

Fitness

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

AQF VET qualification	Certificate III in Fitness (SRF30206)
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Minimum work placement	105 hours
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Exclusions	none
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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*.

Access including access by students in Stage 5

In certain circumstances students in Stage 5 may access a 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

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
COMPULSORY Attempt ALL units of competency				
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
Total HSC indicative hours for compulsory units of competency				285

Unit code	Unit title	Unit-specific prerequisite/ co-requisite	Core (C) or elective (E) for AQF VET qualification	HSC indicative hours of credit
ELECTIVE Attempt units to a minimum of 75 HSC indicative hours				
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
Total HSC indicative hours				360

* 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.