

SIS10 SPORT, FITNESS AND RECREATION TRAINING PACKAGE

Version 3.1

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 SIS10 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 3.1 of the SIS10 Sport, Fitness and Recreation Training Package was released by Training.Gov.Au (TGA) on the 21 July 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.

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Qualifications and Nominal Hours

The following table provides a summary of the qualifications and nominal hours in version 3.1 of the SIS10 Training Package Sport, Fitness and Recreation Training Package

National Code	National Title	Nominal Hours
SIS10113	Certificate I in Sport and Recreation	165
SIS20113	Certificate II in Community Activities	215
SIS20213	Certificate II in Outdoor Recreation	350
SIS20313	Certificate II in Sport and Recreation	215
SIS20412	Certificate II in Sport Career Oriented Participation	195
SIS20513	Certificate II in Sport Coaching	325
SIS30113	Certificate III in Aquatics	365
SIS30213	Certificate III in Community Activity Programs	525
SIS30313	Certificate III in Fitness	540
SIS30413	Certificate III in Outdoor Recreation	505
SIS30513	Certificate III in Sport and Recreation	415
SIS30613	Certificate III in Sport Career Oriented Participation	350
SIS30713	Certificate III in Sport Coaching	590
SIS30813	Certificate III in Sports Trainer	365
SIS30913	Certificate III in Sport Officiating	340
SIS40113	Certificate IV in Community Recreation	525
SIS40210	Certificate IV in Fitness	655
SIS40313	Certificate IV in Outdoor Recreation	768
SIS40412	Certificate IV in Sport and Recreation	460
SIS40512	Certificate IV in Sport Coaching	740
SIS40612	Certificate IV in Sport Development	815
SIS50213	Diploma of Fitness	595
SIS50310	Diploma of Outdoor Recreation	830
SIS50512	Diploma of Sport Coaching	895
SIS50612	Diploma of Sport Development	595
SIS50712	Diploma of Sport and Recreation Management	985

Units of Competency and Nominal Hours

The following table provides a summary of the units of competency and nominal hours in Version 3.1 of the SIS10 Sport, Fitness and Recreation Training Package

National Code	National Title	Nominal Hours
SISCAQU201A	Monitor pool water quality	10
SISCAQU202A	Perform basic water rescues	15
SISCAQU303A	Operate aquatic facility plant and equipment	20
SISCAQU304A	Maintain pool water quality	15
SISCAQU305A	Implement aquatic facility plant and equipment maintenance program	20
SISCAQU306A	Supervise clients at an aquatic facility or environment	20
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	20
SISCAQU312A	Assist participants with a disability during aquatic activities	20
SISCAQU313A	Develop an aquatics career plan	15
SISCAQU318	Perform advanced water rescues	20
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	25
SISCCRD301A	Facilitate community development through recreational activities	40
SISCCRD302A	Recruit and manage volunteers	30
SISCCRD303A	Facilitate inclusion for people with a disability	20
SISCCRD304A	Work with key stakeholders	30
SISCCRO301A	Assist with recreation games not requiring equipment	20
SISCCRO302A	Apply legal and ethical instructional skills	20
SISCCRO303A	Plan and conduct recreation programs for older persons	30
SISCCRO304A	Plan and conduct disability recreation programs	40
SISCCRO305A	Develop a budget for a recreation initiative	40
SISCCRO306A	Organise participant travel	15
SISCDAN301A	Teach recreational dance	20
SISCSDF301A	Instruct the basic skills of unarmed self-defence	20
SISCSDF302A	Instruct the intermediate skills of unarmed self-defence	20
SISFFIT301A	Provide fitness orientation and health screening	20
SISFFIT302A	Provide quality service in the fitness industry	30

