**Victorian Purchasing Guide**

**for**

**SIS10**

**Sport, Fitness and Recreation**

**Training Package**

**Version No. 3.0**

**February 2014**



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Victorian Purchasing Guide ⎯ Version History

| Training Package Version  | Date VPGApproved | Comments |
| --- | --- | --- |
| SIS10 Sport, Fitness and Recreation Training Package Version 3.0 | 11/02/2014 | This Victorian Purchasing Guide reflects the changes made to SIS10 Sport, Fitness and Recreation Training Package Version 3.0.Key changes:* 9 new units and 2 revised units
* A change to the core of 17 qualifications. 16 updated to include the new HLTAID003 Provide First Aid in the core and the Diploma of Fitness updated to include HLTAID006 Provide advanced first aid in the core

Please refer to SIS10 Sport, Fitness and Recreation Training Package Version 3.0 modification history at [www.training.gov.au](http://www.training.gov.au) for further details. |
| SIS10 Sport, Fitness and Recreation Training Package Version 2.1 | 06/06/2013 | Changes made to SIS10 Sport, Fitness and Recreation Training Package Version 2.1 as a result of ISC upgrade including imported units, skill sets, elective grouping, title changes and basic editorial changes. Please refer to SIS10 Sport, Fitness and Recreation Training Package Version 2.1 modification history at [www.training.gov.au](http://www.training.gov.au) for further details. |
| SIS10 Sport, Fitness and Recreation Training Package Version 2.0 | 06/06/2013 | Correction of typographical errors on 26/06/13. |
| SIS10 Sport, Fitness and Recreation Training Package Version 2.0 | 06/06/2013 | This Victorian Purchasing Guide reflects the changes made to SIS10 Sport, Fitness and Recreation Training Package version 2.0 Key changes:* Sport, and Sport and Recreation Qualifications
	+ 13 amended qualifications
	+ 1 new qualification
* Revised and new Sport units
* New Sport Skill Sets (Coaching, Officiating, Governance)
* Revised and new Cross-sector units

Please refer to SIS10 Sport, Fitness and Recreation Training Package version 2.0 modification history at [www.training.gov.au](http://www.training.gov.au) for further details. |
| SIS10 Sport, Fitness and Recreation Training Package Version 1.3 | 23/07/2012 | Correction of typographical errors. |
| SIS10 Sport, Fitness and Recreation Training Package Version 1.3 | 28/12/2011 | This Victorian Purchasing Guide reflects the changes made to SIS10 Sport, Fitness and Recreation Training Package 1.3. It includes ISC upgrade and editorial changes resulting in corrections of unit codes and titles, addition and deletion of prerequisite and elective units and removal of imported units that do appear in SIS10 qualifications.Please refer to SIS10 Sport, Fitness and Recreation Training Package Version 1.3 modification history at [www.training.gov.au](http://www.training.gov.au) for further details. |
| SIS10 Sport, Fitness and Recreation Training Package Version 1.1 and Version 1.2 | 9/11/2011 | Changes made to SIS10 Sport, Fitness and Recreation Training Package Versions 1.1 and 1.2 as a result of ISC editorial changes. Please refer to SIS10 Sport, Fitness and Recreation Training Package Versions 1.1 and 1.2 modification history at [www.training.gov.au](http://www.training.gov.au) for further details. |
| SIS10 Sport, Fitness and Recreation Training Package Version 1.0 | 9/11/2011 | Initial release of SIS10 which replaces:* SRC04 Community Recreation Training Package
* SRF04 Fitness Training Package
* SRO03 Outdoor Recreation Training Package
* SRS03 Sport Training Package
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**SIS10 Sport, Fitness and Recreation** **Training Package Victorian Purchasing Guide**

**CONTENTS**

INTRODUCTION 6

What is a Victorian Purchasing Guide? 6

Registration 6

QUALIFICATIONS 7

UNITS OF COMPETENCY AND NOMINAL HOURS 8

SAMPLE TRAINING PROGRAMS 24

CONTACTS AND LINKS 33

GLOSSARY 35

INTRODUCTION

What is a Victorian Purchasing Guide?

The Victorian Purchasing Guide provides information for use by Registered Training Organisations (RTOs) in the provision of Victorian government subsidised training.

Specifically the Victorian Purchasing Guide provides the following information related to the delivery of nationally endorsed Training Packages in Victoria:

* The nominal hour range (minimum-maximum) available for each qualification.
* Nominal hours for each unit of competency within the Training Package.
* Sample Training Programs

Registration

RTOs must be registered by either the Victorian Registration and Qualifications Authority (VRQA) or the Australian Skills Qualification Authority (ASQA) regulatory body to be eligible to issue qualifications and statements of attainment under the Australian Quality Framework (AQF).

The VRQA is the regulatory authority for Victoria that registers VET training organisations who provide courses to domestic students only and who only offer training in Victoria.

To register to provide training to international students and in other Australian states and territories you will need to apply with ASQA.

QUALIFICATIONS

|  |  |  |
| --- | --- | --- |
| **Code** | **Title** | **Qualification Nominal Hour Range** |
|  |  | **Minimum** | **Maximum** |
| SIS10113 | Certificate I in Sport and Recreation | 118 | 233 |
| SIS20113 | Certificate II in Community Activities | 173 | 291 |
| SIS20213 | Certificate II in Outdoor Recreation | 185 | 461 |
| SIS20313 | Certificate II in Sport and Recreation | 196 | 376 |
| SIS20412 | Certificate II in Sport Career Oriented Participation | 172 | 300 |
| SIS20513 | Certificate II in Sport Coaching | 231 | 401 |
| SIS30113 | Certificate III in Aquatics | 236 | 421 |
| SIS30213 | Certificate III in Community Activity Programs | 451 | 581 |
| SIS30313 | Certificate III in Fitness | 403 | 598 |
| SIS30413 | Certificate III in Outdoor Recreation | 454 | 921 |
| SIS30513 | Certificate III in Sport and Recreation | 298 | 581 |
| SIS30613 | Certificate III in Sport Career Oriented Participation | 273 | 393 |
| SIS30713 | Certificate III in Sport Coaching | 301 | 551 |
| SIS30813 | Certificate III in Sports Trainer | 291 | 418 |
| SIS30913 | Certificate III in Sport Officiating | 326 | 503 |
| SIS40113 | Certificate IV in Community Recreation | 405 | 585 |
| SIS40210 | Certificate IV in Fitness | 560 | 735 |
| SIS40313 | Certificate IV in Outdoor Recreation | 717 | 1150 |
| SIS40412 | Certificate IV in Sport and Recreation | 364 | 807 |
| SIS40512 | Certificate IV in Sport Coaching | 507 | 805 |
| SIS40612 | Certificate IV in Sport Development | 572 | 837 |
| SIS50213 | Diploma of Fitness | 547 | 730 |
| SIS50310 | Diploma of Outdoor Recreation | 757 | 1484 |
| SIS50512 | Diploma of Sport Coaching | 719 | 1005 |
| SIS50612 | Diploma of Sport Development | 472 | 917 |
| SIS50712 | Diploma of Sport and Recreation Management | 867 | 1435 |

UNITS OF COMPETENCY AND NOMINAL HOURS

RTOs are advised that there is a mapping inside the Training Package that describes the relationship between new units and superseded or replaced units from the previous version of **SIS10 Sport, Fitness and Recreation Training Package**. Information regarding transition arrangements can be obtained from the state or national VET Regulating Authority (see Contacts and Links section).

You must be sure that all training and assessment leading to qualifications or Statements of Attainment from the **SIS10 Sport, Fitness and Recreation Training Package** is conducted against the Training Package units of competency and complies with the requirements in the assessment guidelines.

