

Community Partnerships @ Work 2010 Vocational Training Course

Pathway to Fitness (Fitness Trainer) Term 2

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:	Noarlunga Leisure Centre
Training Provider:	International College of Kenschusei RTO 6930
Duration:	3 hours, 1 day / wk for term 2 (8 wks) + homework . Starting Friday 30 th April – 2 nd July for both theory and practical sessions <i>NB: This course can be continued into term 3, term 4, and term 1 2011 for further units at \$450/term. The four terms will complete the Certificate 3 qualification.</i>
Times:	11am – 3.00pm
Approx Cost:	RTO fee = \$450.00 (2010) Brokerage fee = \$110 (includes GST) Total fee = \$560.00
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. Be prepared to undertake homework in work books. 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. Year 11 & 12 Students only
Contact:	Gary Hoffman 0413 408 201 or Robin 0418 891 877
Class restraints:	Max 20, min 15

Code	Unit	Nom Hrs
BSBCMN302A	Organise personal work priorities & development	40
BSBFLM303A	Contribute to effective workplace relationships	40
ICAITU006C	Operate computing packages	40
SRXGCS004A	Meet client needs & expectations	6
SRFFIT005B	Apply basic exercise science to exercise instruction	15
SRFGEX001A	Plan & instruct a group exercise class	20
Total hrs (3 SACE units)		161

Any queries about this course, contact the Program Coordinator on ph: 8326 4543 or Mob: 0418 891 877

Details correct at 25th June 2010