



## ***SIS20315 - CERTIFICATE II IN SPORT AND RECREATION***

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SPORT AND RECREATION ASSISTANT

## **SIS20315 - CERTIFICATE II IN SPORT AND RECREATION**

### **ABOUT THIS QUALIFICATION**

*This qualification allows individuals to develop basic functional knowledge and skills for work in customer contact positions in the sport or community recreation industry. These individuals are competent in a range of administrative activities and functions within a team and under supervision.*

*They are involved in mainly routine and repetitive tasks using practical skills and basic sport and recreation industry knowledge. They work in locations such as sport and recreation centres or facilities, and leisure and aquatic centres assisting with the conduct of recreation activities, and facility maintenance and operations.*

### **SUBJECTS COVERED**

#### **TERM 1: INTRODUCTION TO THE SPORT & RECREATION INDUSTRY**

1. **SISXIND001** - Work Effectively In Sport, Fitness And Recreation Environments
2. **SISXIND002** - Maintain Sport, Fitness & Recreation Industry Knowledge
3. **SISXFAC002** - Maintain Sport, Fitness And Recreation Facilities
4. **SISXFAC001** - Maintain Equipment For Activities

#### **TERM 2: WORK HEALTH & SAFETY**

5. **HLTWHS001** - Participate In Workplace Health And Safety
6. **SISXEMR001** - Respond To Emergency Situations
7. **HLTAID003** - Provide First Aid

#### **TERM 3: ADMINISTRATION & DAILY WORK TASKS**

8. **BSBWOR202** - Organise And Complete Daily Work Activities
9. **SISXCCS001** - Provide Quality Service
10. **SIRXSL002A** - Advise On Products And Service

#### **TERM 4: SCREENING CLIENTS AND RUNNING SESSIONS**

11. **SISFFIT001** - Provide Health Screening And Fitness Orientation
12. **SISXCAI001** - Provide Equipment For Activities
13. **SISXCAI002** - Assist With Activity Sessions

## CLASS TIMES

| LECTURE   | TUTORIAL  |
|---|---|
| <b>MONDAY:</b> 9:00am - 12:00pm   | <b>FRIDAY:</b> 9:00am - 5:00pm  |
| Lectures are held once a week, face to face with ACE trainers and students in a classroom setting. These classes cover each subject in your course. They cover both theory & practical assessments. | Tutorials are an optional class available for students who require extra assistance with their work. Arrange a time with your trainer on Friday's between 9am-5pm (Bookings required) |

**PLEASE NOTE:** Attendance to your lectures is important as these classes play a crucial role in passing your course.

## TRAINING & ASSESSMENTS

| THEORY   | PRACTICAL   |
|--|---|
| All students gain access to our online learner portal with a unique username and password where you will find fillable pdf workbooks covering the theoretical components of your course. | You will be required to perform practical tasks & assessments that directly relate to your course. Practical assessments are witnessed face to face by your trainer in a working environment. |

All classes are located at [Gold Coast P.C.Y.C Broadbeach](#).

## PAYMENT PLAN

| TOTAL PRICE | 1ST PAYMENT | 2ND PAYMENT | 3RD PAYMENT | 4TH PAYMENT |
|-------------|-------------|-------------|-------------|-------------|
| \$6,000     | \$2,100     | \$1,300     | \$1,300     | \$1,300     |

### PLEASE NOTE:

- Your 1st payment includes the following additional costs on top of your tuition fee:
  - \$100 Confirmation of Enrolment (CoE) processing fee per CoE (non refundable) and
  - \$700 resource fee.
- Your payment schedule is divided into 4 payments throughout the year (with each payment due approximately every 3 months from your 1st payment). Your payment schedule will be sent to you during the enrolment process.
- A single 'Full Payment' option is also available upon request.
- You will also need to pay for your own [Student Visa Application](#) + [Overseas Student Health Cover \(OSHC\)](#) as an additional cost to your first payment (this is a separate cost not included in the above payment plan).
- An approximate quote for your OSHC can be calculated by entering the start and end dates of your visa through [Allianz Global Assistance Calculator](#).
- Before we can accept you as a student, you must show you have appropriate English Language and Academic levels to study our courses. In order to assess these levels we require you to complete and submit our [Language, Literacy and Numeracy Test](#).