Listing of the Units of Competency and Nominal Hours

| Unit Code | Unit Title | Nominal Hours |
| --- | --- | --- |
| SISCAQU201A | Monitor pool water quality | 5 |
| SISCAQU202A | Perform basic water rescues | 10 |
| SISCAQU303A | Operate aquatic facility plant and equipment | 15 |
| SISCAQU304A | Maintain pool water quality | 15 |
| SISCAQU305A | Implement aquatic facility plant and equipment maintenance program | 15 |
| SISCAQU306A | Supervise clients at an aquatic facility or environment | 15 |
| SISCAQU308A | Instruct water familiarisation, buoyancy and mobility skills | 20 |
| SISCAQU309A | Instruct clients in water safety and survival skills | 20 |
| SISCAQU310A | Instruct swimming strokes | 20 |
| SISCAQU311A | Foster the development of infants and toddlers in an aquatic environment | 10 |
| SISCAQU312A | Assist participants with a disability during aquatic activities | 10 |
| SISCAQU313A | Develop an aquatics career plan | 15 |
| SISCAQU318 | Perform advanced water rescues | 15 |
| SISCAQU414A | Develop pool water maintenance procedures | 20 |
| SISCAQU415A | Develop aquatic facility maintenance procedures | 20 |
| SISCAQU416A | Coordinate lifeguard service at an aquatic facility | 25 |
| SISCAQU417A | Operate self–contained breathing apparatus in an aquatic facility | 20 |
| SISCCRD301A | Facilitate community development through recreational activities | 50 |
| SISCCRD302A | Recruit and manage volunteers | 35 |
| SISCCRD303A | Facilitate inclusion for people with a disability | 20 |
| SISCCRD304A | Work with key stakeholders | 20 |
| SISCCRO301A | Assist with recreation games not requiring equipment | 10 |
| SISCCRO302A | Apply legal and ethical instructional skills | 25 |
| SISCCRO303A | Plan and conduct a recreation program for older persons | 40 |
| SISCCRO304A | Plan and conduct disability recreation programs | 40 |
| SISCCRO305A | Develop a budget for a recreation initiative | 20 |
| SISCCRO306A | Organise participant travel | 15 |
| SISCDAN301A | Teach recreational dance | 15 |
| SISCSDF301A | Instruct the basic skills of unarmed self-defence | 35 |
| SISCSDF302A | Instruct the intermediate skills of unarmed self-defence | 20 |
| SISFFIT301A | Provide fitness orientation and health screening | 15 |
| SISFFIT302A | Provide quality service in the fitness industry | 30 |
| SISFFIT303A | Develop and apply an awareness of specific populations to exercise delivery | 35 |
| SISFFIT304A | Instruct and monitor fitness programs | 45 |
| SISFFIT305A | Apply anatomy and physiology principles in a fitness context | 70 |
| SISFFIT306A | Provide healthy eating information to clients in accordance with recommended guidelines | 50 |
| SISFFIT307A | Undertake client health assessment | 25 |
| SISFFIT308A | Plan and deliver gym programs | 55 |
| SISFFIT309A | Plan and deliver group exercise sessions | 40 |
| SISFFIT310A | Plan and deliver water based fitness activities | 55 |
| SISFFIT311A | Deliver approved community fitness programs | 40 |
| SISFFIT312A | Plan and deliver an endurance training program | 25 |
| SISFFIT313A | Plan and deliver exercise to apparently healthy children and adolescents | 90 |
| SISFFIT314A | Plan and deliver exercise to older clients with managed conditions | 40 |
| SISFFIT332 | Deliver pre-choreographed or prescribed community group exercise programs | 40 |
| SISFFIT333 | Deliver pre-choreographed or prescribed group exercise programs to music classes | 40 |
| SISFFIT415A | Work collaboratively with medical and allied health professionals | 30 |
| SISFFIT416A | Apply motivational psychology to provide guidance on exercise behaviour and change to meet health and fitness goals | 40 |
| SISFFIT417A | Undertake long term exercise programming | 40 |
| SISFFIT418A | Undertake appraisals of functional movement | 30 |
| SISFFIT419A | Apply exercise science principles to planning exercise | 55 |
| SISFFIT420A | Plan and deliver exercise programs to support desired body composition outcomes | 40 |
| SISFFIT421A | Plan and deliver personal training | 70 |
| SISFFIT422A | Implement inclusive aquatic activities for specific population groups | 50 |
| SISFFIT523A | Deliver prescribed exercise to clients with cardiorespiratory conditions | 65 |
| SISFFIT524A | Deliver prescribed exercise to clients with metabolic conditions | 80 |
| SISFFIT525A | Advise on injury prevention and management | 70 |
| SISFFIT526A | Deliver prescribed exercise to clients with musculoskeletal conditions | 100 |
| SISFFIT527A | Undertake health promotion activities to decrease risk factors and prevent chronic disease | 50 |
| SISFFIT528A | Apply research findings to exercise management strategies | 40 |
| SISFFIT529A | Deliver prescribed exercise to clients with a disability or neurological impairment | 90 |
| SISFFIT530A | Deliver prescribed exercise to children and young adolescents with specific chronic conditions | 55 |
| SISFFIT531A | Deliver prescribed exercise to older clients with chronic conditions | 55 |
| SISOABA201A | Demonstrate abseiling skills on artificial surfaces | 8 |
| SISOABA302A | Apply single pitch abseiling skills on artificial surfaces | 12 |
| SISOABA303A | Establish ropes for abseiling on artificial surfaces | 12 |
| SISOABA304A | Guide abseiling on single pitch artificial surfaces | 12 |
| SISOABA405A | Establish ropes for multi pitch abseiling on artificial surfaces | 20 |
| SISOABA406A | Instruct abseiling on single pitch artificial surfaces | 20 |
| SISOABA407A | Instruct abseiling on multi pitch artificial surfaces | 20 |
| SISOABL301A | Assist in the facilitation of adventure-based learning activities | 20 |
| SISOABL402A | Facilitate adventure-based learning activities | 25 |
| SISOABL503A | Design and facilitate adventure-based learning programs | 25 |
| SISOABN201A | Demonstrate abseiling skills on natural surfaces | 12 |
| SISOABN202A | Safeguard an abseiler using a single rope belay system | 15 |
| SISOABN303A | Apply single pitch abseiling skills on natural surfaces | 15 |
| SISOABN304A | Establish ropes for single pitch abseiling on natural surfaces | 15 |
| SISOABN305A | Guide abseiling on single pitch natural surfaces | 20 |
| SISOABN406A | Apply multi pitch abseiling skills on natural surfaces | 15 |
| SISOABN407A | Establish ropes for multi pitch abseiling on natural surfaces | 15 |
| SISOABN408A | Instruct abseiling on single pitch natural surfaces | 20 |
| SISOABN409A | Guide abseiling on multi pitch natural surfaces | 20 |
| SISOABN510A | Instruct abseiling on multi pitch natural surfaces | 30 |
| SISOARC301A | Conduct an archery session | 15 |
| SISOBWG201A | Demonstrate bushwalking skills in a controlled environment | 10 |
| SISOBWG302A | Apply intermediate bushwalking skills | 20 |
| SISOBWG303A | Guide bushwalks in a controlled environment | 10 |
| SISOBWG404A | Apply river crossing skills | 10 |
| SISOBWG405A | Guide intermediate bushwalks | 20 |
| SISOBWG406A | Apply bushwalking skills in uncontrolled landscapes | 20 |
| SISOBWG411 | Instruct bushwalks in a controlled environment  | 20 |
| SISOBWG412 | Instruct bushwalks in an intermediate environment | 30 |
| SISOBWG413 | Instruct bushwalks in an uncontrolled environment | 30 |
| SISOBWG507A | Apply advanced bushwalking skills in alpine areas | 45 |
| SISOBWG508A | Apply advanced bushwalking skills in arid areas | 20 |
| SISOBWG509A | Apply advanced bushwalking skills in tropical areas | 20 |
| SISOBWG510A | Guide bushwalks in an uncontrolled environment | 20 |
| SISOCAY201A | Demonstrate horizontal canyoning skills | 30 |
| SISOCAY302A | Apply vertical canyoning skills | 30 |
| SISOCAY303A | Establish belays in canyons | 20 |
| SISOCAY304A | Guide single pitch canyoning trips | 20 |
| SISOCAY405A | Apply advanced vertical canyoning skills | 20 |
| SISOCAY406A | Establish complex belays in canyons | 20 |
| SISOCAY407A | Guide multi pitch canyoning trips | 25 |
| SISOCAY508A | Instruct canyoning skills | 20 |
| SISOCLA201A | Demonstrate top rope climbing skills on artificial surfaces | 10 |
| SISOCLA302A | Apply top rope climbing skills on artificial surfaces | 10 |
| SISOCLA303A | Establish belays for climbing on artificial surfaces | 10 |
| SISOCLA305A | Apply route setting skills | 15 |
| SISOCLA311 | Guide top rope climbing activities on artificial surfaces | 30 |
| SISOCLA406A | Apply lead climbing skills on artificial surfaces | 20 |
| SISOCLA407A | Apply multi pitch lead climbing skills on artificial surfaces | 20 |
| SISOCLA408A | Establish belays for multi pitch climbing on artificial surfaces | 20 |
| SISOCLA409A | Instruct lead climbing on single pitch artificial surfaces | 20 |
| SISOCLA412 | Instruct top rope climbing on artificial surfaces | 30 |
| SISOCLA510A | Instruct lead climbing on multi pitch artificial surfaces | 30 |
| SISOCLN201A | Demonstrate top rope climbing skills on natural surfaces | 12 |
| SISOCLN302A | Apply climbing skills on natural surfaces | 12 |
| SISOCLN303A | Establish belays for climbing on natural surfaces | 15 |
| SISOCLN304A | Guide top rope climbing activities on natural surfaces | 20 |
| SISOCLN405A | Apply single pitch lead climbing skills on natural surfaces | 45 |
| SISOCLN406A | Apply multi pitch lead climbing skills on natural surfaces | 25 |
| SISOCLN407A | Establish belays for multi pitch climbing on natural surfaces | 20 |
| SISOCLN408A | Guide lead climbing activities on single pitch natural surfaces | 20 |
| SISOCLN409A | Instruct top rope climbs on natural surfaces | 20 |
