

**Certificate 2 in Furniture Making (Certificate)
Learning & Assessment Overview 2021**

Year 11 OR 12 (12 MONTH COURSE)

Term 1 as per Binnacle Course	Term 2 as per Binnacle Course	Term 3 as per Binnacle Course	Term 4 + 4b as per Binnacle Course
<p>Online enrolment, Blue card. 10 week group fitness programme. Sport, fitness & recreation, Workplace Health & safety, Providing quality service, Body systems & General Principles of Community Coaching.</p>	<p>5 week community fitness programme. Warm up & cool down, Plan & deliver exercise programmes, Maintain sport & recreation equipment, Community fitness programme, Anatomy & physiology – musculoskeletal system, Basic fitness testing, Personal review & Extension activities.</p>	<p>Official enrolment. 10 week cardiovascular programme. Anatomy & physiology – cardiorespiratory system, Client screening 7 health assessment, Body composition & fitness testing, Anatomy & physiology – muscular, skeletal & cardiorespiratory systems, Initial consultations of 2 clients & Personal review.</p>	<p>8 week mini-circuit fitness programme. Programming & instruction, Anatomy & physiology – nervous system, digestive system, energy systems, levers & muscle groups, movements, biomechanics & specific exercises, Movement terminology & Personal review. 4b Upgrade activities as they become available.</p>
Unit Duration	Unit Duration	Unit Duration	Unit Duration
Weeks 1 - 10 (10 weeks)	Weeks 11 - 20 (10 weeks)	Weeks 11 - 20 (10 weeks)	Weeks 31 - 37 (7 weeks)
Assessment Task/s	Assessment Task/s	Assessment Task/s	Assessment Task/s
<p align="right">Blue Card, Fitness training logbook, K1, K2a&b, K3a,b&c, P1,P2a&b, Kext1.</p> <p align="right"><i>Issued: Week 1 Due: Week 9</i></p>	<p>Fitness training logbook, K2c, K4a&b, Kext2, P3a&b, P2c, P4a&b, P5a,b&c, MiniP1, P6.</p> <p align="right"><i>Issued: Week 11 Due: Week 19</i></p>	<p align="right">Official enrolment, Fitness training logbook, K5a,b & c, K6, P6a&b, P7a&b.</p> <p align="right"><i>Issued: Week 21 Due: Week 29</i></p>	<p align="right">Fitness training logbook, Mini P2, Mini P3, K5d,e&f, K6a,b&c, P2d & P8. 4b assessment activities.</p> <p align="right"><i>Issued: Week 31 Due: Week 37</i></p>
Cognitive Verbs	Cognitive Verbs	Cognitive Verbs	Cognitive Verbs
Determined by online course competencies throughout that term	Determined by online course competencies throughout that term	Determined by online course competencies throughout that term	Determined by online course competencies throughout that term