## HOW TO ENROL

Before you enrol in a course with ACE please ensure you have read and understand the following pages.

- [Entry Requirements](#)
- [Steps To Enrol](#)

# 2020 SCHOOL CALENDAR

SIS20115 - CERTIFICATE II IN SPORT AND RECREATION

| JANUARY |    |    |    |    |    |    |
|---------|----|----|----|----|----|----|
| S       | M  | T  | W  | T  | F  | S  |
|         |    |    | 1  | 2  | 3  | 4  |
| 5       | 6  | 7  | 8  | 9  | 10 | 11 |
| 12      | 13 | 14 | 15 | 16 | 17 | 18 |
| 19      | 20 | 21 | 22 | 23 | 24 | 25 |
| 26      | 27 | 28 | 29 | 30 | 31 |    |

| FEBRUARY |    |    |    |    |    |    |
|----------|----|----|----|----|----|----|
| S        | M  | T  | W  | T  | F  | S  |
|          |    |    |    |    |    | 1  |
| 2        | 3  | 4  | 5  | 6  | 7  | 8  |
| 9        | 10 | 11 | 12 | 13 | 14 | 15 |
| 16       | 17 | 18 | 19 | 20 | 21 | 22 |
| 23       | 24 | 25 | 26 | 27 | 28 | 29 |

| MARCH |    |    |    |    |    |    |
|-------|----|----|----|----|----|----|
| S     | M  | T  | W  | T  | F  | S  |
| 1     | 2  | 3  | 4  | 5  | 6  | 7  |
| 8     | 9  | 10 | 11 | 12 | 13 | 14 |
| 15    | 16 | 17 | 18 | 19 | 20 | 21 |
| 22    | 23 | 24 | 25 | 26 | 27 | 28 |
| 29    | 30 | 31 |    |    |    |    |

| APRIL |    |    |    |    |    |    |
|-------|----|----|----|----|----|----|
| S     | M  | T  | W  | T  | F  | S  |
|       |    |    | 1  | 2  | 3  | 4  |
| 5     | 6  | 7  | 8  | 9  | 10 | 11 |
| 12    | 13 | 14 | 15 | 16 | 17 | 18 |
| 19    | 20 | 21 | 22 | 23 | 24 | 25 |
| 26    | 27 | 28 | 29 | 30 |    |    |

| MAY |    |    |    |    |    |    |
|-----|----|----|----|----|----|----|
| S   | M  | T  | W  | T  | F  | S  |
|     |    |    |    |    | 1  | 2  |
| 3   | 4  | 5  | 6  | 7  | 8  | 9  |
| 10  | 11 | 12 | 13 | 14 | 15 | 16 |
| 17  | 18 | 19 | 20 | 21 | 22 | 23 |
| 24  | 25 | 26 | 27 | 28 | 29 | 30 |

| JUNE |    |    |    |    |    |    |
|------|----|----|----|----|----|----|
| S    | M  | T  | W  | T  | F  | S  |
|      | 1  | 2  | 3  | 4  | 5  | 6  |
| 7    | 8  | 9  | 10 | 11 | 12 | 13 |
| 14   | 15 | 16 | 17 | 18 | 19 | 20 |
| 21   | 22 | 23 | 24 | 25 | 26 | 27 |
| 28   | 29 | 30 |    |    |    |    |

| JULY |    |    |    |    |    |    |
|------|----|----|----|----|----|----|
| S    | M  | T  | W  | T  | F  | S  |
|      |    |    | 1  | 2  | 3  | 4  |
| 5    | 6  | 7  | 8  | 9  | 10 | 11 |
| 12   | 13 | 14 | 15 | 16 | 17 | 18 |
| 19   | 20 | 21 | 22 | 23 | 24 | 25 |
| 26   | 27 | 28 | 29 | 30 | 31 |    |

