## Course Coordinator and contact details
Helen Martin/Andrea Schultz – Ph: 84459666

## Number of SACE Units
2

## SACE Subject and Group
Stand Alone VET Units (ungrouped Stage 1 SACE Units)

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

## Commencement Date
Week 2, Term 1 2008

## Length of course
One semester in length. The time is to be advised.

## Structured Workplace Learning
N/A

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

## Course costs
$550 per student
Australian Institute T Shirt (optional) $25

## Pre-course experiences/prerequisites
Nil

## Course Pathway
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
Minimum 15, maximum 18

## Public transport availability
Circle Line, Normal Buses