

Fitness (Henley High School)

Course Title	Fitness		
Region	Western Adelaide Secondary Schools Network		
Host Organisation	Henley High School		
Course Length	2 semesters (1 year)		
Course Description	This course provides opportunities to develop the skills and knowledge to enter the Fitness Industry as a Group Fitness Instructor. Students will be engaged in individual, group and partner based learning within the classroom and at outside fitness centres. Students are put through simulated environments to gain experience in leading a group training session as well as one on one personal training. The course is led by the host school teacher as well as a range of experienced trainers from the fitness industry.		
Pathways	Successful completion of this course leads to Certificate IV in Fitness to attain the qualification to be a Personal Trainer.		
Prerequisites	An interest and passion in the fitness industry.		
Special Requirements	Able to physically participate in practical sessions.		
Location(s)	Henley High School, Cudmore Terrace, Henley Beach, SA, 5022 See http://www.henleyhs.sa.edu.au/about-us/location-1		
Dates and Times	35 weekly sessions at Henley High School on Wednesdays from 13:20 until 15:00, commencing on 05/02/20 35 weekly sessions at Henley High School on Fridays from 08:45 until 10:20, commencing on 07/02/20		
Work Placement	5 days Compulsory 30 hours Structured Workplace Learning (SWL).		
SACE Details	SACE Stage 2, 100 SACE credits		
Qualification	Certificate III in Fitness (National Code SIS30315)		
RTO	Foundation Education (National Code 22557)		
Competencies	Compulsory	BSBRSK401 HLTAID003 HLTWHS001 SISFFIT001 SISFFIT002 SSFFIT003 SISFFIT004 SISFFIT005 SISFFIT007 SISFFIT011 SISFFIT014 SISXCCS001 SISXFAC001 SISXIND001 SISFFIT006 SISFFIT012	Identify risk and apply risk management (50 nominal hours) Provide first aid (18 nominal hours) Participate in workplace health and safety (20 nominal hours) Provide health screening and fitness orientation (15 nominal hours) Recognise and apply exercise considerations for specific populations (100 nominal hours) Instruct fitness programs (50 nominal hours) Incorporate anatomy and physiology principles into fitness programming (95 nominal hours) Provide healthy eating information (55 nominal hours) Instruct group exercise sessions (80 nominal hours) Instruct approved community fitness programs (40 nominal hours) Instruct exercise to older clients (70 nominal hours) Provide quality service (25 nominal hours) Maintain equipment for activities (5 nominal hours) Work effectively in sport, fitness and recreation environments (25 nominal hours) Conduct fitness appraisals (30 nominal hours) Instruct movement programs to children aged 5 to 12 years (90 nominal hours)
Training Cost Fee	\$1,099.00 GST free This fee consists of \$300 trained teacher delivery and \$699 RTO costs and \$100 First Aid Certificate (invoiced to the Home School by the Host School). Department for Education (public) schools in Western Adelaide region (WASSN) will subsidise the training cost for students if it is part of the students' genuine career pathway and SACE. Please check the level of subsidy with your Home School. Private school students and families please see your school's VET Leader to find out about the VET Payment Policy in your school.		
Consumables Fee	None		
WASSN Gap Fee	\$199.00 GST free This fee will be invoiced to the family by the Home School. Please discuss this with your VET Leader.		
Personal Equipment and Materials	\$100.00 GST included This is for training resources. If not purchased personally by the student or family, the Host School (where you are doing the VET course) will invoice families for these items.		
Cost Notes	There is a compulsory Regional VET fee of \$100.00 (GST free) for all courses. This fee will be invoiced to the family by the Home School. Schools outside of the member and non-member school portfolio (please check WASSN policy at http://www.wats.sa.edu.au) will have to pay an additional fee of \$100.00 per student + GST based on administration fees. The student's Home School will collect this fee from the family directly.		
Number Of Students	Minimum	10	
	Maximum	20	
Selection Process	Interview		

Public Transport Henley High - <http://www.henleyhs.sa.edu.au/section/student-services/bus-timetable>
City to Henley Beach (132, 137, 138 & 139)
City to Henley Beach/West Lakes via Ashley Street (287, 288)
City to Henley Beach South via Garden Terrace (130, 131)
See www.adelaidemetro.com.au for public transport information to Sport SA.

Contact Person Ms Claire Rieger, Phone 83557000, Email Claire.Rieger@henleyhs.sa.edu.au