

Southern Futures & FEVER 2009 Vocational Training Course

Pathway to Fitness (Fitness Trainer) Term 4 2009

Part of Cert 3 in Sport & Recreation (Fitness) SRF30206
Full Cert 3 completed over 4 terms

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.

Desired attributes:	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.
Career Pathways:	Year 10 minimum, but year 12 preferred. Leads into Fitness & Community recreation streams. Refer to www.myfutures.edu.au for further career pathway information. This course links into further training at CASA Leisure Centres (Aberfoyle Park & Marion) where students can complete the Cert 3 & Cert 4 qualifications. Cert 3 is the minimum qualification needed to work in the industry.
Location:	Wirreanda HS Gymnasium or externally through CASA Leisure Centres as above
Training Provider:	International College of Kenshusei RTO 6930
Duration:	2 hours, 1 day / wk for term 4 + homework. Starting Fridays (hopefully) (TBA) <i>NB: This course can be continued into term 3, term 4, and term 1 2010 for further units at \$475/term. The four terms will complete the Certificate 3 qualification.</i>
Times:	11 am – 1pm
Approx Cost:	\$475.00 (2009)
Work Placement:	We strongly recommend students undertake a week of relevant work experience to back up this course.
Student requirements:	Have a genuine interest in fitness and sound basic numeracy & literacy. 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.
Contact:	Gary Hoffman 0413 408 201 or Robin 0418 891 877
Class restraints:	Max 20, min 15

Code	Unit	Nom Hrs
SRFFIT004B	Develop basic fitness programs	20
SRFFIT006B	Use & maintain core fitness industry equipment	10
SRFFIT014A	Provide advice on the application of basic anatomy & physiology to fitness programs	15
SRFFIT015A	Provide nutrition advice to clients in accordance with recommended guidelines	10
SRFGYM001B	Instruct fitness activity skills to a client using fitness equipment	20
SRFGYM002B	Customise gym instructional skills to include specific areas of expertise current in the fitness industry	15
Total hrs (1 SACE unit)		90

Any queries about this course, contact the Program Coordinator on ph: 8207 3811 or Mob: 0418 891 877

Details correct at 23rd March 2009