| AUGUST |    |    |    |    |    |    |
|--------|----|----|----|----|----|----|
| S      | M  | T  | W  | T  | F  | S  |
|        |    |    |    |    |    | 1  |
| 2      | 3  | 4  | 5  | 6  | 7  | 8  |
| 9      | 10 | 11 | 12 | 13 | 14 | 15 |
| 16     | 17 | 18 | 19 | 20 | 21 | 22 |
| 23     | 24 | 25 | 26 | 27 | 28 | 29 |

| SEPTEMBER |    |    |    |    |    |    |
|-----------|----|----|----|----|----|----|
| S         | M  | T  | W  | T  | F  | S  |
| 30        | 31 | 1  | 2  | 3  | 4  | 5  |
| 6         | 7  | 8  | 9  | 10 | 11 | 12 |
| 13        | 14 | 15 | 16 | 17 | 18 | 19 |
| 20        | 21 | 22 | 23 | 24 | 25 | 26 |
| 27        | 28 | 29 | 30 |    |    |    |

| OCTOBER |    |    |    |    |    |    |
|---------|----|----|----|----|----|----|
| S       | M  | T  | W  | T  | F  | S  |
|         |    |    |    | 1  | 2  | 3  |
| 4       | 5  | 6  | 7  | 8  | 9  | 10 |
| 11      | 12 | 13 | 14 | 15 | 16 | 17 |
| 18      | 19 | 20 | 21 | 22 | 23 | 24 |
| 25      | 26 | 27 | 28 | 29 | 30 | 31 |

| NOVEMBER |    |    |    |    |    |    |
|----------|----|----|----|----|----|----|
| S        | M  | T  | W  | T  | F  | S  |
| 1        | 2  | 3  | 4  | 5  | 6  | 7  |
| 8        | 9  | 10 | 11 | 12 | 13 | 14 |
| 15       | 16 | 17 | 18 | 19 | 20 | 21 |
| 22       | 23 | 24 | 25 | 26 | 27 | 28 |
| 29       | 30 |    |    |    |    |    |

| DECEMBER |    |    |    |    |    |    |
|----------|----|----|----|----|----|----|
| S        | M  | T  | W  | T  | F  | S  |
|          |    | 1  | 2  | 3  | 4  | 5  |
| 6        | 7  | 8  | 9  | 10 | 11 | 12 |
| 13       | 14 | 15 | 16 | 17 | 18 | 19 |
| 20       | 21 | 22 | 23 | 24 | 25 | 26 |
| 27       | 28 | 29 | 30 | 31 |    |    |

|  |  |
|--|--|
|  | <b>SCHOOL TERM</b>   |
|  | <b>SCHOOL HOLIDAY</b>  |
|  | <b>PUBLIC HOLIDAY</b>  |
|  | <b>LECTURE: MONDAY'S - 9:00am - 12:00pm</b>                      |
|  | <b>TUTORIAL: FRIDAY'S - 9:00am - 5:00pm (Booking's Required)</b> |