National Code	National Title	Nominal Hours
SISFFIT303A	Develop and apply an awareness of specific populations to exercise delivery	40
SISFFIT304A	Instruct and monitor fitness programs	60
SISFFIT305A	Apply anatomy and physiology principles in a fitness context	80
SISFFIT306A	Provide healthy eating information to clients in accordance with recommended guidelines	40
SISFFIT307A	Undertake client health assessment	30
SISFFIT308A	Plan and deliver gym programs	60
SISFFIT309A	Plan and deliver group exercise sessions	40
SISFFIT310A	Plan and deliver water based fitness activities	65
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	60
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	50
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	30
SISFFIT420A	Plan and deliver exercise programs to support desired body composition outcomes	40
SISFFIT421A	Plan and deliver personal training	60
SISFFIT422A	Implement inclusive aquatic activities for specific population groups	50
SISFFIT523A	Deliver prescribed exercise to clients with cardiorespiratory conditions	60
SISFFIT524A	Deliver prescribed exercise to clients with metabolic conditions	60
SISFFIT525A	Advise on injury prevention and management	60
SISFFIT526A	Deliver prescribed exercise to clients with musculoskeletal conditions	60
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	60
SISFFIT530A	Deliver prescribed exercise to children and young adolescents with specific chronic conditions	40
SISFFIT531A	Deliver prescribed exercise to older clients with chronic conditions	55
SISOABA201A	Demonstrate abseiling skills on artificial surfaces	20
SISOABA302A	Apply single pitch abseiling skills on artificial surfaces	30
SISOABA303A	Establish ropes for abseiling on artificial surfaces	15
SISOABA304A	Guide abseiling on single pitch artificial surfaces	20
SISOABA405A	Establish ropes for multi pitch abseiling on artificial surfaces	30
SISOABA406A	Instruct abseiling on single pitch artificial surfaces	30

National Code	National Title	Nominal Hours
SISOABA407A	Instruct abseiling on multi pitch artificial surfaces	30
SISOABL301A	Assist in the facilitation of adventure-based learning activities	25
SISOABL402A	Facilitate adventure-based learning activities	30
SISOABL503A	Design and facilitate adventure-based learning programs	40
SISOABN201A	Demonstrate abseiling skills on natural surfaces	20
SISOABN202A	Safeguard an abseiler using a single rope belay system	15
SISOABN303A	Apply single pitch abseiling skills on natural surfaces	30
SISOABN304A	Establish ropes for single pitch abseiling on natural surfaces	15
SISOABN305A	Guide abseiling on single pitch natural surfaces	30
SISOABN406A	Apply multi pitch abseiling skills on natural surfaces	20
SISOABN407A	Establish ropes for multi pitch abseiling on natural surfaces	20
SISOABN408A	Instruct abseiling on single pitch natural surfaces	30
SISOABN409A	Guide abseiling on multi pitch natural surfaces	30
SISOABN510A	Instruct abseiling on multi pitch natural surfaces	30
SISOARC301A	Conduct an archery session	10
SISOBWG201A	Demonstrate bushwalking skills in a controlled environment	15
SISOBWG302A	Apply intermediate bushwalking skills	20
SISOBWG303A	Guide bushwalks in a controlled environment	25
SISOBWG404A	Apply river crossing skills	20
SISOBWG405A	Guide intermediate bushwalks	30
SISOBWG406A	Apply bushwalking skills in uncontrolled landscapes	30
SISOBWG411	Instruct bushwalks in a controlled environment	15
SISOBWG412	Instruct bushwalks in an intermediate environment	20
SISOBWG413	Instruct bushwalks in an uncontrolled environment	20
SISOBWG507A	Apply advanced bushwalking skills in alpine areas	20
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	30
SISOCAY201A	Demonstrate horizontal canyoning skills	20
SISOCAY302A	Apply vertical canyoning skills	25
SISOCAY303A	Establish belays in canyons	20
SISOCAY304A	Guide single pitch canyoning trips	20
SISOCAY405A	Apply advanced vertical canyoning skills	25
SISOCAY406A	Establish complex belays in canyons	20
SISOCAY407A	Guide multi pitch canyoning trips	30
SISOCAY508A	Instruct canyoning skills	20
SISOCYA201A	Demonstrate top rope climbing skills on artificial surfaces	15
SISOCYA302A	Apply top rope climbing skills on artificial surfaces	20

