

## Fitness School-based Traineeship

**AQF VET qualification:** SIS30315 Certificate III in Fitness

**Training Package:** SIS Sport, Fitness and Recreation (version 2.1)

BOSTES course name	Pattern of study	BOSTES course number	Schools Online (Administration) entry advice
Fitness School-based Traineeship (360 hours)	3 units x 2 years	41806	Enter this course number for both Preliminary (Year 11) and HSC (Year 12)

**Eligibility:** This course is only available for students undertaking a school-based traineeship.

Additional approval requirements are required to establish a school-based traineeship in Certificate III in Fitness – refer to the Commissioner’s Information Bulletin (CIB) and Vocational Training Order (VTO) on the NSW Department of Industry website at [www.training.nsw.gov.au/cib\\_vto](http://www.training.nsw.gov.au/cib_vto).

This course should not be accessed by students in Years 9 and 10 (Stage 5) via early commencement.

**Exclusions:** Fitness

Students undertaking both this Fitness School-based Traineeship course and another course based on the *SIS/SIS10 Sport, Fitness and Recreation Training Package* should choose different units of competency to meet the requirements of each HSC course and qualification.

### HSC course requirements

#### Fitness School-based Traineeship (360 indicative hours)

- the possible qualification outcome is SIS30315 Certificate III in Fitness
- accredited for a total of 6 units at the Preliminary and/or HSC level
- attempt all core units of competency (totalling 220 HSC indicative hours) and elective units of competency to a minimum of 140 HSC indicative hours and to meet qualification packaging rules
- mandatory work placement requirements are met through the on-the-job training component of the school-based traineeship.

The requirements for the completion of an HSC VET course are different to the requirements for AQF VET qualification completion. Registered Training Organisations (RTOs) need to ensure that delivery of courses meets HSC course requirements and complies with Training Package rules.

For a course to count towards the HSC program of study, students must satisfy the course completion criteria as required by the Board of Studies, Teaching and Educational Standards NSW (BOSTES). (Refer to the [Assessment Certification Examination \(ACE\) website](#).) There must be sufficient evidence that the student has:

- followed the course developed or endorsed by BOSTES
- applied themselves with diligence and sustained effort to the set tasks and experiences provided in the course
- achieved some or all of the course outcomes
- (where applicable) undertaken the mandatory work placement.

### **Unit credit for the Higher School Certificate**

Fitness School-based Traineeship HSC VET courses count as Board Endorsed unit credit for the HSC but do not contribute towards an Australian Tertiary Admission Rank (ATAR).

To facilitate flexibility of VET in the HSC, courses may be delivered as Preliminary, as HSC or as a combination of Preliminary and HSC units.

The HSC credit units will be allocated to students' Preliminary and/or HSC patterns of study as required.

The pattern of study (BOSTES course number) entered on *Schools Online (Administration)* should reflect the delivery of the HSC VET course over successive years. For example, delivery of a 240 HSC indicative hour course over two years should be entered as 2 units x 2 years. Students will be credentialled for the HSC credit units entered each calendar year, provided they have satisfactorily completed the course requirements for that calendar year as determined by the school, college or RTO.

## Course content

### CORE

Unit code and title	Status for AQF VET qualification	HSC indicative hours of credit
<a href="#">SISFFIT001</a> <a href="#">Provide health screening and fitness orientation</a>	core	15
<a href="#">SISFFIT002</a> <a href="#">Recognise and apply exercise considerations for specific populations</a>	core	30
<a href="#">SISFFIT003</a> <a href="#">Instruct fitness programs</a>	core	35
<a href="#">SISFFIT004</a> <a href="#">Incorporate anatomy and physiology principles into fitness programming</a>	core	40
<a href="#">SISFFIT005</a> <a href="#">Provide healthy eating information</a>	core	25
<a href="#">SISFFIT014</a> <a href="#">Instruct exercise to older clients</a>	core	30
<a href="#">SISXCCS001</a> <a href="#">Provide quality service</a>	core	20
<a href="#">SISXFAC001</a> <a href="#">Maintain equipment for activities</a>	core	10
<a href="#">SISXIND001</a> <a href="#">Work effectively in sport, fitness and recreation environments</a>	core	15

**Total HSC indicative hours for core units of competency: 220**

### ELECTIVE

Unit code and title	Status for AQF VET qualification	HSC indicative hours of credit
<a href="#">BSBRK401</a> <a href="#">Identify risk and apply risk management processes</a>	elective – Group A, Group B and Group C	25
<a href="#">HLTAID003</a> <a href="#">Provide first aid</a>	elective – Group A, Group B and Group C	20
<a href="#">HLTWHS001</a> <a href="#">Participate in workplace health and safety</a>	elective – Group A, Group B and Group C	15
<a href="#">SISFFIT006</a> <a href="#">Conduct fitness appraisals</a>	elective – Group C and Group D	20

Unit code and title	Status for AQF VET qualification	HSC indicative hours of credit
<a href="#">SISFFIT009</a> <a href="#">Deliver pre-choreographed or prescribed community fitness</a>	elective – Group D	25
<a href="#">SISFFIT010</a> <a href="#">Deliver pre-choreographed or prescribed group exercise to music</a>	elective – Group D	30
<a href="#">SISXCAI006</a> <a href="#">Facilitate groups</a>	elective – Group D	15
<a href="#">SISXFAC002</a> <a href="#">Maintain sport, fitness and recreation facilities</a>	elective – Group D	15
<a href="#">SISXCAI004</a> <a href="#">Plan and conduct programs</a>	elective (max 2)	20

### AQF VET qualification

Qualification packaging rules are contained in the [SIS Sport, Fitness and Recreation Training Package](#) at <http://training.gov.au>.

