

SIS30315 Certificate 3 in Fitness (Certificate)

Learning & Assessment Overview 2021

Year 11		Year 12	
<p>VIF Unit 1 Introduction to Course & Community Fitness Programmes</p> <p>Student learning and activities will include the following: 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. 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>VIF Unit 2 Cardiovascular Programmes & Mini-circuit Fitness Programmes</p> <p>Student learning and activities will include the following: Official enrolment. 10 week cardiovascular programme. Anatomy & physiology – cardiorespiratory system, Client screening & health assessment, Body composition & fitness testing, Anatomy & physiology – muscular, skeletal & cardiorespiratory systems, Initial consultations of 2 clients & Personal review. 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>	<p>VIF Unit 3 Client Health, Nutrition & Fitness Programmes</p> <p>Student learning and activities will include the following: Client Screening and Health Assessment, Gym Inductions & Skinfolds & Girths Testing, Providing Healthy Eating Exam, Exercise Science Presentations, Conduct minimum of 5 Group Circuit Training Healthy Eating exam, Group Nutrition Presentation, Research Specific Population programs and 5-week training program to client. Minimum of 10 training sessions in log book.</p>	<p>VIF Unit 4 Gym Fitness Programmes</p> <p>Student learning and activities will include the following: Working with specific population clients, conducting group circuit classes, Revisit advanced anatomy, conduct fitness testing and gym inductions to client and continue to train them for minimum of 10 sessions. Revisit unfinished work from terms 1 – 7. Make sure log book for each term is completed and signed off. Minimum 10 sessions per term in log book.</p>
<p>Unit Duration Yr 11 Weeks 1 - 20 (20 weeks)</p>	<p>Unit Duration Yr 11 Weeks 21 - 38 (18 weeks)</p>	<p>Unit Duration Yr 12 Weeks 1 - 20 (20 weeks)</p>	<p>Unit Duration Yr 12 Weeks 21 - 33 (13 weeks)</p>
<p>Assessment Task/s</p> <p>Quiz Assessments, Instructing Physical Performance & Fitness Training Log Book</p> <p><i>Conditions:</i> Progressive throughout semester, theory and physical performance assessments. In class and own time, individual and group tasks, online assessment tasks, students must have a BYO device for online assessments</p> <p><i>Issued:</i> Week 1 <i>Due:</i> Week 20</p>	<p>Assessment Task/s</p> <p>Quiz Assessments, Instructing Physical Performance & Fitness Training Log Book</p> <p><i>Conditions:</i> Progressive throughout semester, theory and physical performance assessments. In class and own time, individual and group tasks, online assessment tasks, students must have a BYO device for online assessments</p> <p><i>Issued:</i> Week 21 <i>Due:</i> Week 38</p>	<p>Assessment Task/s</p> <p>Quiz Assessments, Instructing Physical Performance & Fitness Training Log Book</p> <p><i>Conditions:</i> Progressive throughout semester, theory and physical performance assessments. individual and group tasks, online assessment tasks, students must have a BYO device for online assessments, Planned and approved fitness sessions with confirmed clients are to be conducted at school under supervision in students own time either before school, at lunchtimes or after school.</p> <p><i>Issued:</i> Week 1 <i>Due:</i> Week 20</p>	<p>Assessment Task/s</p> <p>Quiz Assessments, Instructing Physical Performance & Fitness Training Log Book</p> <p><i>Conditions:</i> Progressive throughout semester, theory and physical performance assessments. individual and group tasks, online assessment tasks, students must have a BYO device for online assessments, Planned and approved fitness sessions with confirmed clients are to be conducted at school under supervision in students own time either before school, at lunchtimes or after school.</p> <p><i>Issued:</i> Week 21 <i>Due:</i> Week 33</p>
<p>This certificate course is competency based and students will be given multiple opportunities to demonstrate competencies throughout the course of study. Students will be provided with more detailed information via the Training and Assessment Strategy.</p>			