National Code	National Title	Nominal Hours
SISOCLA303A	Establish belays for climbing on artificial surfaces	20
SISOCLA305A	Apply route setting skills	20
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	30
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	15
SISOCLN302A	Apply climbing skills on natural surfaces	20
SISOCLN303A	Establish belays for climbing on natural surfaces	10
SISOCLN304A	Guide top rope climbing activities on natural surfaces	30
SISOCLN405A	Apply single pitch lead climbing skills on natural surfaces	20
SISOCLN406A	Apply multi pitch lead climbing skills on natural surfaces	20
SISOCLN407A	Establish belays for multi pitch climbing on natural surfaces	20
SISOCLN408A	Guide lead climbing activities on single pitch natural surfaces	30
SISOCLN409A	Instruct top rope climbs on natural surfaces	30
SISOCLN410A	Guide lead climbing activities on multi pitch natural surfaces	30
SISOCLN411A	Instruct lead climbing on single pitch natural surfaces	30
SISOCLN512A	Instruct lead climbing on multi pitch natural surfaces	30
SISOCNE201A	Demonstrate simple canoeing skills	25
SISOCNE202A	Perform deep water rescues	20
SISOCNE303A	Apply canoeing skills	30
SISOCNE304A	Apply inland canoeing skills on Grade 2 water	40
SISOCNE305A	Guide canoeing trips on flat and undemanding water	30
SISOCNE306A	Instruct canoeing skills on flat and undemanding water	30
SISOCNE307A	Guide canoeing trips on Grade 2 water	40
SISOCNE408A	Apply inland canoeing skills on Grade 3 water	40
SISOCNE409A	Instruct canoeing skills on Grade 2 water	40
SISOCNE410A	Guide canoeing trips on Grade 3 water	40
SISOCNE511A	Instruct canoeing skills on Grade 3 water	40
SISOCRP301A	Conduct a low ropes session	20
SISOCRP302A	Conduct a high ropes session	20
SISOCRP403A	Supervise a low ropes session	25
SISOCRP404A	Supervise a high ropes session	25
SISOCRP505A	Manage a low ropes course	30
SISOCRP506A	Manage a high ropes course	30
SISOCVE201A	Demonstrate caving skills	20

National Code	National Title	Nominal Hours
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	15
SISOCVE307A	Guide vertical single pitch caving trips	30
SISOCVE308A	Guide horizontal caving trips	30
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	20
SISOCVE417A	Instruct vertical single pitch caving skills	30
SISOCVE518A	Apply cave diving skills	20
SISOCVE519A	Apply sinkhole diving skills	20
SISOCVE520A	Apply sump diving skills	30
SISOCVE521A	Apply advanced cave diving skills	30
SISOCVE522A	Instruct vertical multi pitch caving skills	30
SISOCYT201A	Select, set up and maintain a bike	20
SISOCYT202A	Demonstrate basic cycling skills	30
SISOCYT303A	Apply on-road cycling skills	20
SISOCYT304A	Guide on-road cycle tours	20
SISOCYT405A	Apply overnight cycle touring skills	20
SISOCYT406A	Guide overnight and extended cycle tours	30
SISOCYT407A	Instruct cycle touring skills	30
SISODRV201A	Drive AWD/4WD vehicles on unsealed roads	20
SISODRV302A	Drive and recover a 4WD vehicle	25
SISODRV303A	Guide 4WD tours	30
SISODRV404A	Drive a 4WD vehicle in difficult terrain	25
SISODRV405A	Coordinate recovery of 4WD vehicles	20
SISODRV506A	Instruct four wheel driving skills	30
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

National Code	National Title	Nominal Hours
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	20
SISOEQO409A	Train and condition horses	20
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	25
SISOEQO418	Apply anatomy and physiology to equine performance	30
SISOEQO515A	Manage stable maintenance	20
SISOEQO516A	Manage the education of horses	20
SISOFSH201A	Catch and handle fish	20
SISOFSH202A	Select, catch and use bait	15
SISOFSH203A	Select, rig and use terminal tackle	25
SISOFSH204A	Select, use and maintain fishing tackle outfits	15
SISOFSH205A	Construct and work simple fishing lures	25
SISOFSH206A	Locate and attract fish	20
SISOFSH307A	Guide fishing trips	30
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	15
SISOFSH314A	Construct and repair fishing rods	15
SISOFSH315A	Demonstrate beach fishing skills	15
SISOFSH416A	Demonstrate marine inshore fishing skills	15
SISOFSH417A	Demonstrate marine offshore fishing skills	20
SISOINT201A	Conduct interpretation within an outdoor activity	30
SISOINT302A	Develop specialist resources for interpretive activities	30
SISOKYK201A	Demonstrate simple kayaking skills	25
SISOKYK302A	Apply kayaking skills	30
SISOKYK303A	Apply inland kayaking skills on Grade 2 water	40
SISOKYK304A	Guide kayaking trips on flat and undemanding water	30
SISOKYK305A	Guide kayaking trips on Grade 2 water	40

