

Fitness

AQF VET qualification: Statement of Attainment towards 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 (240 hours)	2 units x 2 years	41804	Enter this course number for both Preliminary (Year 11) and HSC (Year 12)

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

Exclusions: Fitness School-based Traineeship

Students undertaking both this Fitness 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 (240 indicative hours)

- the possible qualification outcome is a Statement of Attainment towards SIS30315 Certificate III in Fitness
- accredited for a total of 4 units at the Preliminary and/or HSC level
- attempt core and/or elective units of competency to a minimum of 240 HSC indicative hours
- complete a minimum of 30 hours of mandatory work placement.

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 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

Unit code and title	Status for AQF VET qualification	HSC indicative hours of credit
SISFFIT001 Provide health screening and fitness orientation	core	15
SISFFIT004 Incorporate anatomy and physiology principles into fitness programming	core	40
SISFFIT005 Provide healthy eating information	core	25
SISXCCS001 Provide quality service	core	20
SISXFAC001 Maintain equipment for activities	core	10
SISXIND001 Work effectively in sport, fitness and recreation environments	core	15
BSBRISK401 Identify risk and apply risk management processes	elective – Group A, Group B and Group C	25
HLTAID003 Provide first aid	elective – Group A, Group B and Group C	20
HLTWHS001 Participate in workplace health and safety	elective – Group A, Group B and Group C	15
SISFFIT006 Conduct fitness appraisals	elective – Group C and Group D	20
SISFFIT009 Deliver pre-choreographed or prescribed community fitness	elective – Group D	25
SISFFIT010 Deliver pre-choreographed or prescribed group exercise to music	elective – Group D	30
SISXCAI006 Facilitate groups	elective – Group D	15
SISXFAC002 Maintain sport, fitness and recreation facilities	elective – Group D	15
SISXCAI004 Plan and conduct programs	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 the full [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.

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 Fitness HSC VET courses 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 (including calibre, maturity and commitment)
- 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 VET course. Hours of work placement suggested for qualifications in the *SIS Sport, Fitness and Recreation Training Package*, as determined through consultation with industry, are detailed in the SIS Training Package [Companion Volume Implementation Guide](#).

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 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.

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.

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.

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.