| SISOCLN410A | Guide lead climbing activities on multi pitch natural surfaces | 30 |
| SISOCLN411A | Instruct lead climbing on single pitch natural surfaces | 20 |
| SISOCLN512A | Instruct lead climbing on multi pitch natural surfaces | 30 |
| SISOCNE201A | Demonstrate simple canoeing skills | 20 |
| SISOCNE202A | Perform deep water rescues | 20 |
| SISOCNE303A | Apply canoeing skills | 20 |
| SISOCNE304A | Apply inland canoeing skills on Grade 2 water | 30 |
| SISOCNE305A | Guide canoeing trips on flat and undemanding water | 20 |
| SISOCNE306A | Instruct canoeing skills on flat and undemanding water | 20 |
| SISOCNE307A | Guide canoeing trips on Grade 2 water | 20 |
| SISOCNE408A | Apply inland canoeing skills on Grade 3 water | 40 |
| SISOCNE409A | Instruct canoeing skills on Grade 2 water | 20 |
| SISOCNE410A | Guide canoeing trips on Grade 3 water | 30 |
| SISOCNE511A | Instruct canoeing skills on Grade 3 water | 30 |
| SISOCRP301A | Conduct a low ropes session | 15 |
| SISOCRP302A | Conduct a high ropes session | 20 |
| SISOCRP403A | Supervise a low ropes session | 15 |
| SISOCRP404A | Supervise a high ropes session | 15 |
| SISOCRP505A | Manage a low ropes course | 20 |
| SISOCRP506A | Manage a high ropes course | 20 |
| SISOCVE201A | Demonstrate caving skills | 45 |
| SISOCVE302A | Apply single pitch abseiling skills in caves | 20 |
| SISOCVE303A | Rig a ladder pitch | 20 |
| SISOCVE304A | Apply laddering skills | 20 |
| SISOCVE305A | Apply caving specific single rope techniques | 20 |
| SISOCVE306A | Rig ropes and establish belays in caves | 20 |
| SISOCVE307A | Guide vertical single pitch caving trips | 20 |
| SISOCVE308A | Guide horizontal caving trips | 20 |
| SISOCVE409A | Rig ladders in complex situations | 20 |
| SISOCVE410A | Rig a complex pitch using caving specific techniques | 20 |
| SISOCVE411A | Apply vertical caving skills | 20 |
| SISOCVE412A | Rig multi pitches in complex vertical cave systems | 20 |
| SISOCVE413A | Navigate in untrogged caves | 20 |
| SISOCVE414A | Guide vertical multi pitch caving trips | 30 |
| SISOCVE415A | Perform cave rescues | 30 |
| SISOCVE416A | Apply cavern diving skills | 30 |
| SISOCVE417A | Instruct vertical single pitch caving skills | 20 |
| SISOCVE518A | Apply cave diving skills | 20 |
| SISOCVE519A | Apply sinkhole diving skills | 20 |
| SISOCVE520A | Apply sump diving skills | 20 |
| SISOCVE521A | Apply advanced cave diving skills | 20 |
| SISOCVE522A | Instruct vertical multi pitch caving skills | 30 |
| SISOCYT201A | Select, set up and maintain a bike | 10 |
| SISOCYT202A | Demonstrate basic cycling skills | 12 |
| SISOCYT303A | Apply on-road cycling skills | 12 |
| SISOCYT304A | Guide on-road cycle tours | 20 |
| SISOCYT405A | Apply overnight cycle touring skills | 18 |
| SISOCYT406A | Guide overnight and extended cycle tours | 30 |
| SISOCYT407A | Instruct cycle touring skills | 20 |
| SISODRV201A | Drive AWD/4WD vehicles on unsealed roads | 20 |
| SISODRV302A | Drive and recover a 4WD vehicle | 25 |
| SISODRV303A | Guide 4WD tours | 24 |
| SISODRV404A | Drive a 4WD vehicle in difficult terrain | 25 |
| SISODRV405A | Coordinate recovery of 4WD vehicles | 20 |
| SISODRV506A | Instruct four wheel driving skills | 20 |
| SISOEQO201A | Handle horses | 20 |
| SISOEQO202A | Demonstrate basic horse riding skills | 20 |
| SISOEQO303A | Conduct horse riding sessions in an arena | 45 |
| SISOEQO304A | Apply first aid for horses | 25 |
| SISOEQO305A | Ride horses in tracked areas | 25 |
| SISOEQO306A | Guide day horse trail rides in tracked areas | 20 |
| SISOEQO317 | Supervise horse handling | 20 |
| SISOEQO407A | Select horses for a program | 20 |
| SISOEQO408A | Determine nutritional requirements for horses | 45 |
| SISOEQO409A | Train and condition horses | 40 |
| SISOEQO410A | Guide overnight horse trail rides in tracked areas | 25 |
| SISOEQO411A | Ride horses in remote areas | 25 |
| SISOEQO412A | Manage horse illness and injuries in remote areas | 20 |
| SISOEQO413A | Guide trail rides in remote areas | 30 |
| SISOEQO414A | Instruct horse riding and handling skills | 20 |
| SISOEQO418 | Apply anatomy and physiology to equine performance | 40 |
| SISOEQO515A | Manage stable maintenance | 15 |
| SISOEQO516A | Manage the education of horses | 15 |
| SISOFSH201A | Catch and handle fish | 15 |
| SISOFSH202A | Select, catch and use bait | 15 |
| SISOFSH203A | Select, rig and use terminal tackle | 10 |
| SISOFSH204A | Select, use and maintain fishing tackle outfits | 10 |
| SISOFSH205A | Construct and work simple fishing lures | 25 |
| SISOFSH206A | Locate and attract fish | 15 |
| SISOFSH307A | Guide fishing trips | 20 |
| SISOFSH308A | Instruct fishing skills | 15 |
| SISOFSH309A | Apply fly fishing skills | 10 |
| SISOFSH310A | Tie simple fishing flies | 10 |
| SISOFSH311A | Demonstrate freshwater fishing skills | 10 |
| SISOFSH312A | Demonstrate estuary fishing skills | 10 |
| SISOFSH313A | Catch crabs, prawns and squid | 10 |
| SISOFSH314A | Construct and repair fishing rods | 15 |
| SISOFSH315A | Demonstrate beach fishing skills | 15 |
| SISOFSH416A | Demonstrate marine inshore fishing skills | 15 |
| SISOFSH417A | Demonstrate marine offshore fishing skills | 20 |
| SISOINT201A | Conduct interpretation within an outdoor activity | 30 |
| SISOINT302A | Develop specialist resources for interpretive activities | 30 |
| SISOKYK201A | Demonstrate simple kayaking skills | 20 |
| SISOKYK302A | Apply kayaking skills | 20 |
| SISOKYK303A | Apply inland kayaking skills on Grade 2 water | 30 |
| SISOKYK304A | Guide kayaking trips on flat and undemanding water | 20 |
| SISOKYK305A | Guide kayaking trips on Grade 2 water | 20 |
| SISOKYK406A | Demonstrate inland kayaking skills on Grade 3 water | 12 |
| SISOKYK407A | Instruct kayaking skills on flat and undemanding water | 20 |
| SISOKYK408A | Instruct kayaking skills on Grade 2 water | 20 |
| SISOKYK409A | Guide kayaking trips on Grade 3 water | 30 |
| SISOKYK510A | Instruct kayaking skills on Grade 3 water | 30 |
| SISOKYS201A | Demonstrate simple sea kayaking skills | 20 |
| SISOKYS302A | Demonstrate sea kayaking skills | 20 |
| SISOKYS303A | Guide sea kayaking trips in easy to moderate conditions | 20 |
| SISOKYS304A | Demonstrate sea kayaking skills in moderate to difficult conditions | 40 |
| SISOKYS406A | Plan and navigate a sea kayaking inshore passage | 12 |
| SISOKYS407A | Instruct sea kayaking in easy to moderate conditions | 20 |
| SISOKYS408A | Guide sea kayaking trips in moderate to difficult conditions | 30 |
| SISOKYS409A | Instruct sea kayaking in moderate to difficult conditions | 30 |
| SISOMBK201A | Demonstrate basic off-road cycling skills | 20 |
| SISOMBK302A | Apply advanced off-road cycling skills | 20 |
| SISOMBK303A | Guide off-road cycle tours | 20 |
| SISOMBK404A | Instruct off-road cycling skills | 20 |
| SISONAV201A | Demonstrate navigation skills in a controlled environment | 10 |
| SISONAV302A | Apply navigation skills in an intermediate environment | 15 |
| SISONAV403A | Navigate in uncontrolled environments | 25 |
| SISOODR201A | Assist in conducting outdoor recreation sessions | 20 |
| SISOODR302A | Plan outdoor recreation activities | 35 |
| SISOODR303A | Guide outdoor recreation sessions | 35 |
| SISOODR404A | Manage risk in an outdoor activity | 25 |
| SISOODR405A | Develop and coordinate programs incorporating outdoor activities | 15 |
| SISOODR506A | Evaluate policy for an outdoor organisation | 20 |
| SISOOPS201A | Minimise environmental impact | 10 |
| SISOOPS202A | Use and maintain a temporary or overnight site | 10 |
| SISOOPS303A | Interpret weather for marine environments | 20 |
| SISOOPS304A | Plan for minimal environmental impact | 8 |
| SISOOPS305A | Provide first aid in a remote location | 35 |
| SISOOPS306A | Interpret weather conditions in the field | 20 |
| SISOOPS407A | Apply search and rescue skills | 25 |
| SISOOPS508A | Manage natural resources | 20 |
| SISOOPS509A | Interpret weather for mountain environments | 20 |
| SISOPWC201A | Select and maintain a personal water craft | 10 |
| SISOPWC202A | Demonstrate simple personal water craft skills in controlled conditions | 10 |
| SISOPWC303A | Ride personal water craft in moderate to difficult conditions | 15 |
| SISOPWC304A | Guide tours using personal water craft | 20 |
| SISOPWC405A | Instruct basic personal water craft riding skills | 20 |
| SISOPWC506A | Instruct advanced personal water craft riding skills | 20 |
| SISORAF301A | Guide a raft on moving water | 20 |
| SISORAF402A | Guide a raft on Grade 3 rapids | 25 |
| SISORAF403A | Guide a raft on Grade 4 rapids | 20 |
| SISORAF404A | Coordinate and manage white water rafting trips | 30 |
| SISORAF505A | Instruct rafting skills | 20 |
| SISOSCB301A | Scuba dive in open water to a maximum depth of 18 metres | 42 |
| SISOSCB302A | Complete night dives | 20 |
| SISOSCB303A | Complete deep dives to between 18 and 40 metres | 15 |
| SISOSCB304A | Navigate prescribed routes underwater | 15 |
| SISOSCB305A | Complete underwater search and recovery dives | 20 |
| SISOSCB306A | Perform diver rescues | 25 |
| SISOSCB307A | Inspect and fill SCUBA cylinders | 12 |
| SISOSCB308A | Guide a SCUBA dive | 25 |
| SISOSCB309A | Complete dives off boats | 15 |
| SISOSCB310A | Complete an underwater video | 10 |
| SISOSCB311A | Take still photographs underwater | 10 |
| SISOSCB312A | Complete dry suit dives | 15 |
| SISOSCB313A | Complete computer aided dives | 15 |
| SISOSCB314A | Complete wreck dives | 15 |
