

SIS Sport, Fitness and Recreation
TRAINING PACKAGE
Versions 1 and 2
WA NOMINAL HOURS GUIDE

Introduction

This Guide has been generated to enable the stakeholders in this Industry in Western Australia to participate in the managed implementation of the National SIS Sport, Fitness and Recreation Training Package.

This Guide is designed to aid Registered Training Organisations (RTOs) to convert from existing Training Package qualifications to new Training Package qualifications within the scope of their training delivery.

The Guide should be read in conjunction with the endorsed components of the Training Package

Version 1 of the SIS Sport, Fitness and Recreation Training Package was released by Training.Gov.Au (TGA) on the 3/9/2015

Version 2 of the SIS Sport, Fitness and Recreation Training Package was released by Training.Gov.Au (TGA) on the 07/12/2015

Transition Arrangements

Registered Training Organisations (RTOs) are required to deliver Training Package qualifications in accordance with the Standards for RTOs. For further information visit the Training Accreditation Council website www.tac.wa.gov.au

Nominal Hours

Nominal hours are the hours of training notionally required to achieve the outcomes of units of competency.

Nominal hours are identified for nationally endorsed qualifications. Nominal hours may vary for a qualification depending on the selection of units of competency.

In Western Australia, nominal hours are used as a mechanism for funding allocation.

Contact Details

Department of Training and Workforce Development
1 Prospect Place
West Perth WA 6005
Phone: (08) 6212 9777
Email: curriculumdatasystem@dtwd.wa.gov.au

Qualifications and Nominal Hours

The following table provides a summary of the qualifications and nominal hours in the industry.

National Code	National Title	Nominal Hours
SIS10115	Certificate I in Sport and Recreation	165
SIS20115	Certificate II in Sport and Recreation	265
SIS30115	Certificate III in Sport and Recreation	415
SIS30315	Certificate III in Fitness	590
SIS31015	Certificate III in Aquatics and Community Recreation	355
SIS40115	Certificate IV in Sport and Recreation	500
SIS40215	Certificate IV in Fitness	865
SIS50115	Diploma of Sport and Recreation Management	970
SIS50215	Diploma of Fitness	885

Units of Competency and Nominal Hours

The following table provides a summary of the units of competency and nominal hours in the industry.

National Code	National Title	Nominal Hours
SISCAQU001	Test pool water quality	10
SISCAQU002	Perform basic water rescues	10
SISCAQU003	Maintain aquatic facility plant and equipment	20
SISCAQU004	Develop and implement pool water maintenance procedures	20
SISCAQU005	Develop and implement aquatic facility maintenance procedures	20
SISCAQU006	Supervise clients in aquatic locations	20
SISCAQU007	Perform advanced water rescues	20
SISCAQU008	Instruct water familiarisation, buoyancy and mobility skills	20
SISCAQU009	Instruct water safety and survival skills	20
SISCAQU010	Instruct swimming strokes	20
SISCAQU011	Promote development of infants and toddlers in an aquatic environment	20
SISCAQU012	Assist participants with a disability during aquatic activities	20
SISCAQU013	Coordinate lifeguard service at an aquatic facility	25
SISCAQU014	Operate self-contained breathing apparatus in an aquatic facility	25
SISCCRD001	Facilitate community recreation initiatives	55
SISCCRO001	Plan and conduct recreation programs for older persons	30
SISFFIT001	Provide health screening and fitness orientation	20
SISFFIT002	Recognise and apply exercise considerations for specific populations	60
SISFFIT003	Instruct fitness programs	45
SISFFIT004	Incorporate anatomy and physiology principles into fitness programming	70
SISFFIT005	Provide healthy eating information	40
SISFFIT006	Conduct fitness appraisals	25

