

**Victorian Purchasing Guide
for
SIS10
Sport, Fitness and Recreation
Training Package
Version No. 3.0**

February 2014



© State of Victoria (Department of Education and Early Childhood Development) 2012.

Copyright of this material is reserved to the Crown in the right of the State of Victoria. This work is licensed under a Creative Commons Attribution-NoDerivs 3.0 Australia licence (<http://creativecommons.org/licenses/by-nd/3.0/au/>). You are free use, copy and distribute to anyone in its original form as long as you attribute Higher Education and Skills Group, Department of Education and Early Childhood Development as the author, and you license any derivative work you make available under the same licence.

Disclaimer

In compiling the information contained in and accessed through this resource, the Department of Education and Early Childhood Development (DEECD) has used its best endeavours to ensure that the information is correct and current at the time of publication but takes no responsibility for any error, omission or defect therein.

To the extent permitted by law DEECD, its employees, agents and consultants exclude all liability for any loss or damage (including indirect, special or consequential loss or damage) arising from the use of, or reliance on the information contained herein, whether caused or not by any negligent act or omission. If any law prohibits the exclusion of such liability, DEECD limits its liability to the extent permitted by law, for the resupply of the information.

Third party sites

This resource may contain links to third party websites and resources. DEECD is not responsible for the condition or content of these sites or resources as they are not under its control.

Third party material linked from this resource is subject to the copyright conditions of the third party. Users will need to consult the copyright notice of the third party sites for conditions of usage.



Victorian Purchasing Guide — Version History

Training Package Version	Date VPG Approved	Comments
SIS10 Sport, Fitness and Recreation Training Package Version 3.0	11/02/2014	<p>This Victorian Purchasing Guide reflects the changes made to SIS10 Sport, Fitness and Recreation Training Package Version 3.0.</p> <p>Key changes:</p> <ul style="list-style-type: none"> • 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 <p>Please refer to SIS10 Sport, Fitness and Recreation Training Package Version 3.0 modification history at www.training.gov.au for further details.</p>
SIS10 Sport, Fitness and Recreation Training Package Version 2.1	06/06/2013	<p>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.</p> <p>Please refer to SIS10 Sport, Fitness and Recreation Training Package Version 2.1 modification history at www.training.gov.au for further details.</p>
SIS10 Sport, Fitness and Recreation Training Package Version 2.0	06/06/2013	<p>Correction of typographical errors on 26/06/13.</p>
SIS10 Sport, Fitness and Recreation Training Package Version 2.0	06/06/2013	<p>This Victorian Purchasing Guide reflects the changes made to SIS10 Sport, Fitness and Recreation Training Package version 2.0</p> <p>Key changes:</p> <ul style="list-style-type: none"> • Sport, and Sport and Recreation Qualifications <ul style="list-style-type: none"> ○ 13 amended qualifications ○ 1 new qualification • Revised and new Sport units • New Sport Skill Sets (Coaching, Officiating, Governance) • Revised and new Cross-sector units <p>Please refer to SIS10 Sport, Fitness and Recreation Training Package version 2.0 modification history at www.training.gov.au for further details.</p>
SIS10 Sport, Fitness and Recreation Training Package Version 1.3	23/07/2012	<p>Correction of typographical errors.</p>
SIS10 Sport, Fitness and Recreation Training Package Version 1.3	28/12/2011	<p>This Victorian Purchasing Guide reflects the changes made to SIS10 Sport, Fitness and Recreation Training Package 1.3.</p> <p>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.</p>

Training Package Version	Date VPG Approved	Comments
		Please refer to SIS10 Sport, Fitness and Recreation Training Package Version 1.3 modification history at 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 for further details.
SIS10 Sport, Fitness and Recreation Training Package Version 1.0	9/11/2011	Initial release of SIS10 which replaces: <ul style="list-style-type: none"> • SRC04 Community Recreation Training Package • SRF04 Fitness Training Package • SRO03 Outdoor Recreation Training Package • SRS03 Sport Training Package

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

Unit Code	Unit Title	Nominal Hours
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

Unit Code	Unit Title	Nominal Hours
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

Unit Code	Unit Title	Nominal Hours
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

Unit Code	Unit Title	Nominal Hours
SISOCNE511A	Instruct canoeing skills on Grade 3 water	30
SISOCR301A	Conduct a low ropes session	15
SISOCR302A	Conduct a high ropes session	20
SISOCR403A	Supervise a low ropes session	15
SISOCR404A	Supervise a high ropes session	15
SISOCR505A	Manage a low ropes course	20
SISOCR506A	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

Unit Code	Unit Title	Nominal Hours
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

Unit Code	Unit Title	Nominal Hours
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

Unit Code	Unit Title	Nominal Hours
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

Unit Code	Unit Title	Nominal Hours
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

Unit Code	Unit Title	Nominal Hours
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

Unit Code	Unit Title	Nominal Hours
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

Unit Code	Unit Title	Nominal Hours
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

Unit Code	Unit Title	Nominal Hours
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

Unit Code	Unit Title	Nominal Hours
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

Unit Code	Unit Title	Nominal Hours
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

Unit Code	Unit Title	Nominal Hours
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
SISOCR302A	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	<p>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.</p>	
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		
SITTOP302	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	<p>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:</p> <p>SISFFIT301A Provide fitness orientation and health screening</p> <p>SISFFIT302A Provide quality service in the fitness industry</p> <p>SISFFIT303A Develop and apply an awareness of specific populations to exercise delivery</p> <p>SISFFIT304A Instruct and monitor fitness programs</p> <p>SISFFIT305A Apply anatomy and physiology principles in a fitness context</p> <p>SISFFIT306A Provide healthy eating information to clients in accordance with recommended guidelines</p> <p>SISFFIT307A Undertake client health assessment</p> <p>SISFFIT308A Plan and deliver gym programs</p> <p>SISXOHS101A Follow occupational health and safety policies</p> <p>SISXRSK301A Undertake risk analysis of activities</p>	
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
SISOCR302A	Conduct a high ropes session	20
SISOCR506A	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	
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

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 4194 SYDNEY NSW 2001 Phone/fax: 02 8243 1200 Email: info@serviceskills.com.au Web: 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 Industry	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.	Web: www.industry.gov.au
The National Skills Standards Council (NSSC)	The NSSC develops the Standards for Training Packages, endorses Training Packages, develops related policy and oversees quality assurance activities.	Web: www.nssc.natese.gov.au
State Government		
Department of Education and Early Childhood Development Higher 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
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 3122 Phone: (03) 9214 8501 / (03) 9214 5034 Email: cmmhs@swin.edu.au Web: 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 2806 Web: 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 701 801 Web: 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: 136 186 Web: 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 Info line: 1800 136 089
Other contacts		
Fitness Australia	Fitness Australia is the national health and fitness industry association.	Phone: 1300 211 311 Website: 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 0100 Website: 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 8777 Website: http://sma.org.au/

GLOSSARY

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.