| SISOSCB315A | Complete drift dives on SCUBA | 25 |
| SISOSCB316A | Dive at altitude greater than 300 metres | 30 |
| SISOSCB317A | Complete a dive using Enriched Air Nitrox | 15 |
| SISOSCB318A | Dive in open water using surface supplied air | 15 |
| SISOSCB419A | Instruct SCUBA diving skills | 40 |
| SISOSCB420A | Instruct specialised SCUBA diving skills | 30 |
| SISOSCB521A | Demonstrate technical diving | 20 |
| SISOSKB201A | Demonstrate snowboarding skills on beginner terrain | 30 |
| SISOSKB302A | Snowboard on intermediate terrain | 30 |
| SISOSKB303A | Guide day snowboarding activities | 20 |
| SISOSKB404A | Snowboard on advanced terrain | 60 |
| SISOSKB405A | Snowboard freestyle on advanced terrain | 24 |
| SISOSKB406A | Snowboard alpine-style on advanced terrain | 24 |
| SISOSKB407A | Instruct snowboarding | 20 |
| SISOSKB408A | Guide overnight snowboarding activities | 30 |
| SISOSKB509A | Snowboard off-piste | 30 |
| SISOSKI201A | Demonstrate alpine skiing skills downhill on beginner terrain | 30 |
| SISOSKI402A | Alpine ski downhill on intermediate terrain | 30 |
| SISOSKI403A | Alpine ski downhill on advanced terrain | 30 |
| SISOSKI404A | Alpine ski downhill off-piste | 60 |
| SISOSKI405A | Alpine free ski on all terrain | 60 |
| SISOSKI406A | Telemark ski downhill on intermediate terrain | 60 |
| SISOSKI407A | Telemark ski downhill on advanced terrain | 60 |
| SISOSKI408A | Instruct alpine skiing skills | 20 |
| SISOSKT201A | Demonstrate basic cross country skiing skills | 20 |
| SISOSKT202A | Demonstrate ski touring skills in a patrolled environment to a basic standard | 20 |
| SISOSKT303A | Day ski tour away from a patrolled area | 20 |
| SISOSKT304A | Guide day ski tours | 20 |
| SISOSKT305A | Apply snow craft skills for day touring | 20 |
| SISOSKT406A | Demonstrate advanced cross country skiing skills | 20 |
| SISOSKT407A | Overnight ski tour in difficult terrain using advanced ski touring skills | 30 |
| SISOSKT408A | Apply snow craft skills for overnight touring | 25 |
| SISOSKT409A | Apply intermediate cross country skiing skills | 20 |
| SISOSKT410A | Guide overnight ski tours | 30 |
| SISOSKT411A | Instruct cross country skiing | 30 |
| SISOSNK201A | Demonstrate snorkelling activities | 10 |
| SISOSNK302A | Guide snorkelling | 20 |
| SISOSNK403A | Instruct snorkelling skills | 20 |
| SISOSRF201A | Demonstrate surf survival and self rescue skills | 15 |
| SISOSRF202A | Demonstrate basic surfing manoeuvres in controlled conditions | 15 |
| SISOSRF303A | Perform intermediate level surfing manoeuvres | 20 |
| SISOSRF304A | Perform simple rescues in moderate surf conditions | 20 |
| SISOSRF305A | Guide surfing sessions | 15 |
| SISOSRF406A | Perform advanced level surfing manoeuvres | 20 |
| SISOSRF407A | Perform rescues in moderate to difficult surf conditions | 20 |
| SISOSRF408A | Guide surfing trips | 20 |
| SISOSRF409A | Instruct basic to intermediate surfing skills | 20 |
| SISOSRF410A | Instruct advanced surfing skills | 30 |
| SISOTBR201A | Select, set up and maintain an off-highway motorcycle | 20 |
| SISOTBR202A | Demonstrate basic off-highway motorcycling skills | 20 |
| SISOTBR303A | Apply advanced off-highway motorcycling skills | 20 |
| SISOTBR304A | Guide off-highway motorcycle tours | 20 |
| SISOTBR405A | Guide extended off-highway motorcycle tours | 20 |
| SISOTBR406A | Instruct basic off-highway motorcycling skills | 20 |
| SISOTBR507A | Instruct advanced off-highway motorcycling skills | 30 |
| SISOVTR301A | Perform vertical rescues | 30 |
| SISOVTR402A | Perform complex vertical rescues | 40 |
| SISOVTR403A | Instruct vertical rescue | 30 |
| SISOWWR201A | Demonstrate self rescue skills in white water | 20 |
| SISOWWR302A | Demonstrate white water rescues and recoveries | 20 |
| SISOWWR403A | Perform complex white water rescues and recoveries | 25 |
| SISOWWR404A | Instruct white water rescue | 30 |
| SISOYSA201A | Demonstrate basic sailboarding skills in controlled conditions | 15 |
| SISOYSA302A | Apply enhanced windsurfing skills in moderate conditions | 20 |
| SISOYSA303A | Use a sailboard in stronger winds | 20 |
| SISOYSA404A | Use long boards in difficult conditions | 20 |
| SISOYSA405A | Use short boards in difficult conditions | 20 |
| SISOYSA406A | Instruct windsurfing | 20 |
| SISOYSB201A | Demonstrate basic skills to sail a small boat in controlled conditions | 30 |
| SISOYSB302A | Sail a small boat in light to moderate conditions | 20 |
| SISOYSB403A | Sail a small boat in moderate and variable conditions | 20 |
| SISOYSB404A | Instruct small boat yachting | 20 |
| SISSAFL201A | Perform the intermediate skills of Australian Football | 20 |
| SISSAFL202A | Perform the intermediate tactics of Australian Football | 20 |
| SISSAFL203A | Participate in conditioning for Australian Football | 20 |
| SISSAFL304A | Perform the advanced skills of Australian Football | 20 |
| SISSAFL305A | Perform the advanced tactics of Australian Football | 20 |
| SISSAFL406A | Teach the intermediate skills of Australian Football | 20 |
| SISSAFL407A | Teach the intermediate tactics of Australian Football | 20 |
| SISSATH201A | Teach the fundamental skills of athletics | 45 |
| SISSBSB201A | Teach fundamental basketball skills | 10 |
| SISSBSB202A | Teach fundamental basketball tactics and game strategy | 35 |
| SISSBSB205  | Interpret and apply the rules of basketball | 18 |
| SISSBSB303A | Teach intermediate level basketball skills | 40 |
| SISSBSB304A | Teach intermediate level tactics and game strategy | 40 |
| SISSCKT201A | Perform the intermediate skills of cricket | 20 |
| SISSCKT202A | Perform the intermediate tactics and strategies of cricket | 20 |
| SISSCKT303A | Participate in conditioning for cricket | 20 |
| SISSCKT304A | Perform the advanced skills of cricket | 20 |
| SISSCKT305A | Perform the advanced tactics and strategies of cricket | 15 |
| SISSCKT306A | Teach the intermediate skills of cricket | 20 |
| SISSCKT307A | Teach the intermediate tactics and strategies of cricket | 20 |
| SISSCKT408A | Teach the advanced skills of cricket | 30 |
| SISSCKT409A | Teach the advanced tactics and strategies of cricket | 20 |
| SISSCNO201A | Perform the intermediate skills and tactics of canoeing | 30 |
| SISSCNO302A | Teach the intermediate skills and tactics of flatwater canoeing | 25 |
| SISSCNO303A | Teach the intermediate skills and tactics of whitewater canoeing | 25 |
| SISSCNO304A | Teach the intermediate skills and tactics of canoe polo | 25 |
| SISSCNO305A | Perform the advanced skills and tactics of canoeing | 30 |
| SISSCNO406A | Teach the advanced skills and tactics of flatwater canoeing | 25 |
| SISSCNO407A | Teach the advanced skills and tactics of slalom canoeing | 25 |
| SISSCOP201A | Prepare a pre or post event meal | 15 |
| SISSCOP202A | Develop a personal management plan | 15 |
| SISSCOP203A | Develop a travel and accommodation plan | 5 |
| SISSCOP204A | Develop personal media skills | 20 |
| SISSCOP205A | Develop a personal financial plan | 5 |
| SISSCOP306A | Prepare a sponsorship proposal | 10 |
| SISSCOP307A | Manage personal finances | 20 |
| SISSCOP308A | Model the responsibilities of an elite athlete | 40 |
| SISSCOP309A | Design an athlete’s diet | 10 |
| SISSEQS301A | Demonstrate basic dressage, show jumping and cross country riding | 30 |
| SISSEQS302A | Demonstrate basic dressage and show horse skills | 30 |
| SISSEQS303A | Teach the fundamental skills of riding | 45 |
| SISSEQS404A | Teach the intermediate skills of riding on the flat | 45 |
| SISSEQS405A | Teach the intermediate skills of riding over fences | 45 |
| SISSGLF201 | Perform the A Grade skills of golf | 30 |
| SISSGLF202 | Apply the A Grade tactics and strategies of golf | 15 |
| SISSGLF307 | Participate in conditioning for golf | 15 |
| SISSGLF314  | Perform the advanced skills of golf | 20 |
| SISSGLF315  | Apply the advanced tactics and strategies of golf | 18 |
| SISSGLF316  | Interpret and apply the rules of golf  | 15 |
| SISSGLF510 | Fit and alter golf equipment | 30 |
| SISSGLF512 | Manage the structure and facilitation of golf competitions and tournaments | 20 |
| SISSGLF517  | Apply advanced skills, tactics and strategies of golf in high performance competition | 15 |
| SISSGLF518  | Teach the advanced skills of golf | 25 |
| SISSGLF519 | Teach the advanced tactics and strategies of golf | 45 |
| SISSGLF520  | Design and implement strategies to increase junior participation in golf | 28 |
| SISSGLF521  | Manage on course golf operations | 30 |
| SISSGYN201A | Teach fundamental gymnastic skills | 30 |
| SISSGYN302A | Teach fundamental gymnastics skills for infants | 30 |
| SISSMAR201A | Teach the intermediate skills of martial arts | 20 |
| SISSMAR402A | Teach the advanced skills of martial arts | 20 |
| SISSMAR503A | Teach the high performance skills of martial arts | 20 |
| SISSNTB201A | Use intermediate level netball skills | 30 |
| SISSNTB202A | Use intermediate level netball tactics and game strategy in netball play | 30 |
| SISSNTB203A | Participate in conditioning for netball | 20 |
| SISSNTB204A | Teach foundation netball skills | 20 |
| SISSNTB305A | Use advanced level tactics and game strategy in netball play | 20 |
| SISSNTB306A | Use advanced level netball skills | 20 |
| SISSNTB407A | Teach intermediate level netball skills | 30 |
| SISSNTB408A | Teach intermediate level netball tactics and game strategy | 25 |
| SISSRGL201A | Use intermediate level Rugby League game skills | 20 |