National Code	National Title	Nominal Hours
SISOKYK406A	Demonstrate inland kayaking skills on Grade 3 water	40
SISOKYK407A	Instruct kayaking skills on flat and undemanding water	30
SISOKYK408A	Instruct kayaking skills on Grade 2 water	40
SISOKYK409A	Guide kayaking trips on Grade 3 water	40
SISOKYK510A	Instruct kayaking skills on Grade 3 water	40
SISOKYS201A	Demonstrate simple sea kayaking skills	25
SISOKYS302A	Demonstrate sea kayaking skills	30
SISOKYS303A	Guide sea kayaking trips in easy to moderate conditions	30
SISOKYS304A	Demonstrate sea kayaking skills in moderate to difficult conditions	30
SISOKYS405A	Plan and navigate a sea kayaking inshore passage	30
SISOKYS406A	Instruct sea kayaking in easy to moderate conditions	30
SISOKYS407A	Guide sea kayaking trips in moderate to difficult conditions	40
SISOKYS408A	Instruct sea kayaking in moderate to difficult conditions	40
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	30
SISONAV201A	Demonstrate navigation skills in a controlled environment	20
SISONAV302A	Apply navigation skills in an intermediate environment	25
SISONAV403A	Navigate in uncontrolled environments	30
SISOODR201A	Assist in conducting outdoor recreation sessions	20
SISOODR302A	Plan outdoor recreation activities	15
SISOODR303A	Guide outdoor recreation sessions	20
SISOODR404A	Manage risk in an outdoor activity	25
SISOODR405A	Develop and coordinate programs incorporating outdoor activities	30
SISOODR506A	Evaluate policy for an outdoor organisation	20
SISOOPS201A	Minimise environmental impact	20
SISOOPS202A	Use and maintain a temporary or overnight site	20
SISOOPS303A	Interpret weather for marine environments	25
SISOOPS304A	Plan for minimal environmental impact	20
SISOOPS305A	Provide first aid in a remote location	35
SISOOPS306A	Interpret weather conditions in the field	30
SISOOPS407A	Apply search and rescue skills	30
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	15
SISOPWC303A	Ride personal water craft in moderate to difficult conditions	20

National Code	National Title	Nominal Hours
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	30
SISORAF301A	Guide a raft on moving water	20
SISORAF402A	Guide a raft on Grade 3 rapids	30
SISORAF403A	Guide a raft on Grade 4 rapids	40
SISORAF404A	Coordinate and manage white water rafting trips	30
SISORAF505A	Instruct rafting skills	30
SISOSCB301A	SCUBA dive in open water to a maximum depth of 18 metres	35
SISOSCB302A	Complete night dives	20
SISOSCB303A	Complete deep dives to between 18 and 40 metres	20
SISOSCB304A	Navigate prescribed routes underwater	20
SISOSCB305A	Complete underwater search and recovery dives	25
SISOSCB306A	Perform diver rescues	25
SISOSCB307A	Inspect and fill SCUBA cylinders	20
SISOSCB308A	Guide a SCUBA dive	50
SISOSCB309A	Complete dives off boats	20
SISOSCB310A	Complete an underwater video	15
SISOSCB311A	Take still photographs underwater	15
SISOSCB312A	Complete dry suit dives	15
SISOSCB313A	Complete computer aided dives	15
SISOSCB314A	Complete wreck dives	20
SISOSCB315A	Complete drift dives on SCUBA	25
SISOSCB316A	Dive at altitude greater than 300 metres	20
SISOSCB317A	Complete a dive using Enriched Air Nitrox	20
SISOSCB318A	Dive in open water using surface supplied air	35
SISOSCB419A	Instruct SCUBA diving skills	100
SISOSCB420A	Instruct specialised SCUBA diving skills	50
SISOSCB521A	Demonstrate technical diving	30
SISOSKB201A	Demonstrate snowboarding skills on beginner terrain	30
SISOSKB302A	Snowboard on intermediate terrain	40
SISOSKB303A	Guide day snowboarding activities	30
SISOSKB404A	Snowboard on advanced terrain	60
SISOSKB405A	Snowboard freestyle on advanced terrain	40
SISOSKB406A	Snowboard alpine-style on advanced terrain	40
SISOSKB407A	Instruct snowboarding	30
SISOSKB408A	Guide overnight snowboarding activities	40
SISOSKB509A	Snowboard off-piste	30

