

## Fitness

BOS course name	Pattern of study	BOS course number	Schools Online entry advice
Fitness (360 hours)	3 units x 2 years	65160 (school/private provider delivered)	Enter this course number for both Preliminary (Year 11) and HSC (Year 12)
		41950 (TAFE NSW delivered)	

<b>AQF VET qualification</b>	Certificate III in Fitness (SRF30206)
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<b>Minimum work placement</b>	105 hours
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<b>Exclusions</b>	none
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*For TAFE NSW delivery only:*

<b>TAFE course name</b>	Certificate III in Fitness	<b>TAFE course number</b>	18227
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### HSC unit credit and course requirements

HSC unit credit for VET courses can be accredited to the Preliminary and/or HSC pattern of study.

#### Fitness (360 indicative hours)

- accredited for a total of 6 units at the Preliminary and/or HSC level
- attempt all compulsory units of competency and elective units of competency to a minimum of 75 HSC indicative hours.

To count a course towards the HSC program of study students must satisfy the course completion criteria as required by the Board of Studies. Refer to Section 8.4 of the *Assessment, Certification and Examination (ACE) Manual*.

The pattern of study entered (for example 3 units x 2 years) should reflect the delivery of the course over successive years. Students will be credentialled for the HSC unit credit entered each calendar year provided they have satisfactorily completed the course requirements for that calendar year as determined by the school/RTO.

### Access including access by students in Stage 5

In certain circumstances students in Stage 5 may access this Stage 6 VET course while also completing the requirements for the award of the School Certificate. Further information is available on the Board of Studies website at [www.boardofstudies.nsw.edu.au/voc\\_ed/stage-5.html](http://www.boardofstudies.nsw.edu.au/voc_ed/stage-5.html)

## Course content

Unit code	Unit title	Unit-specific prerequisite/ co-requisite	Core (C) or elective (E) for AQF VET qualification	HSC indicative hours of credit
<b>COMPULSORY Attempt ALL units of competency</b>				
BSBCMN302A	Organise personal work priorities and development	Nil	C	20
BSBFLM303A	Contribute to effective workplace relationships	Nil	C	20
ICAITU006C	Operate computing packages	Nil	C	20
SRXFAD002A	Provide advanced first aid response	Nil	C	20
SRXGCSO04A	Meet client needs and expectations	Nil	C	10
SRXGCST03A	Process client complaints	Nil	C	10
SRXINU002A	Apply sport and recreation law	Nil	C	10
SRXOHS001B	Follow defined Occupational Health and Safety policies and procedures	Nil	C	10
SRXRIK001A	Undertake risk analysis of activities	<u>Prerequisite:</u> SRXOHS001B	C	10
SRFFIT001B	Provide orientation to clients prior to undertaking a fitness program	Nil	C (stream)	10
SRFFIT003B	Undertake client induction and screening	<u>Co-requisite:</u> SRFFIT001B	C (stream)	20
SRFFIT004B	Develop basic fitness programs	Nil	C (stream)	15
SRFFIT005B	Apply basic exercise science to exercise instruction	Nil	C (stream)	15
SRFFIT006B	Use and maintain core fitness industry equipment	Nil	C (stream)	10
SRFFIT014A	Provide advice to clients on the application of basic anatomy and physiology to fitness programs	Nil	C (stream)	25
SRFFIT015A	Provide nutrition advice to clients in accordance with recommended guidelines	Nil	C (stream)	20
SRFGYM001B	Instruct fitness activity skills to a client using fitness equipment	Nil	C (stream)	15
SRFSPP002A	Develop and apply an awareness of specific populations to exercise delivery	Nil	C (stream)	15
SRXGRO003A	Provide leadership to groups	Nil	C (stream)	10
<b>Total HSC indicative hours for compulsory units of competency</b>				<b>285</b>

Unit code	Unit title	Unit-specific prerequisite/ co-requisite	Core (C) or elective (E) for AQF VET qualification	HSC indicative hours of credit
<b>ELECTIVE Attempt units to a minimum of 75 HSC indicative hours</b>				
SRFAQA001B	Instruct water based fitness classes for low risk clients	Nil	specialisation unit or E	20
SRFGEX001A	Plan and instruct a group exercise class	Nil	specialisation unit or E	20
SRFGYM002B	Customise gym instructional skills to include specific areas of expertise current in the fitness industry	<u>Prerequisite:</u> SRFFIT001B SRFFIT003B SRFFIT004B SRFFIT005B SRFFIT006B SRFFIT014A SRFFIT015A SRFGYM001B SRFSPP002A SRXGRO003A	specialisation unit or E	20
SRXCAI004B	Plan a session or program for participants	<u>Prerequisite:</u> BSBCMN202A SRXOHS001B SRXCAI001B SRXCAI003B <u>Co-requisite:</u> see * below	E	10
SRXCAI005B	Conduct a sport and recreation session for participants	<u>Prerequisite:</u> SRXFAD001A SRXEMR001A SRXCAI002B <u>Co-requisite:</u> see * below	E	10
SRXCAI006B	Organise a sport and recreation program	<u>Prerequisite:</u> SRXCAI003B SRXCAI004B SRXCAI005B BSBCMN402A SRXRIK001A <u>Co-requisite:</u> see * below	E	10
SRXCAI007B	Conduct a sport and recreation program	<u>Prerequisite:</u> SRXCAI004B SRXCAI005B SRXEMR001A <u>Co-requisite:</u> see * below	E	10

\* activity-specific competencies in the area of fitness, community recreation, sport or outdoor recreation where relevant/required

Unit code	Unit title	Unit-specific prerequisite/ co-requisite	Core (C) or elective (E) for AQF VET qualification	HSC indicative hours of credit
BSBCMN101A	Prepare for work #	Nil	–	5
BSBCMN102A	Complete daily work activities #	Nil	–	5
BSBCMN202A	Organise and complete daily work activities #	Nil	–	15
BSBCMN402A	Develop work priorities	Nil	E	15
SRXCAI001B	Assist in preparing sport and recreation sessions for participants #	Prerequisite: BSBCMN102A Co-requisite: BSBCMN101A see * below	–	10
SRXCAI002B	Assist in conducting sport and recreation sessions for participants #	Prerequisite: SRXEMR001A Co-requisite: BSBCMN101A see * below	–	10
SRXCAI003B	Provide equipment for activities #	Nil	–	10
SRXEMR001A	Respond to emergency situations	Nil	E	10
SRXFAD001A	Provide first aid #	Nil	–	15
<b>Total HSC indicative hours</b>				<b>360</b>

\* activity-specific competencies in the area of fitness, community recreation, sport or outdoor recreation where relevant/required

# this unit of competency does not contribute towards Certificate III in Fitness but it is a prerequisite/co-requisite for another unit of competency available in the qualification

## AQF VET qualification

To attain Certificate III in Fitness (SRF30206) students must achieve 15 units of competency including:

- a) 9 core units of competency
- b) 10 stream units of competency
- c) 1 specialisation unit of competency
- d) 4 elective units of competency.