| SISSRGL202A | Use intermediate level tactics and game strategy in Rugby League play | 20 |
| SISSRGL203A | Participate in conditioning for Rugby League | 20 |
| SISSRGL204A | Teach the skills of Rugby League for modified games | 25 |
| SISSRGL305A | Use advanced level Rugby League game skills | 20 |
| SISSRGL306A | Teach intermediate level Rugby League game skills | 25 |
| SISSRGL307A | Teach intermediate Rugby League tactics and game strategy | 25 |
| SISSRGL308A | Use advanced level tactics and game strategy in Rugby League play | 15 |
| SISSRGL409A | Teach advanced level Rugby League game skills | 30 |
| SISSRGL410A | Teach advanced level Rugby tactics and game strategy | 20 |
| SISSRGL511A | Teach high performance Rugby League game skills | 30 |
| SISSRGL512A | Teach high performance Rugby League tactics and game strategy | 20 |
| SISSRGU201A | Perform foundation level Rugby Union skills | 20 |
| SISSRGU202A | Perform foundation level Rugby Union tactics and strategies | 20 |
| SISSRGU203A | Participate in conditioning for Rugby Union | 20 |
| SISSRGU204A | Officiate junior level Rugby Union | 15 |
| SISSRGU205A | Officiate local or district level Rugby Union | 15 |
| SISSRGU306A | Perform advanced level Rugby Union skills | 30 |
| SISSRGU307A | Perform advanced level Rugby Union tactics and strategies | 30 |
| SISSRGU308A | Teach Rugby Union tactics and strategies at a foundation level | 15 |
| SISSRGU309A | Teach Rugby Union skills at a foundation level | 15 |
| SISSRGU410A | Officiate advanced level Rugby Union | 15 |
| SISSSAI301A | Teach the basic tactics and strategies of sailing | 25 |
| SISSSAI402A | Teach the advanced tactics and strategies of sailing | 35 |
| SISSSCO101  | Develop and update knowledge of coaching practices | 30 |
| SISSSCO202  | Coach beginner or novice participants to develop fundamental motor skills | 28 |
| SISSSCO303  | Plan and deliver coaching programs | 30 |
| SISSSCO304  | Customise coaching for athletes with specific needs | 35 |
| SISSSCO305  | Implement selection policies | 15 |
| SISSSCO306 | Provide drugs in sport information | 5 |
| SISSSCO307  | Provide nutrition information to athletes | 25 |
| SISSSCO308  | Support athletes to adopt principles of sports psychology | 30 |
| SISSSCO409  | Work collaboratively with support personnel | 13 |
| SISSSCO410 | Implement a talent identification program | 20 |
| SISSSCO411  | Apply self-management to intermediate level coaching | 25 |
| SISSSCO512  | Assist athletes to prevent and manage injury and illness | 40 |
| SISSSCO513  | Plan and implement high performance training and recovery programs | 75 |
| SISSSDE201 | Communicate effectively with others in a sport environment | 25 |
| SISSSDE502 | Design and implement strategies to increase participation | 35 |
| SISSSDE503 | Develop volunteer management policies | 25 |
| SISSSOC301A | Perform advanced level soccer skills | 20 |
| SISSSOC302A | Perform advanced level soccer tactics and strategies | 20 |
| SISSSOF101  | Develop and update officiating knowledge | 15 |
| SISSSOF202 | Officiate games or competitions | 50 |
| SISSSOF203  | Judge competitive situations | 30 |
| SISSSOF304  | Roster officials | 35 |
| SISSSOF305  | Officiate in a high performance environment | 25 |
| SISSSOF306  | Apply self-management to enhance high performance officiating | 20 |
| SISSSOF307  | Coach officials | 40 |
| SISSSPA301A | Coordinate regional touring athletes | 30 |
| SISSSPA402A | Coordinate international touring athletes | 30 |
| SISSSPA403A | Administer a team or group | 45 |
| SISSSPA404A | Implement accreditation and registration systems | 30 |
| SISSSPA505A | Coordinate team or group management | 30 |
| SISSSPA506A | Coordinate team or group administration | 30 |
| SISSSPT201A | Implement sports injury prevention | 20 |
| SISSSPT302A | Provide initial management of sports injuries | 50 |
| SISSSPT303A | Conduct basic warm up and cool down programs | 30 |
| SISSSPT304A | Tape ankle, thumb and fingers | 30 |
| SISSSPT305A | Support sports injury management | 30 |
| SISSSPT306A | Deal with medical conditions in a sport setting | 45 |
| SISSSPT307A | Conduct advanced taping | 10 |
| SISSSQU201A | Teach the fundamental skills of squash | 30 |
| SISSSQU202A | Teach the basic tactics and strategies of squash | 15 |
| SISSSQU303A | Teach the intermediate skills of squash | 30 |
| SISSSQU304A | Teach the intermediate tactics and strategies of squash | 25 |
| SISSSTC301A | Instruct strength and conditioning techniques | 60 |
| SISSSTC402A | Develop strength and conditioning programs | 30 |
| SISSSUR201A | Teach the basic skills of surf life saving | 25 |
| SISSSUR202A | Officiate beginner level surf life saving competitions | 20 |
| SISSSUR303A | Teach the intermediate skills of surf life saving | 20 |
| SISSSUR304A | Officiate intermediate level surf life saving competitions | 20 |
| SISSSUR405A | Teach the advanced skills of surf life saving | 30 |
| SISSSUR406A | Officiate advanced level surf life saving competitions | 25 |
| SISSSWM301A | Teach the competitive strokes of swimming | 55 |
| SISSSWM302A | Plan a program for a competitive swimmer | 45 |
| SISSSWM303A | Teach the advanced skills of competitive swimming | 55 |
| SISSTNS204 | Conduct red stage tennis activities | 16 |
| SISSTNS205  | Interpret and apply the rules and regulations of tennis | 10 |
| SISSTNS206  | Develop and update knowledge of tennis development programs | 8 |
| SISSTNS307  | Coach red stage tennis players | 35 |
| SISSTNS308  | Coach orange stage tennis players | 35 |
| SISSTNS309  | Coach green stage tennis players | 35 |
| SISSTNS410  | Coach stroke production for intermediate tennis players | 45 |
| SISSTNS411  | Coach tactics for intermediate tennis players | 45 |
| SISSTNS512  | Coach stroke production for high performance tennis players | 55 |
| SISSTNS513  | Coach tactics for high performance tennis players | 55 |
| SISSTOU201A | Perform the intermediate skills of Touch | 35 |
| SISSTOU202A | Perform the intermediate tactics and strategies of Touch | 35 |
| SISSTOU303A | Teach the intermediate skills of Touch | 35 |
| SISSTOU304A | Teach the intermediate tactics and strategies of Touch | 35 |
| SISSTPB201A | Teach fundamental tenpin bowling skills | 15 |
| SISSVOL301A | Teach the intermediate skills of volleyball | 25 |
| SISSVOL302A | Teach the intermediate tactics and strategies of volleyball | 25 |
| SISSVOL403A | Teach the advanced skills of volleyball | 30 |
| SISSVOL404A | Teach the advanced tactics and strategies of volleyball | 30 |
| SISXCAI101A | Provide equipment for activities | 10 |
| SISXCAI102A | Assist in preparing and conducting sport and recreation sessions | 15 |
| SISXCAI303A | Plan and conduct sport and recreation sessions | 20 |
| SISXCAI304A | Plan and conduct sport and recreation programs | 35 |
| SISXCAI305A | Conduct individualised long-term training programs | 60 |
| SISXCAI306A | Facilitate groups | 25 |
| SISXCCS201A | Provide customer service | 15 |
| SISXCCS202 | Process entry transactions | 15 |
| SISXCCS402A | Coordinate client service activities | 20 |
| SISXCCS403A | Determine needs of client populations | 20 |
| SISXCCS404A | Address client needs | 10 |
| SISXEMR201A | Respond to emergency situations | 18 |
| SISXEMR402A | Coordinate emergency responses | 20 |
| SISXFAC207 | Maintain sport, fitness and recreation equipment for activities | 5 |
| SISXFAC208  | Maintain sport, fitness and recreation facilities | 7 |
| SISXFAC303A | Implement facility maintenance programs | 7 |
| SISXFAC404A | Coordinate facility and equipment acquisition and maintenance | 15 |
| SISXFAC409  | Plan and provide sport, fitness and recreation services | 20 |
| SISXFAC506A | Manage stock supply and purchase | 20 |
| SISXIND101A | Work effectively in sport and recreation environments | 25 |
| SISXIND211  | Develop and update sport, fitness and recreation industry knowledge | 30 |
| SISXIND402  | Analyse legal knowledge for organisation governance | 80 |
| SISXIND403A | Analyse participation patterns | 20 |
| SISXIND404A | Promote compliance with laws and legal principles | 15 |
| SISXIND405A | Conduct projects | 15 |
| SISXIND406A | Manage projects | 30 |
| SISXIND408  | Select and use technology for sport, fitness and recreation | 45 |
| SISXIND409  | Organise a sport, fitness or recreation event | 55 |
| SISXIND410  | Coordinate sport, fitness and recreation work teams or groups | 35 |
| SISXIND507A | Manage education initiatives | 35 |
| SISXOHS101A | Follow occupational health and safety policies | 10 |
| SISXOHS402A | Implement and monitor occupational health and safety policies | 12 |
| SISXOHS503A | Establish and maintain occupational health and safety systems | 15 |
| SISXRES301A | Provide public education on the use of resources | 25 |
| SISXRES402A | Support implementation of environmental management practices | 10 |
| SISXRES403A | Use resources efficiently | 12 |
| SISXRES504A | Conserve and re-establish natural systems | 20 |
| SISXRES505A | Achieve sustainable land management | 20 |
| SISXRES506A | Undertake open-space planning | 20 |
| SISXRES507A | Design and maintain the built environment | 20 |
| SISXRSK301A | Undertake risk analysis of activities | 20 |
| SISXRSK502A | Manage organisational risks | 40 |
| SISXWHS101  | Follow work health and safety policies | 10 |
| SISXWHS402  | Implement and monitor work health and safety policies | 12 |
| SISXWHS503  | Establish and maintain work health and safety systems | 15 |