National Code	National Title	Nominal Hours
SISOSKI201A	Demonstrate alpine skiing skills downhill on beginner terrain	30
SISOSKI402A	Alpine ski downhill on intermediate terrain	40
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	30
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	30
SISOSKT304A	Guide day ski tours	20
SISOSKT305A	Apply snow craft skills for day touring	30
SISOSKT406A	Demonstrate advanced cross country skiing skills	30
SISOSKT407A	Overnight ski tour in difficult terrain using advanced ski touring skills	40
SISOSKT408A	Apply snow craft skills for overnight touring	40
SISOSKT409A	Apply intermediate cross country skiing skills	30
SISOSKT410A	Guide overnight ski tours	30
SISOSKT411A	Instruct cross country skiing	30
SISOSNK201A	Demonstrate snorkelling activities	20
SISOSNK302A	Guide snorkelling	20
SISOSNK403A	Instruct snorkelling skills	30
SISOSRF201A	Demonstrate surf survival and self rescue skills	20
SISOSRF202A	Demonstrate basic surfing manoeuvres in controlled conditions	20
SISOSRF303A	Perform intermediate level surfing manoeuvres	30
SISOSRF304A	Perform simple rescues in moderate surf conditions	20
SISOSRF305A	Guide surfing sessions	20
SISOSRF406A	Perform advanced level surfing manoeuvres	40
SISOSRF407A	Perform rescues in moderate to difficult surf conditions	30
SISOSRF408A	Guide surfing trips	20
SISOSRF409A	Instruct basic to intermediate surfing skills	30
SISOSRF410A	Instruct advanced surfing skills	30
SISOTBR201A	Select, set up and maintain an off-highway motorcycle	15
SISOTBR202A	Demonstrate basic off-highway motorcycling skills	20
SISOTBR303A	Apply advanced off-highway motorcycling skills	30
SISOTBR304A	Guide off-highway motorcycle tours	30
SISOTBR405A	Guide extended off-highway motorcycle tours	30
SISOTBR406A	Instruct basic off-highway motorcycling skills	30

National Code	National Title	Nominal Hours
SISOTBR507A	Instruct advanced off-highway motorcycling skills	30
SISOVTR301A	Perform vertical rescues	20
SISOVTR402A	Perform complex vertical rescues	40
SISOVTR403A	Instruct vertical rescue	30
SISOWWR201A	Demonstrate self rescue skills in white water	15
SISOWWR302A	Demonstrate white water rescues and recoveries	20
SISOWWR403A	Perform complex white water rescues and recoveries	30
SISOWWR404A	Instruct white water rescue	30
SISOYSA201A	Demonstrate basic sailboarding skills in controlled conditions	20
SISOYSA302A	Apply enhanced windsurfing skills in moderate conditions	30
SISOYSA303A	Use a sailboard in stronger winds	30
SISOYSA404A	Use long boards in difficult conditions	30
SISOYSA405A	Use short boards in difficult conditions	30
SISOYSA406A	Instruct windsurfing	30
SISOYSB201A	Demonstrate basic skills to sail a small boat in controlled conditions	20
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	30
SISSAFL201A	Perform the intermediate skills of Australian Football	20
SISSAFL202A	Perform the intermediate tactics of Australian Football	15
SISSAFL203A	Participate in conditioning for Australian Football	20
SISSAFL304A	Perform the advanced skills of Australian Football	40
SISSAFL305A	Perform the advanced tactics of Australian Football	30
SISSAFL406A	Teach the intermediate skills of Australian Football	45
SISSAFL407A	Teach the intermediate tactics of Australian Football	35
SISSATH201A	Teach the fundamental skills of athletics	45
SISSBS205	Interpret and apply the rules of basketball	30
SISSBSB201A	Teach fundamental basketball skills	40
SISSBSB202A	Teach fundamental basketball tactics and game strategy	40
SISSBSB303A	Teach intermediate level basketball skills	45
SISSBSB304A	Teach intermediate level basketball tactics and game strategy	40
SISSCKT201A	Perform the intermediate skills of cricket	30
SISSCKT202A	Perform the intermediate tactics and strategies of cricket	30
SISSCKT303A	Participate in conditioning for cricket	40
SISSCKT304A	Perform the advanced skills of cricket	40
SISSCKT305A	Perform the advanced tactics and strategies of cricket	40
SISSCKT306A	Teach the intermediate skills of cricket	45
SISSCKT307A	Teach the intermediate tactics and strategies of cricket	40