In summary, to attain [SIS30315 Certificate III in Fitness](#) students will need to achieve 16 units of competency including:

- a) 9 core units of competency
- b) 7 elective units of competency:
  - all units in Group A, B or C
  - remaining units to make up the required 7 elective units from Group D; maximum of 2 units may be selected elsewhere in the SIS Training Package, or any other current Training Package or accredited course.

## Other information

### Criteria for the endorsement of Board Endorsed VET courses (VET BECs)

The criteria for endorsement of VET BECs are outlined in the *Guidelines for Stages 5 and 6 Board Endorsed VET Courses* available on the BOSTES website at [www.boardofstudies.nsw.edu.au/voc\\_ed/board-endorsed-courses.html](http://www.boardofstudies.nsw.edu.au/voc_ed/board-endorsed-courses.html).

### HSC VET course delivery

HSC VET courses can only be delivered by an RTO with the relevant qualification and units of competency on their scope of registration. Scope of registration can be checked at <http://training.gov.au>.

RTOs offering training programs for the delivery and assessment of the Fitness School-based Traineeship HSC VET course must meet the requirements of the VET Quality Framework, the [SIS Sport, Fitness and Recreation Training Package](#) and the HSC course.

Information about the delivery of HSC VET courses by RTOs other than school system RTOs or TAFE NSW institutes is contained on the BOSTES [Assessment Certification Examination \(ACE\) website](#).

Non-government schools outsourcing delivery of HSC VET courses to external providers also need to refer to the *Registered and Accredited Individual Non-government Schools (NSW) Manual* or *Registration Systems and Member Non-government Schools (NSW) Manual* which are available on the BOSTES website at <http://rego.bostes.nsw.edu.au>.

RTOs offering training programs for the delivery and assessment of Certificate III in Fitness should:

- ensure clear communication with the school, parent/guardian and student regarding the demands of the program
- undertake careful selection of students to ensure suitability to the program:
  - calibre, maturity and commitment
  - consideration that their age on completion of the course would allow employment in a workplace
- provide a detailed briefing to students prior to enrolment
- undertake thorough orientation prior to commencement of the course and work placement
- carefully select trainers and assessors
- provide sufficient access to a fitness workplace, with industry-standard equipment and clients, to allow acquisition and demonstration of competence.

### HSC work placement requirements

Work placement is a mandatory HSC requirement for this Fitness School-based Traineeship VET course.

Students undertaking HSC VET courses as part of a school-based apprenticeship or traineeship will meet mandatory work placement hour requirements through the on-the-job training component of the school-based apprenticeship or traineeship.

Students' outside employment (ie not under the auspices of the school) may be recognised towards the requirement for work placement in a VET course ([ACE 8051 – Assessment Certification Examination \(ACE\) website](#)).

Non-completion of work placement is grounds for withholding the HSC course. Schools and colleges are advised to follow the procedure for issuing 'N' determinations as outlined on the BOSTES [Assessment Certification Examination \(ACE\) website](#).

### **Allocation of HSC indicative hours of credit**

Units of competency drawn from Training Packages are not defined in terms of duration. The amount of time required by individual students to achieve competency will vary according to their aptitude and experience. Where a training program is designed for delivery by an RTO, the RTO will specify the length of the training program according to the delivery strategies and/or curriculum resources chosen.

However, for the purposes of the HSC, VET courses must be described in terms of their indicative hours. For this reason, indicative hours for unit credit towards the HSC have been assigned to each unit of competency. It is emphasised that the assignment of indicative hours does not imply that all students will fulfil all requirements of a unit of competency within these hours. RTOs may determine that additional or fewer hours are required for the achievement of particular competencies. However, this does not alter the HSC indicative hours allocated, only the delivery hours.

Students may need to spend additional time practising skills in a work environment and completing projects and assignments, in order to fulfil Training Package assessment requirements.

### **Exclusions**

Where there is significant overlap between an HSC VET course and other HSC VET or general education courses, the BOSTES has an exclusion between the courses. Exclusions are generally applied at a course level rather than at the unit of competency level.

Schools should check all course exclusions when determining an appropriate pattern of study for their students.

Course exclusions for Fitness School-based Traineeship are detailed on the first page of this course description.

### **Recognition of Prior Learning (RPL) and credit transfer within VET courses**

Students who have current knowledge, skills or experience relevant to a VET course may be granted credit towards the course requirements.

Arrangements for RPL and credit transfer within VET courses, including processes, application form and examples of possible scenarios, are detailed on the BOSTES website at [www.boardofstudies.nsw.edu.au/voc\\_ed/rpl.html](http://www.boardofstudies.nsw.edu.au/voc_ed/rpl.html).

### **School-based apprentices and trainees**

Information regarding provision for school-based apprentices and trainees within the HSC is available on the BOSTES website at [www.boardofstudies.nsw.edu.au/voc\\_ed/apprenticeships-traineeships.html](http://www.boardofstudies.nsw.edu.au/voc_ed/apprenticeships-traineeships.html).

Information on requirements and arrangements for NSW school-based apprenticeships and traineeships is available at [www.training.nsw.gov.au/individuals/apprenticeships\\_traineeships/school\\_based/index.html](http://www.training.nsw.gov.au/individuals/apprenticeships_traineeships/school_based/index.html).

### **Students with special education needs**

Students with special education needs may access a VET course in one of two ways:

- by undertaking the course under regular course arrangements, or
- by undertaking selected units of competency within the course that have been identified through the collaborative curriculum planning process.

For more information, see the [VET Courses and Students with Special Education Needs](#) fact sheet, as well as [Collaborative Curriculum Planning](#) advice, on the BOSTES website.