SAMPLE TRAINING PROGRAMS

A range of Sample Training Plans have been provided to demonstrate the flexibility of qualifications contained in the **SIS10 Sport, Fitness and Recreation Training Package**, but are by no means mandatory.

| **Occupation** | **Outdoor Activity Assistant** |
| --- | --- |
| **Qualification Title** | Certificate II in Outdoor Recreation |
| **Qualification Code** | SIS20213 |
| **Description** | Work would be undertaken in field locations such as camps, recreation centres and mountainous terrains. |
| **Unit Code** | **Unit Title** | **Hours** |
| **Core (5)** |
| HLTAID003 | Provide first aid | 18 |
| SISOODR201A | Assist in conducting outdoor recreation sessions | 20 |
| SISOOPS201A | Minimise environmental impact | 10 |
| SISXIND101A | Work effectively in sport and recreation environments | 25 |
| SISXOHS101A | Follow occupational health and safety policies  | 10 |
| **Elective (10)** |
| **Bushwalking** |  |
| SISOBWG201A | Demonstrate bushwalking skills in a controlled environment | 10 |
| SISONAV201A | Demonstrate navigation skills in a controlled environment | 10 |
| **Canoeing – Flat Water** |  |
| SISOCNE201A | Demonstrate simple canoeing skills | 20 |
| SISOCNE202A | Perform deep water rescues | 20 |
| **Climbing – Top Rope – Natural Surfaces** |  |
| SISOCLN201A | Demonstrate top rope climbing skills on natural surfaces | 12 |
| SISXCAI102A | Assist in preparing and conducting sport and recreation sessions | 15 |
| **Cycling** |  |
| SISOCYT201A | Select, set up and maintain a bike | 10 |
| SISOCYT202A | Demonstrate basic cycling skills | 12 |
| **Other electives** |  |
| SISOABN201A  | Demonstrate abseiling skills on natural surfaces  | 12 |
| SISOOPS202A | Use and maintain a temporary or overnight site | 10 |
| **Total Hours** | **214** |

| **Occupation** | **Basketball Community Coach (Junior)** |
| --- | --- |
| **Qualification Title** | Certificate III in Sport Coaching |
| **Qualification Code** | SIS30713 |
| **Description** | Likely functions include observing the performance of junior athletes to determine the required level of instruction, and planning, conducting and evaluating individualised and team based training programs, supervising practice sessions and provide in competition assistance to junior athletes.  |
| **Unit Code** | **Unit Title** | **Hours** |
| **Core (9)** |
| HLTAID003  | Provide first aid | 18 |
| SISSSCO101 | Develop and update knowledge of coaching practices | 30 |
| SISSSCO202 | Coach beginner or novice participants to develop fundamental motor skills | 28 |
| SISSSCO303 | Plan and deliver coaching programs | 30 |
| SISSSCO304 | Customise coaching for athletes with specific needs | 35 |
| SISSSDE201 | Communicate effectively with others in a sport environment | 25 |
| SISXFAC207 | Maintain sport, fitness and recreation equipment for activities | 5 |
| SISXRSK301A | Undertake risk analysis of activities | 20 |
| SITXCOM401 | Manage conflict |  20 |
| **Elective (6)** |
| **Group A – Basketball** |  |
| SISSBSB303A  | Teach intermediate level basketball skills | 40 |
| SISSBSB304A  | Teach intermediate level basketball tactics and game strategy | 40 |
| **General electives** |  |
| SISSSCO305 | Implement selection policies | 15 |
| CHCYTH301E | Work effectively with young people | 40 |
| SISSSPA301A  | Coordinate regional touring athletes  | 30 |
| SISSSOF202  | Officiate games or competitions  | 50 |
| **Total Hours** |  | **426** |

| **Occupation** | **Outdoor Activity Guide** |
| --- | --- |
| **Qualification Title** | Certificate III in Outdoor Recreation |
| **Qualification Code** | SIS30413 |
| **Description** | Work would be undertaken in field locations such as camps, recreation centres and mountainous terrains. |
| **Unit Code** | **Unit Title** | **Hours** |
| **Core (12)** |
| BSBWOR301B | Organise personal work priorities and development | 30 |
| HLTAID003 | Provide first aid | 18 |
| SISOODR302A | Plan outdoor recreation activities | 35 |
| SISOODR303A | Guide outdoor recreation sessions | 35 |
| SISOOPS201A | Minimise environmental impact | 10 |
| SISOOPS306A | Interpret weather conditions in the field | 20 |
| SISXCAI306A | Facilitate groups | 25 |
| SISXCCS201A | Provide customer service | 15 |
| SISXEMR201A | Respond to emergency situations | 18 |
| SISXOHS101A | Follow occupational health and safety policies | 10 |
| SISXRSK301A | Undertake risk analysis of activities | 20 |
| TAEDEL301A | Provide work skill instruction | 40 |
| **Elective (12)** |
| **Bushwalking – Guide – Controlled Environment** |  |
| PUAOPE002B | Operate communications systems and equipment | 30 |
| SISOBWG201A | Demonstrate bushwalking skills in a controlled environment | 10 |
| SISOBWG303A | Guide bushwalks in a controlled environment | 10 |
| SISONAV201A | Demonstrate navigation skills in a controlled environment | 10 |
| **Challenge ropes course – conduct high ropes** |  |
| SISOABL301A | Assist in the facilitation of adventure-based learning activities | 20 |
| SISOCRP302A | Conduct a high ropes session | 20 |
| **Canoeing – Guide – Flat water** |  |
| SISOCNE303A | Apply canoeing skills  | 20 |
| SISOCNE202A | Perform deep water rescues | 20 |
| SISOCNE305A | Guide canoeing trips on flat and undemanding water | 20 |
| **SCUBA – Dive Guide** |  |
| SISOSCB301A | SCUBA dive in open water to a maximum depth of 18 metres | 42 |
| **Other electives** |  |
| SITTGDE305 | Develop and maintain the general and regional knowledge required by guides | 100 |
| SITTGDE306 | Research and share general information on Australian Indigenous cultures | 80 |
| **Total Hours** | **658** |