## P.C.Y.C GROUP FITNESS TIMETABLE

Students gain access to 20+ hours of group fitness classes each week

|         | MONDAY             | TUESDAY       | WEDNESDAY          | THURSDAY  | FRIDAY             | SATURDAY  |
|---------|--------------------|---------------|--------------------|-----------|--------------------|-----------|
| 5:45AM  |                    | SPIN          | SPIN               | SPIN      |                    |           |
| 6:00PM  |                    | PILATES       |                    |           |                    |           |
| 7:00AM  |                    |               |                    |           |                    | SPIN      |
| 7:30AM  |                    |               |                    |           | YOGA               |           |
| 8:00AM  | MATURE & MOTIVATED | PILATES       | MATURE & MOTIVATED |           | MATURE & MOTIVATED | BOXERCISE |
| 8:00AM  | STRENGTH           |               | STRENGTH           | STRENGTH  |                    |           |
| 8:15AM  |                    |               |                    |           |                    | PILATES   |
| 8:30AM  |                    |               |                    | STRENGTH  |                    |           |
| 9:15AM  | BOXERCISE          | STRENGTH      | BOXERCISE          | PILATES   | BOXERCISE          |           |
| 9:15AM  |                    | PILATES BARRE |                    |           |                    |           |
| 10:30AM | YOGA               |               | YOGA               |           |                    |           |
| 6:00PM  | BOXERCISE          | CARDIO FIT    |                    |           |                    |           |
| 6:00PM  |                    | 10 ROUNDS     |                    | 10 ROUNDS |                    |           |



| P.C.Y.C CLASS DESCRIPTION     |  |
|-------------------------------|--|
| <b>BOXERCISE</b>              | <i>Is an intense cardio-vascular workout, incorporating punching bags, hand weights, body weight and abdominal exercises. Gloves provided if required – no partner necessary. This class gets your heart rate up to burn calories faster. Modifications for all fitness levels are provided.</i>   |
| <b>CARDIO FIT</b>             | <i>Takes you back to the basics – lift weights, punching bags, kick, skip, burpee, lift, carry, run and sprint your way to a firmer and fitter body. High impact for fitness and fun at the same time.</i>   |
| <b>MATURE &amp; MOTIVATED</b> | <i>This is a class that is aimed at the over 50's, it incorporates some light weights with cardio to keep your bones and your cardiovascular system healthy. A social atmosphere is encouraged!</i>  |
| <b>PILATES</b>                | <i>Movements are practiced with control, concentration, precision and flow. A floor based core workout which includes strengthening and stretching. This low impact classes improves your core, flexibility, postural strength and balance.</i>  |
| <b>PILATES BARRE</b>          | <i>This class is the perfect blend of deep muscle toning, stretching, balancing, and cardiovascular intervals guaranteed to pump up your heart rate and burn fat! Barre incorporates the fluidity of ballet, the flexibility of yoga, and the core strengthening of Pilates.</i>   |
| <b>SPIN</b>                   | <i>Is an intensive and motivational group workout to music on stationary bikes. Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This is a high calorie burn class which will push your limits.</i>  |
| <b>STRENGTH</b>               | <i>A 30 minute all over body workout comprising of high intensity interval training and high intensity weight bearing activities.</i>  |
| <b>YOGA</b>                   | <i>A mind-body programme that helps to develop strength, flexibility, balance, relaxation, coordination, joint stability, internal health, peace of mind, and vitality. Yoga slows the breath with movement, calms the mind, and encourages greater mental clarity. Yoga is a great complement to any sport or fitness program. Modifications can be made to ensure suitability for all fitness levels.</i>  |
| <b>10 ROUNDS</b>              | <i>10 Rounds is a high intensity boxing session, suitable for everyone. This session will help you improve your fitness, strength and functional movement. Regardless of your fitness or ability exercises can be scaled to suit you. Each session will encompass boxing specific drills, strength and conditioning, and functional training, over 10 x 3min intense rounds. This session will conclude with a short and sharp, heart racing HIIT (High intensity interval training) EMOM (Every minute on the minute) task.</i> |

## FACILITY ACCESS

All students receive access to the following facilities. More info can be found [here](#).



|                       |   |
|-----------------------|---|
| <b>24/7 GYM:</b>      | State of the art strength training equipment, cardio, free weights, functional training area.   |
| <b>BOXING:</b>        | Fully equipped with punching bags, pads & gloves including a full sized boxing ring for sparing practice.                                 |
| <b>TENNIS COURTS:</b> | 2 full sized, flood lit, synthetic grass tennis courts suitable for play all year round. (bookings required)                              |
| <b>STUDY:</b>         | Air conditioned spacious and comfortable lecture room with plasma TV's and projectors, WIFI, Printing, Scanning & Laptop computer access. |