National Code	National Title	Nominal Hours
SISSCKT408A	Teach the advanced skills of cricket	40
SISSCKT409A	Teach the advanced tactics and strategies of cricket	40
SISSCNO201A	Perform the intermediate skills and tactics of canoeing	20
SISSCNO302A	Teach the intermediate skills and tactics of flatwater canoeing	30
SISSCNO303A	Teach the intermediate skills and tactics of whitewater canoeing	40
SISSCNO304A	Teach the intermediate skills and tactics of canoe polo	30
SISSCNO305A	Perform the advanced skills and tactics of canoeing	30
SISSCNO406A	Teach the advanced skills and tactics of flatwater canoeing	50
SISSCNO407A	Teach the advanced skills and tactics of slalom canoeing	50
SISSCOP201A	Prepare a pre or post event meal	20
SISSCOP202A	Develop a personal management plan	15
SISSCOP203A	Develop a travel and accommodation plan	10
SISSCOP204A	Develop personal media skills	20
SISSCOP205A	Develop a personal financial plan	10
SISSCOP306A	Prepare a sponsorship proposal	15
SISSCOP307A	Manage personal finances	20
SISSCOP308A	Model the responsibilities of an elite athlete	40
SISSCOP309A	Design an athlete's diet	20
SISSEQS301A	Demonstrate basic dressage, show jumping and cross-country riding	40
SISSEQS302A	Demonstrate basic dressage and show horse skills	40
SISSEQS303A	Teach the fundamental skills of riding	50
SISSEQS404A	Teach the intermediate skills of riding on the flat	40
SISSEQS405A	Teach the intermediate skills of riding over fences	40
SISSGLF201	Perform the A Grade skills of golf	40
SISSGLF202A	Apply the A Grade tactics and strategies of golf	40
SISSGLF307	Participate in conditioning for golf	20
SISSGLF314	Perform the advanced skills of golf	40
SISSGLF315	Apply the advanced tactics and strategies of golf	40
SISSGLF316	Interpret and apply the rules of golf at the advanced level	20
SISSGLF510	Fit and alter golf equipment	30
SISSGLF512	Manage the structure and facilitation of golf competitions and tournaments	40
SISSGLF517	Apply advanced skills, tactics and strategies of golf in high performance competition	40
SISSGLF518	Teach the advanced skills of golf	50
SISSGLF519	Teach the advanced tactics and strategies of golf	30
SISSGLF520	Design and implement junior development programs in golf	50
SISSGLF521	Manage on course golf operations	40
SISSGYN201A	Teach fundamental gymnastic skills	40
SISSGYN302A	Teach fundamental skills for infants	40