| **Occupation** | **Officiate Surf Life Saving Competitions** |
| --- | --- |
| **Qualification Title** | Certificate III in Sport Officiating |
| **Qualification Code** | SIS30913 |
| **Description** | Would undertake a career as an official at a regional, state or territory level.Those undertaking this qualification should be a member of an official’s squad or development program, or officiating at a regional to international level. Likely functions for someone with this qualification include training for competition officiating duties, coaching lower level officials and officiating sport competitions. |
| **Entry Requirements**  | Entry to SIS30913 Certificate III in Sport Officiating is open to those who hold entry level National Officiating Accreditation Scheme (NOAS) registration in a chosen sport OR Officiating – Dynamic Skill Set OR Officiating – Static Skill Set |
| **Unit Code** | **Unit Title** | **Hours** |
| **Core (10)** |
| BSBWOR301B | Organise personal work priorities and development | 30 |
| HLTAID003 | Provide first aid | 18 |
| SISSSDE201 | Communicate effectively with others in a sport environment | 25 |
| SISSSOF305 | Officiate in a high performance environment | 25 |
| SISSSOF306 | Apply self-management to enhance high performance officiating | 20 |
| SISSSOF307 | Coach officials | 40 |
| SISXIND408 | Select and use technology for sport, fitness and recreation | 45 |
| SISXRSK301A | Undertake risk analysis of activities | 20 |
| SISXWHS101 | Follow work health and safety policies | 10 |
| SITXCOM401 | Manage conflict | 20 |
| **Elective (5)** |
| SISSSCO101 | Develop and update knowledge of coaching practices | 30 |
| SISSSCO202 | Coach beginner or novice participants to develop fundamental motor skills | 28 |
| SISSSPT306A | Deal with medical conditions in a sport setting | 45 |
| SISSSUR202A | Officiate beginner level surf life saving competitions | 20 |
| SISSSUR406A | Officiate advanced level surf life saving competitions | 25 |
| **Total Hours** | **401** |

| **Occupation** | **Outdoor Horse Riding Guide or Instructor** |
| --- | --- |
| **Qualification Title** | Certificate IV in Outdoor Recreation |
| **Qualification Code** | SIS40313 |
| **Description** | Work would be undertaken in field locations such as camps, recreation centres and mountainous terrains in a variety of contexts that may be complex or non-routine. |
| **Unit Code** | **Unit Title** | **Hours** |
| **Core** **(15)** |
| BSBWOR404B | Develop work priorities | 40 |
| HLTAID003 | Provide first aid | 18 |
| SISOODR302A | Plan outdoor recreation activities | 35 |
| SISOODR404A | Manage risk in an outdoor activity | 25 |
| SISOODR405A | Develop and coordinate programs incorporating outdoor activities | 15 |
| SISOOPS306A | Interpret weather conditions in the field | 20 |
| SISOOPS407A | Apply search and rescue skills | 25 |
| SISXCCS404A | Address client needs | 10 |
| SISXEMR201A | Respond to emergency situations  | 18 |
| SISXIND404A | Promote compliance with laws and legal principles | 15 |
| SISXIND405A | Conduct projects | 15 |
| SISXOHS402A | Implement and monitor occupational health and safety policies | 12 |
| SISXRES402A | Support implementation of environmental management practices | 10 |
| SISXRES403A | Use resources efficiently | 12 |
| TAEDEL301A | Provide work skill instruction | 40 |
| **Elective (16)** |  |  |
| **Horse Handling** |  |
| AHCHBR304A | Educate, ride and care for horses and equipment | 100 |
| AHCHBR306A | Prevent and treat equine injury and disease | 50 |
| SISOEQO407A | Select horses for a program | 20 |
| SISOEQO408A | Determine nutritional requirements for horses | 45 |
| SISOEQO409A | Train and condition horses | 40 |
| SISOEQO418 | Apply anatomy and physiology to equine performance | 40 |
| **Horse Riding – Overnight Rides** |  |
| AHCHBR302A | Carry out basic hoof care procedures | 50 |
| SISOEQO410A | Guide overnight horse trail rides in tracked areas | 25 |
| SISONAV201A | Demonstrate navigation skills in a controlled environment | 10 |
| **Horse Riding – Remote Areas** |  |
| SISOEQO202A | Demonstrate basic horse riding skills | 20 |
| SISOEQO304A | Apply first aid for horses | 25 |
| SISOEQO411A | Ride horses in remote areas | 25 |
| SISOEQO413A | Guide trail rides in remote areas | 30 |
| **Horse Riding – Instruct** |  |
| SISOEQO414A | Instruct horse riding and handling skills | 20 |
| **Tour guiding – Extended tours** |  |
| SITTTOP302  | Provide outdoor catering | 80 |
| **General Electives** |  |  |
| SISXEMR402A | Coordinate emergency response | 20 |
| **Total Hours** | **910** |

| **Occupation** | **Personal Trainer** |
| --- | --- |
| **Qualification Title** | Certificate IV in Fitness |
| **Qualification Code** | SIS40210 |
| **Description** | Work would expected be undertaken with individual clients, on a one-on-one-basis and may include older clients or children. |
| **Entry Requirements**  | Entry to this qualification is open to those who hold a current first aid qualification and current CPR certificate and who have achieved the following units of competency:

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| --- | --- |
| SISFFIT301A | Provide fitness orientation and health screening |
| SISFFIT302A | Provide quality service in the fitness industry |
| SISFFIT303A | Develop and apply an awareness of specific populations to exercise delivery |
| SISFFIT304A | Instruct and monitor fitness programs |
| SISFFIT305A | Apply anatomy and physiology principles in a fitness context |
| SISFFIT306A | Provide healthy eating information to clients in accordance with recommended guidelines |
| SISFFIT307A | Undertake client health assessment |
| SISFFIT308A | Plan and deliver gym programs |
| SISXOHS101A | Follow occupational health and safety policies |
| SISXRSK301A | Undertake risk analysis of activities |

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| **Unit Code** | **Unit Title** | **Hours** |
| **Core (10)** |
| BSBSMB401A | Establish legal and risk management requirements of small business | 60 |
| BSBSMB403A | Market the small business | 50 |
| BSBSMB404A | Undertake small business planning | 50 |
| SISFFIT415A | Work collaboratively with medical and allied health professionals | 30 |
| SISFFIT416A | Apply motivational psychology to provide guidance on exercise behaviour and change to meet health and fitness goals  | 40 |
| SISFFIT417A | Undertake long term exercise programming | 40 |
| SISFFIT418A | Undertake appraisals of functional movement  | 30 |
| SISFFIT419A | Apply exercise science principles to planning exercise | 55 |
| SISFFIT420A | Plan and deliver exercise programs to support desired body composition outcomes | 40 |
| SISFFIT421A | Plan and deliver personal training  | 70 |
| **Elective (5)** |
| **Group C – Older Clients Trainer** |  |
| SISFFIT314A | Plan and deliver exercise to older clients with managed conditions | 40 |
| **General electives** |  |
| BSBSMB406A | Manage small business finances | 60 |
| SISFFIT311A | Deliver approved community fitness programs | 40 |
| SISSSTC301A  | Instruct strength and conditioning techniques | 60 |
| BSBSUS201A | Participate in environmentally sustainable work practices | 20 |
| **Total Hours** |  | **685** |
| **Occupation** | **Outdoor Guide or Instructor** |
| **Qualification Title** | Diploma of Outdoor Recreation |
| **Qualification Code** | SIS50310 |
| **Description** | Work would be undertaken autonomously in field locations such as camps, recreation centres and mountainous terrains in a variety of contexts that may be complex or non-routine. |
| **Unit Code** | **Unit Title** | **Hours** |
| **Core (18)** |
| BSBWOR404B | Develop work priorities | 40 |
| SISOODR302A | Plan outdoor recreation activities | 35 |
| SISOODR404A | Manage risk in an outdoor activity | 25 |
| SISOODR405A | Develop and coordinate programs incorporating outdoor activities | 15 |
| SISOODR506A | Evaluate policy for an outdoor organisation | 20 |
| SISOOPS306A | Interpret weather conditions in the field | 20 |
| SISOOPS407A | Apply search and rescue skills | 25 |
| SISOOPS508A | Manage natural resources | 20 |
| SISXCCS402A | Coordinate client service activities | 20 |
| SISXEMR402A | Coordinate emergency responses | 20 |
| SISXFAC404A | Coordinate facility and equipment acquisition and maintenance | 15 |
| SISXIND404A | Promote compliance with laws and legal principles | 15 |
| SISXIND406A | Manage projects | 30 |
| SISXOHS503A | Establish and maintain occupational health and safety systems | 15 |
| SISXRES402A | Support implementation of environmental management practices | 10 |
| SISXRES403A | Use resources efficiently | 12 |
| SISXRSK502A | Manage organisational risks | 40 |
| TAEDEL301A | Provide work skill instruction | 40 |
| **Elective (15)** |
| **Bushwalking – Guide –** **Uncontrolled Environment** |  |
| PUAOPE002B | Operate communications systems and equipment | 30 |
| SISOBWG404A | Apply river crossing skills | 10 |
| SISOBWG405A | Guide intermediate bushwalks | 20 |
| SISOBWG510A | Guide bushwalks in an uncontrolled environment | 20 |
| SISONAV403A | Navigate in uncontrolled environments | 25 |
| **Bushwalking – Specialist – Alpine** |  |
| SISOBWG507A | Apply advanced bushwalking skills in alpine areas  | 45 |
| SISOOPS509A | Interpret weather for mountain environments | 20 |
| Challenge Ropes Course – Manage High Ropes |  |
| SISOABL402A | Facilitate adventure-based learning activities | 25 |
| SISOCRP302A | Conduct a high ropes session | 20 |
| SISOCRP506A | Manage a high ropes course | 20 |
| **Rafting – Trip leader – Grade 3 rapids** |  |
| SISORAF403A | Guide a raft on Grade 4 rapids | 20 |
| SISORAF404A | Coordinate and manage white water rafting trips | 30 |
| SISOWWR403A | Perform complex white water rescues and recoveries | 25 |
| **Youth – Planning and support** |  |
| CHCYTH608D  | Manage service response to young people in crisis  | 150 |
| Youth - Service Delivery |  |
| CHCYTH506B  | Provide services for young people appropriate to their needs and circumstances  | 115 |
| **Total Hours** |  | **992** |