SISFFIT007	Instruct group exercise sessions	70
SISFFIT008	Instruct water-based fitness activities	65
SISFFIT009	Deliver pre-choreographed or prescribed community fitness	40
SISFFIT010	Deliver pre-choreographed or prescribed group exercise to music	40
SISFFIT011	Instruct approved community fitness programs	40
SISFFIT012	Instruct movement programs to children aged 5 to 12 years	80
SISFFIT013	Instruct exercise to young people aged 13 to 17 years	50
SISFFIT014	Instruct exercise to older clients	40
SISFFIT015	Collaborate with medical and allied health professionals in a fitness context	50
SISFFIT016	Provide motivation to positively influence exercise behaviour	40
SISFFIT017	Instruct long-term exercise programs	50
SISFFIT018	Promote functional movement capacity	40
SISFFIT019	Incorporate exercise science principles into fitness programming	30
SISFFIT020	Instruct exercise programs for body composition goals	40
SISFFIT021	Instruct personal training programs	60
SISFFIT022	Instruct aquatic sessions for specific population groups	30
SISFFIT023	Instruct group personal training programs	65
SISFFIT024	Instruct endurance programs	30
SISFFIT025	Recognise the dangers of providing nutrition advice to clients	15
SISFFIT026	Support healthy eating through the Eat for Health Program	30
SISFFIT027	Conduct health promotion activities	45
SISFFIT028	Apply evidence-based practice to exercise programs	40
SISFFIT029	Apply anatomy and physiology to advanced personal training	100
SISFFIT030	Instruct advanced exercise programs	80
SISFFIT031	Implement injury prevention strategies	65
SISXADM001	Organise and supervise participant travel	15
SISXCAI001	Provide equipment for activities	10

SISXCAI002	Assist with activity sessions	15
SISXCAI003	Conduct non-instructional sport, fitness or recreation sessions	60
SISXCAI004	Plan and conduct programs	30
SISXCAI005	Conduct individualised long-term training programs	40
SISXCAI006	Facilitate groups	20
SISXCAI007	Assist with activities not requiring equipment	20
SISXCCS001	Provide quality service	25
SISXCCS002	Coordinate client service activities	35
SISXCCS003	Address client needs	10
SISXDIS001	Facilitate inclusion for people with a disability	20
SISXDIS002	Plan and conduct disability programs	40
SISXEMR001	Respond to emergency situations	15
SISXEMR002	Coordinate emergency responses	20
SISXFAC001	Maintain equipment for activities	15
SISXFAC002	Maintain sport, fitness and recreation facilities	14
SISXFAC003	Implement facility maintenance programs	20
SISXFAC004	Coordinate facility and equipment acquisition and maintenance	35
SISXFAC005	Manage stock supply and purchase	40
SISXFIN001	Develop and review budgets for activities or projects	40
SISXFIN002	Process financial transactions	15
SISXHRM001	Recruit and manage volunteers	30
SISXICT001	Select and use technology for sport, fitness and recreation work	40
SISXIND001	Work effectively in sport, fitness and recreation environments	40
SISXIND002	Maintain sport, fitness and recreation industry knowledge	20
SISXIND003	Maintain legal knowledge for organisation governance	40
SISXIND004	Analyse participation patterns	10
SISXIND005	Coordinate work teams or groups	20

SISXIND006	Conduct sport, fitness or recreation events	40
SISXIND007	Develop and implement participation strategies	35
SISXMGT001	Develop and maintain stakeholder relationships	30
SISXRES001	Conduct sustainable work practices in open spaces	30
SISXRES002	Educate user groups	25

Mapping Qualifications

The following table provides an overview of the qualifications from Versions 1 and 2 which replace qualifications from the existing version of the SIS10: Sport, Fitness and Recreation Training Package

SIS10 Current Qualification				SIS Version 1 Replacement Qualification		
National Code	National Title	Nominal Hours	E / NE	National Code	National Title	Nominal Hours
SIS30513	Certificate III in Sport and Recreation	415	Equivalent	SIS30115	Certificate III in Sport and Recreation	415
SIS30313	Certificate III in Fitness	540	Not equivalent	SIS30315	Certificate III in Fitness	590
SIS30113	Certificate III in Aquatics	365	Not equivalent	SIS31015	Certificate III in Aquatics and Community Recreation	355
SIS30213	Certificate III in Community Activity Programs	525				
SIS40210	Certificate IV in Fitness	655	Not equivalent	SIS40215	Certificate IV in Fitness	865
SIS50213	Diploma of Fitness	595	Not equivalent	SIS50215	Diploma of Fitness	885

SIS10 Current Qualification				SIS Version 2 Replacement Qualification		
National Code	National Title	Nominal Hours	E / NE	National Code	National Title	Nominal Hours
SIS10113	Certificate I in Sport and Recreation	165	Equivalent	SIS10115	Certificate I in Sport and Recreation	165
SIS20313	Certificate II in Sport and Recreation	215	Not equivalent	SIS20115	Certificate II in Sport and Recreation	265
SIS20113	Certificate II in Community Activities	215	Not equivalent			
SIS40113	Certificate IV in Community Recreation	525	Not equivalent	SIS40115	Certificate IV in Sport and Recreation	500
SIS40412	Certificate IV in Sport and Recreation	460	Not equivalent			
SIS50712	Diploma of Sport and Recreation Management	985	Not equivalent	SIS50115	Diploma of Sport and Recreation Management	970

