



SIS30115

Certificate III in Sport & Recreation

Description of Course

The aim of the program is to provide specific skills and knowledge to work in the areas of sport and recreation. Leadership, organisational and specialist activity skills will be developed through theory and practical sessions.

Activities / Tasks

The course provides both theoretical and practical training that is linked directly to working in the sport and recreation industry. The course includes:

- Facilitate groups
- Apply first aid
- Provide quality service
- Participate in conditioning for sport
- Follow OHS policies
- Assist in preparing and conducting sport and recreation sessions

Assessment

Assessments are conducted using a combination of project based practical tasks, theory test and design folios/briefs. The assessment of your overall competence at this certificate level will be undertaken by a qualified assessor and your competence judge using all of these tasks. Students will be given a fair and adequate assessment process that includes the option of an assessment re-sit.

Auspecting Registered Training Organisation

IVET (RTO Code: 40548)

Course Days & Times

Wednesday 9:30am – 3:00pm

Length of the Course

This course runs for two years.

Pathways

With additional training and experience possible future career opportunities may include work in the following areas/sectors:

- Coach Outdoor Education Instructor
- Sports person Aerobics/Fitness Instructor
- Exercise Physiology Personal Trainer
- Ranger Recreation Officer
- Fitness Instructor Community Sports Manager
- Leisure/Recreation Officer Sports Massage

Further study options include:

- Certificate III and IV in Outdoor Recreation
- Certificate III and IV in Sport (Officiating, Coaching, Trainer)
- Diploma of Outdoor Recreation
- Diploma of Sport and Recreation Management

Enrolment Process

Students must apply through their VET Coordinator at their Home School and complete the PLSC Enrolment Form.

Course Content

	Code	Unit of Competency	Nominal Hours
YEAR 1	HWTWHS001	Participate in Workplace Health and Safety	20
	HLTAID003	Provide First Aid	18
	SISXEMR001	Respond to Emergency Situations	18
	BSBWOR301	Organise Personal Work Priorities and Development	30
	SISXCAI003	Conduct non-instructional sport fitness and recreation sessions	20
	SISXCCS001	Provide Quality Service	25
	ICTWEB201	Use Social media tools for collaboration and engagement	20
	SISXIND006	Conduct sport fitness or recreation events	55
	SISXCAI001	Provide Equipment for activities	10
	SISSPAR009	Participate in Conditioning for Sport	30
		Total Nominal Hours	246

	Code	Unit of Competency	Nominal Hours
YEAR 2	BSBWHS303	Participate in WHS hazard identification, risk assessment & risk control	50
	SISXRES002	Educate user groups	25
	SISXCAI004	Plan and conduct programs	35
	SISSSCO001	Conduct sport coaching sessions with foundation level participants	50
	SISXCAI006	Facilitate groups	25
		Total Nominal Hours	185