**Western Vet Partnership**

**Health and Fitness for Life**

Ocean View P-12 College

<table>
<thead>
<tr>
<th>Course Coordinator and contact details</th>
<th>Andrew Smith – Ph: 8248 1422</th>
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<tbody>
<tr>
<td>Number of SACE Units</td>
<td>2</td>
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<tr>
<td>SACE Subject and Group</td>
<td>Stand Alone VET Units (ungrouped Stage 1 SACE Units)</td>
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**Course Description**

The Australian Institute of Fitness offers senior students (Years 10-12) the opportunity to begin studies in the health and fitness industry. Courses completed lead into further study in the areas of fitness and massage. There are no pre-requisites to this course – all you need is an interest in health and fitness. You will learn how to assess levels of fitness, set and plan health and fitness goals, design programmes to reach these goals and manage fitness, and learn about healthy eating, your body and how we move.

**Nationally accredited Units of Competency and nominal hours**

<table>
<thead>
<tr>
<th>SRC CAP 002A</th>
<th>SRC CAP 004A</th>
<th>SRC MKG407A</th>
<th>SRS COP 001B</th>
<th>SRS COP 005B</th>
<th>SRS COP 013B</th>
<th>SRS COP 018B</th>
<th>SRS COP 025B</th>
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<tr>
<td>Promote the benefits of healthy eating to participants (10 hours)</td>
<td>Support delivery of a group activity (10 hours)</td>
<td>Make a presentation (60 hours)</td>
<td>Prepare for public speaking (20 hours)</td>
<td>Demonstrate basic assertive communication skills (10 hours)</td>
<td>Develop a career goal setting plan (5 hours)</td>
<td>Develop advanced assertive communication skills (10 hours)</td>
<td>Prepare to participate in competition (10 hours)</td>
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**Commencement Date**

Week 2, Term 1 2008

**Length of course (eg one semester 9 am – 3 pm)**

Mondays 1.30-4.30 pm for one semester

**Structured Workplace Learning (number of days, location etc)**

N/A

**Special requirements (including special clothing or equipment needed)**

Practical gear and closed-in shoes (trainers) required each week

**Course costs (including consumables costs)**

$550 per student

Australian Institute T Shirt (optional) $25

**Pre-course experiences/prerequisites**

Nil

**Course Pathway (this explains future study, training and employment options)**

Certificate III in Fitness (Gym Instructor, Group Exercise Instructor)
Certificate IV in Fitness (Personal Training)
Sports Coaching and Sports Massage Training
Recreation and sporting club administration and management

**Registered Training Organisation (RTO)**

Australian Institute of Fitness

**Number of enrolments available to the Partnership (not including host school numbers)**

Minimum 15, maximum 18

**Public transport availability**

Outer Harbour train line