Mapping Units of Competency

The following table provides an overview of the Units of Competency from Version 1 which replaces Units of Competency from the existing version of the SIS10 Sport, Fitness and Recreation Training Package

Unit Code	Unit Title	Nominal Hours	E / NE	Unit Code	Unit Title	Nominal Hours
SISCAQU201A	Monitor pool water quality	10	Equivalent	SISCAQU001	Test pool water quality	10
SISCAQU202A	Perform basic water rescues	15	Not equivalent	SISCAQU002	Perform basic water rescues	10
SISCAQU303A	Operate aquatic facility plant and equipment	20	Not equivalent	SISCAQU003	Maintain aquatic facility plant and equipment	20
SISCAQU304A	Maintain pool water quality	15	Equivalent	SISCAQU004	Develop and implement pool water maintenance procedures	20
SISCAQU414A	Develop pool water maintenance procedures	20	Equivalent			
SISCAQU305A	Implement aquatic facility plant and equipment maintenance program	20	Equivalent	SISCAQU005	Develop and implement aquatic facility maintenance procedures	20
SISCAQU415A	Develop aquatic facility maintenance procedures	20	Equivalent			
SISCAQU306A	Supervise clients at an aquatic facility or environment	20	Equivalent	SISCAQU006	Supervise clients in aquatic locations	20
SISCAQU318	Perform advanced water rescues	20	Not equivalent	SISCAQU007	Perform advanced water rescues	20
SISCAQU308A	Instruct water familiarisation, buoyancy and mobility skills	20	Equivalent	SISCAQU008	Instruct water familiarisation, buoyancy and mobility skills	20
SISCAQU309A	Instruct clients in water safety and survival skills	20	Equivalent	SISCAQU009	Instruct water safety and survival skills	20
SISCAQU310A	Instruct swimming strokes	20	Equivalent	SISCAQU010	Instruct swimming strokes	20
SISCAQU311A	Foster the development of infants and toddlers in an aquatic environment	20	Equivalent	SISCAQU011	Promote development of infants and toddlers in an aquatic environment	20
SISCAQU312A	Assist participants with a disability during aquatic activities	20	Equivalent	SISCAQU012	Assist participants with a disability during aquatic activities	20
SISCAQU416A	Coordinate lifeguard service at an aquatic facility	25	Equivalent	SISCAQU013	Coordinate lifeguard service at an aquatic facility	25
SISCAQU417A	Operate self-contained breathing apparatus in an aquatic facility	25	Equivalent	SISCAQU014	Operate self-contained breathing apparatus in an aquatic facility	25
SISCCRD301A	Facilitate community development through recreational activities	40	Not equivalent	SISCCRD001	Facilitate community recreation initiatives	55
SISCCRO303A	Plan and conduct recreation programs for older persons	30	Equivalent	SISCCRO001	Plan and conduct recreation programs for older persons	30
SISFFIT301A	Provide fitness orientation and health screening	20	Equivalent	SISFFIT001	Provide health screening and fitness orientation	20

SISFFIT303A	Develop and apply an awareness of specific populations to exercise delivery	40	Not equivalent	SISFFIT002	Recognise and apply exercise considerations for specific populations	60
SISFFIT304A	Instruct and monitor fitness programs	60	Not equivalent	SISFFIT003	Instruct fitness programs	45
SISFFIT305A	Apply anatomy and physiology principles in a fitness context	80	Not equivalent	SISFFIT004	Incorporate anatomy and physiology principles into fitness programming	70
SISFFIT306A	Provide healthy eating information to clients in accordance with recommended guidelines	40	Not equivalent	SISFFIT005	Provide healthy eating information	40
SISFFIT307A	Undertake client health assessment	30	Not equivalent	SISFFIT006	Conduct fitness appraisals	25
SISFFIT309A	Plan and deliver group exercise sessions	40	Not equivalent	SISFFIT007	Instruct group exercise sessions	70
SISFFIT310A	Plan and deliver water based fitness activities	65	Equivalent	SISFFIT008	Instruct water-based fitness activities	65
SISFFIT332	Deliver pre-choreographed or prescribed community group exercise programs	40	Equivalent	SISFFIT009	Deliver pre-choreographed or prescribed community fitness	40
SISFFIT333	Deliver pre-choreographed or prescribed group exercise programs to music classes	40	Equivalent	SISFFIT010	Deliver pre-choreographed or prescribed group exercise to music	40
SISFFIT311A	Deliver approved community fitness programs	40	Equivalent	SISFFIT011	Instruct approved community fitness programs	40
			NEW	SISFFIT012	Instruct movement programs to children aged 5 to 12 years	80
SISFFIT313A	Plan and deliver exercise to apparently healthy children and adolescents	60	Not equivalent	SISFFIT013	Instruct exercise to young people aged 13 to 17 years	50
SISFFIT314A	Plan and deliver exercise to older clients with managed conditions	40	Not equivalent	SISFFIT014	Instruct exercise to older clients	40
SISFFIT415A	Work collaboratively with medical and allied health professionals	50	Not equivalent	SISFFIT015	Collaborate with medical and allied health professionals in a fitness context	50
SISFFIT416A	Apply motivational psychology to provide guidance on exercise behaviour and change to meet health and fitness goals	40	Not equivalent	SISFFIT016	Provide motivation to positively influence exercise behaviour	40
SISFFIT417A	Undertake long term exercise programming	40	Not equivalent	SISFFIT017	Instruct long-term exercise programs	50
SISFFIT418A	Undertake appraisals of functional movement	30	Not equivalent	SISFFIT018	Promote functional movement capacity	40
SISFFIT419A	Apply exercise science principles to planning exercise	30	Equivalent	SISFFIT019	Incorporate exercise science principles into fitness programming	30
SISFFIT420A	Plan and deliver exercise programs to support desired body composition outcomes	40	Not equivalent	SISFFIT020	Instruct exercise programs for body composition goals	40

