

Southern Futures & FEVER 2009 Vocational Training Course

Pathway to Fitness (Fitness Trainer) Term 1 2010

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 through CASA Leisure Centres as above.
Training Provider:	International College of Kenshusei RTO 6930
Duration:	2 hours, 1 day / wk 1 term + homework. Starting <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:	11.00am – 1pm (TBA)
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
SRFSP002A	Develop & apply an awareness of specific populations to exercise delivery	30
SRXGRO003A	Provide leadership to groups	6
SRXCAI004B	Plan a session or program for participants	8
SERXCAI005B	Conduct a sport & recreation session for participants	8
SRCCRO007B	Operate in accordance with accepted instructional practices, stylers & legal & ethical responsibilities	25
SRCCRO009B	Conduct a recreational program for older persons	30
SERXFAD002A	Provide advanced first aid response	35
Total hrs (2 SACE units)		142

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

Details correct at 5th March 2009