.
<b>Career Pathways:</b>	Year 10 minimum, but year 12 preferred. Leads into Fitness & Community recreation streams. Refer to <a href="http://www.myfutures.edu.au">www.myfutures.edu.au</a> for further career pathway information.
<b>Location:</b>	Wirreanda HS
<b>Training Provider:</b>	TAFESA ( Regency) RTO 40161
<b>Duration:</b>	2 hours, 1 day / wk (dates TBA) starting semester 1
<b>Times:</b>	(time TBA)
<b>Approx Cost:</b>	\$450.00 (2008)
<b>Work Placement:</b>	We strongly recommend students undertake a week of relevant work experience to back up this course.
<b>Student requirements:</b>	Bring regular writing materials, wear suitable gym attire, have completed year 8 & 9 PE, have interest in health & fitness If ill, it is expected that the student will phone the trainer on 8348 4335 the day of the absence.
<b>Contact:</b>	Shannon Coad ph 8348 4395 or Robin 0418 891 877
<b>Class restraints:</b>	Max 20, min 12

Code	Unit	Nom Hrs
SRXINU001A	Develop knowledge of the sport and recreation industry	10
SRXOHS001B	Follow defined Occupational Health & Safety policies and procedures	10
SRXCAI001B	Assist in preparing sport & recreation sessions for participants	6
SRXCAI002B	Assist in conducting sport & recreation sessions for participants	8
SRCCAP001A	Apply basic exercise science to a community activity program	15
SRCCAP002A	Promote the benefits of healthy eating to participants	10
SRCCAP003A	Demonstrate the basis of body functioning in an activity group	10
SRCCAP004A	Support delivery of a group activity	10
SRCCAP005A	Perform warm-up and cool-down techniques before and after participation in an activity	15
SRXEMR001A	Respond to emergency situations	15
<b>Total hrs ( 2 SACE units)</b>		<b>109</b>

*Any queries about this course, contact the Program Coordinator on ph: 8208 3811 or Mob: 0418 891 877*

*Details correct at 15<sup>th</sup> August 2008*