SISFFIT421A	Plan and deliver personal training	60	Equivalent	SISFFIT021	Instruct personal training programs	60
SISFFIT422A	Implement inclusive aquatic activities for specific population groups	50	Not equivalent	SISFFIT022	Instruct aquatic sessions for specific population groups	30
			NEW	SISFFIT023	Instruct group personal training programs	65
SISFFIT312A	Plan and deliver an endurance training program	25	Not equivalent	SISFFIT024	Instruct endurance programs	30
			NEW	SISFFIT025	Recognise the dangers of providing nutrition advice to clients	15
			NEW	SISFFIT026	Support healthy eating through the Eat for Health Program	30
SISFFIT527A	Undertake health promotion activities to decrease risk factors and prevent chronic disease	50	Not equivalent	SISFFIT027	Conduct health promotion activities	45
SISFFIT528A	Apply research findings to exercise management strategies	40	Not equivalent	SISFFIT028	Apply evidence-based practice to exercise programs	40
			NEW	SISFFIT029	Apply anatomy and physiology to advanced personal training	100
			NEW	SISFFIT030	Instruct advanced exercise programs	80
SISFFIT525A	Advise on injury prevention and management	60	Not equivalent	SISFFIT031	Implement injury prevention strategies	65
SISCCRO306A	Organise participant travel	15	Equivalent	SISXADM001	Organise and supervise participant travel	15
SISXCAI101A	Provide equipment for activities	10	Equivalent	SISXCAI001	Provide equipment for activities	10
SISXCAI102A	Assist in preparing and conducting sport and recreation sessions	15	Equivalent	SISXCAI002	Assist with activity sessions	15
SISXCAI303A	Plan and conduct sport and recreation sessions	60	Equivalent	SISXCAI003	Conduct non-instructional sport, fitness or recreation sessions	60
SISXCAI304A	Plan and conduct sport and recreation programs	50	Equivalent	SISXCAI004	Plan and conduct programs	30
SISXCAI305A	Conduct individualised long-term training programs	40	Equivalent	SISXCAI005	Conduct individualised long-term training programs	40
SISXCAI306A	Facilitate groups	20	Equivalent	SISXCAI006	Facilitate groups	20
SISCCRO301A	Assist with recreation games not requiring equipment	20	Equivalent	SISXCAI007	Assist with activities not requiring equipment	20
SISFFIT302A	Provide quality service in the fitness industry	30	Equivalent	SISXCCS001	Provide quality service	25
SISXCCS201A	Provide customer service	10	Equivalent			
SISXCCS402A	Coordinate client service activities	10	Not equivalent	SISXCCS002	Coordinate client service activities	35
SISXCCS404A	Address client needs	10	Equivalent	SISXCCS003	Address client needs	10
SISCCRD303A	Facilitate inclusion for people with a disability	20	Equivalent	SISXDIS001	Facilitate inclusion for people with a disability	20