| **Occupation** | **Turf Manager**  |
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| **Qualification Title** | Diploma of Sport and Recreation Management |
| **Qualification Code** | SIS50712 |
| **Description** | Persons with this level of competency would manage the outdoor sporting grounds at fitness/sports complexes or community recreation centres. They would have the management or organisational capacity to ensure the effective provision of specific services and programs and have a high degree of autonomy.  |
| **Unit Code** | **Unit Title** | **Hours** |
| **Core (16)** |
| BSBADM502B  | Manage meetings | 30 |
| BSBFIM601A | Manage finances | 80 |
| BSBHRM402A | Recruit, select and induct staff | 50 |
| BSBMGT515A | Manage operational plan | 60 |
| BSBMGT617A | Develop and implement a business plan | 60 |
| BSBMKG608A | Develop organisational marketing objectives | 60 |
| BSBMKG609A | Develop a marketing plan | 50 |
| BSBRKG502B | Manage and monitor business or records systems | 40 |
| SISXCCS402A  | Coordinate client service activities | 20 |
| SISXIND404A  | Promote compliance with laws and legal principles | 15 |
| SISXIND406A  | Manage projects | 30 |
| SISXRSK502A  | Manage organisational risks | 40 |
| SISXWHS503 | Establish and maintain work health and safety systems | 15 |
| SITXHRM402 | Lead and manage people | 60 |
| SITXMGT501 | Establish and conduct business relationships | 60 |
| SITXMPR501 | Obtain and manage sponsorship | 30 |
| **Facility Management** |
| SISXFAC404A | Coordinate facility and equipment acquisition and maintenance | 15 |
| SISXFAC409 | Plan and provide sport, fitness and recreation services | 20 |
| SISXFAC506A | Manage stock supply and purchase | 20 |
| SITXFIN601 | Manage physical assets | 40 |
| **General electives** |  |
| AHCCHM402A | Plan and implement a chemical use program | 90 |
| AHCTRF401A | Develop a sports turf maintenance program | 90 |
| AHCTRF501A | Plan the establishment of sports turf playing surfaces | 150 |
| CHCDIS507C | Design and adapt surroundings to group requirements | 90 |
| **Total Hours** |  | **1215** |

CONTACTS AND LINKS

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| **Industry Skills Council (ISC)** |
| Service Skills Australia | This ISC is responsible for developing this **SIS10 Sport, Fitness and Recreation Training Package** and can be contacted for further information. You can also source copies of the Training Package and support material. | Address: GPO Box 4194SYDNEY NSW 2001Phone/fax: 02 8243 1200Email: info@serviceskills.com.auWeb: <http://www.serviceskills.com.au/> |
| **National Register for VET in Australia** |
| Training.gov.au (TGA) | TGA is the Australian governments’ official National Register of information on Training Packages, qualifications, courses, units of competency and RTOs. | Web: <http://training.gov.au/>  |
| **Australian Government** |
| The Department of IndustryThe National Skills Standards Council (NSSC) | The Department of Industry provides a range of services and resources to assist in delivery of Training Packages. Search the Department of Industry website for links to a range of relevant resources and publications.The NSSC develops the Standards for Training Packages, endorses Training Packages, develops related policy and oversees quality assurance activities.  | Web: [www.industry.gov.au](http://www.industry.gov.au) Web:[www.nssc.natese.gov.au](http://www.nssc.natese.gov.au) |
| **State Government** |
| Department of Education and Early Childhood DevelopmentHigher Education and Skills Group | Higher Education and Skills Group is responsible for funding and the implementation of Vocational Education and Training (VET) in Victoria, including Apprenticeships and Traineeships policy. | General information:[www.education.vic.gov.au](http://www.education.vic.gov.au) |
| **Curriculum Maintenance Manager (CMM)** |
| Human Services: Community Services & Health, Cultural Industries, Sport, Fitness & Recreation, Library, Information & Cultural Services | The CMM service is provided by Executive Officers located within Victorian TAFE institutes on behalf of Higher Education and Skills Group. | Autumn Shea: Swinburne University of Technology,PO Box 218, Hawthorn VIC 3122Phone: (03) 9214 8501 / (03) 9214 5034Email:cmmhs@swin.edu.auWeb:<http://trainingsupport.skills.vic.gov.au/cmminf.cfm>  |
| **State VET Regulatory Authority** |
| Victorian Registration and Qualifications Authority (VRQA) | The VRQA is a statutory authority responsible for the registration of education and training providers in Victoria to ensure the delivery of quality education and training. | Phone: (03) 9637 2806Web: [www.vrqa.vic.gov.au](http://www.vrqa.vic.gov.au/) |
| **National VET Regulatory Authority** |
| Australian Skills Quality Authority (ASQA) | ASQA is the national regulator for Australia’s VET sector vocational education and training sector. ASQA regulates courses and training providers to ensure nationally approved quality standards are met. | Info line: 1300 701 801Web: [www.asqa.gov.au](http://www.asqa.gov.au) |
| **Industry Regulatory Body** |
| Department of Primary Industries - Agricultural Chemical User Permit (ACUP) | The industry Regulatory body can provide advice on licensing, legislative or regulatory requirements which may impact on the delivery of training or the issuance of qualifications in this Training Package. | Phone: 136 186Web: <http://www.depi.vic.gov.au/agriculture-and-food/farm-management/chemical-use/agricultural-chemical-use/licenses-permits-and-forms/agricultural-chemical-users-permit>  |
| **WorkSafe**  |
| WorkSafe Victoria | WorkSafe needs to provide written verification before High Risk Work Units can be added to an RTO’s scope of registration. | [www.worksafe.vic.gov.au](http://www.worksafe.vic.gov.au/) Info line: 1800 136 089 |
| **Other contacts** |
| Fitness Australia | Fitness Australia is the national health and fitness industry association. | Phone: 1300 211 311Website: <http://www.fitness.org.au/> Professional Registration: <https://fitness.org.au/exerciseprofessionalregister.html>  |
| Physical Activity Australia (formerly Kinect Australia) | Physical Activity Australia is dedicated to advocacy, to supporting people to be more active and to representing exercise professionals. | Phone: (03) 8320 0100Website: <http://www.physicalactivityaustralia.org.au/>Professional Registration: <http://www.physicalactivityaustralia.org.au/index.php/exercise-professionals-registration/about-registration/> |
| Sports Medicine Australia | Sports Medicine Australia is Australia’s peak national umbrella body for sports medicine and sports science. | Phone: (03) 9674 8777Website: <http://sma.org.au/> |

GLOSSARY

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| --- | --- |
| **Code** | Nationally endorsed Training Package qualification code. |
| **Title** | Nationally endorsed Training Package qualification title. |
| **Unit Code** | Nationally endorsed Training Package unit code. |
| **Unit Title** | Nationally endorsed Training Package unit title. |
| **Nominal Hours** | The anticipated hours of supervised learning or training deemed necessary to conduct training and assessment activities associated with the program of study. These hours are determined by the Victorian State Training Authority. Nominal hours may vary for a qualification depending on the units of competency selected.  |
| **Scope of Registration** | Scope of registration specifies the AQF qualifications and/or units of competency the training organisation is registered to issue and the industry training and/or assessment services it is registered to provide. |