SISCCRO304A	Plan and conduct disability recreation programs	40	Equivalent	SISXDIS002	Plan and conduct disability programs	40
SISXEMR201A	Respond to emergency situations	15	Equivalent	SISXEMR001	Respond to emergency situations	15
SISXEMR402A	Coordinate emergency responses	20	Equivalent	SISXEMR002	Coordinate emergency responses	20
SISXFAC207	Maintain sport and recreation equipment for activities	15	Equivalent	SISXFAC001	Maintain equipment for activities	15
SISXFAC208	Maintain sport and recreation facilities	20	Not equivalent	SISXFAC002	Maintain sport, fitness and recreation facilities	14
SISXFAC303A	Implement facility maintenance programs	20	Equivalent	SISXFAC003	Implement facility maintenance programs	20
SISXFAC404A	Coordinate facility and equipment acquisition and maintenance	20	Not equivalent	SISXFAC004	Coordinate facility and equipment acquisition and maintenance	35
SISXFAC506A	Manage stock supply and purchase	40	Equivalent	SISXFAC005	Manage stock supply and purchase	40
SISCCRO305A	Develop a budget for a recreation initiative	40	Equivalent	SISXFIN001	Develop and review budgets for activities or projects	40
SISXCCS202	Process entry transactions	15	Equivalent	SISXFIN002	Process financial transactions	15
SISCCRD302A	Recruit and manage volunteers	30	Equivalent	SISXHRM001	Recruit and manage volunteers	30
SISXIND408	Select and use technology for sport, fitness and recreation	20	Not equivalent	SISXICT001	Select and use technology for sport, fitness and recreation work	40
SISXIND101A	Work effectively in sport and recreation environments	40	Equivalent	SISXIND001	Work effectively in sport, fitness and recreation environments	40
SISXIND211	Develop and update sport, fitness and recreation industry knowledge	20	Equivalent	SISXIND002	Maintain sport, fitness and recreation industry knowledge	20
SISXIND402	Analyse legal knowledge for organisation governance	40	Equivalent	SISXIND003	Maintain legal knowledge for organisation governance	40
SISXIND403A	Analyse participation patterns	10	Equivalent	SISXIND004	Analyse participation patterns	10
SISXIND410	Coordinate sport, fitness or recreation work teams or groups	20	Equivalent	SISXIND005	Coordinate work teams or groups	20
SISXIND409	Organise a sport, fitness or recreation event	40	Equivalent	SISXIND006	Conduct sport, fitness or recreation events	40
SISXIND507A	Manage education initiatives	20	Not equivalent	SISXIND007	Develop and implement participation strategies	35
SISCCRD304A	Work with key stakeholders	30	Equivalent	SISXMGT001	Develop and maintain stakeholder relationships	30
SISXRES504A	Conserve and re-establish natural systems	30	Not equivalent	SISXRES001	Conduct sustainable work practices in open spaces	30
SISXRES505A	Achieve sustainable land management	30	Not equivalent			
SISXRES506A	Undertake open-space planning	30	Not equivalent			
SISXRES301A	Provide public education on the use of resources	25	Equivalent	SISXRES002	Educate user groups	25

Traineeships

The following table provides a summary of the qualifications in the SIS: Sport, Fitness and Recreation Training Package and the accredited traineeship courses they will replace.

National Code	National Title	Traineeship	Nominal Hours	E / NE	National Code	National Title	Nominal Hours
SIS20113	Certificate II in Community Activities	TR02220: COMMUNITY RECREATION (LEVEL 2)	215	NE	SIS20115	Certificate II in Sport and Recreation	265
SIS20313	Certificate II in Sport and Recreation	TR01650: SPORT AND RECREATION (LEVEL 2)	215				
SIS30513	Certificate III in Sport and Recreation	TR01660: SPORT AND RECREATION (LEVEL 3)	415	E	SIS30115	Certificate III in Sport and Recreation	415
SIS30313	Certificate III in Fitness	TR07520: FITNESS (LEVEL 3)	540	NE	SIS30315	Certificate III in Fitness	590
SIS30113	Certificate III in Aquatics	TR07510: COMMUNITY RECREATION (LEVEL 3)	365	NE	SIS31015	Certificate III in Aquatics and Community Recreation	355
SIS30213	Certificate III in Community Activity Programs	TR10280: COMMUNITY ACTIVITY PROGRAMS (LEVEL 3)	525				
SIS40412	Certificate IV in Sport and Recreation	TR04200: SPORT AND RECREATION (LEVEL 4)	460	NE	SIS40115	Certificate IV in Sport and Recreation	500
SIS40210	Certificate IV in Fitness	TR07530: FITNESS (LEVEL 4)	655	NE	SIS40215	Certificate IV in Fitness	865