National Code	National Title	Nominal Hours
SISSMAR201A	Teach the intermediate skills of martial arts	45
SISSMAR402A	Teach the advanced skills of martial arts	45
SISSMAR503A	Teach the high performance skills of martial arts	45
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	40
SISSNTB305A	Use advanced level tactics and game strategy in netball play	20
SISSNTB306A	Use advanced level netball skills	30
SISSNTB407A	Teach intermediate level netball skills	50
SISSNTB408A	Teach intermediate level netball tactics and game strategy	40
SISSRGL201A	Use intermediate level Rugby League game skills	30
SISSRGL202A	Use intermediate level tactics and game strategy in Rugby League play	30
SISSRGL203A	Participate in conditioning for Rugby League	30
SISSRGL204A	Teach the skills of Rugby League for modified games	30
SISSRGL305A	Use advanced level Rugby League game skills	50
SISSRGL306A	Teach intermediate level Rugby League game skills	20
SISSRGL307A	Teach intermediate level Rugby League tactics and game strategy	20
SISSRGL308A	Use advanced level tactics and game strategy in Rugby League play	30
SISSRGL409A	Teach advanced level Rugby League game skills	30
SISSRGL410A	Teach advanced level Rugby tactics and game strategy	40
SISSRGL511A	Teach high performance Rugby League game skills	50
SISSRGL512A	Teach high performance Rugby League tactics and game strategy	50
SISSRGU201A	Perform foundation level Rugby Union skills	30
SISSRGU202A	Perform foundation level Rugby Union tactics and strategies	30
SISSRGU203A	Participate in conditioning for Rugby Union	30
SISSRGU204A	Officiate junior level Rugby Union	15
SISSRGU205A	Officiate local or district level Rugby Union	15
SISSRGU306A	Perform advanced level Rugby Union skills	50
SISSRGU307A	Perform advanced level Rugby Union tactics and strategies	30
SISSRGU308A	Teach Rugby Union tactics and strategies at a foundation level	20
SISSRGU309A	Teach Rugby Union skills at a foundation level	30
SISSRGU410A	Officiate advanced level Rugby Union	15
SISSSAI301A	Teach the basic tactics and strategies of sailing	50
SISSSAI402A	Teach the advanced tactics and strategies of sailing	30
SISSSCO101	Develop and update knowledge of coaching practices	20
SISSSCO202	Coach beginner or novice participants to develop fundamental motor skills	30
SISSSCO303	Plan and deliver coaching programs	15

National Code	National Title	Nominal Hours
SISSSCO304	Customise coaching for athletes with specific needs	100
SISSSCO305	Implement selection policies	20
SISSSCO306	Provide drugs in sport information	20
SISSSCO307	Provide nutritional information to athletes	40
SISSSCO308	Support athletes to adopt principles of sports psychology	40
SISSSCO409	Work collaboratively with support personnel	20
SISSSCO410	Implement a talent identification program	20
SISSSCO411	Apply self-management to intermediate level coaching	20
SISSSCO512	Assist athlete to prevent and manage injury and illness	20
SISSSCO513	Plan and implement high performance training and recovery programs	40
SISSSDE201	Communicate effectively with others in a sport environment	15
SISSSDE502	Design and implement strategies to increase participation	40
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	60
SISSSOF203	Judge competitive situations	20
SISSSOF304	Roster officials	20
SISSSOF305	Officiate in a high performance environment	50
SISSSOF306	Apply self-management to enhance high performance officiating	20
SISSSOF307	Coach officials	30
SISSSPA301A	Coordinate regional touring athletes	20
SISSSPA402A	Coordinate international touring athletes	40
SISSSPA403A	Administer a team or group	20
SISSSPA404A	Implement accreditation and registration systems	40
SISSSPA505A	Coordinate team or group management	30
SISSSPA506A	Coorindate team or group administration	30
SISSSPT201A	Implement sports injury prevention	10
SISSSPT302A	Provide initial management of sports injuries	30
SISSSPT303A	Conduct basic warm-up and cool-down programs	10
SISSSPT304A	Tape ankle, thumb and fingers	35
SISSSPT305A	Support sports injury management	10
SISSSPT306A	Deal with medical conditions in a sport setting	10
SISSSPT307A	Conduct advanced taping	30
SISSSQU201A	Teach the fundamental skills of squash	30
SISSSQU202A	Teach the basic tactics and strategies of squash	30
SISSSQU303A	Teach the intermediate skills of squash	50

National Code	National Title	Nominal Hours
SISSSQU304A	Teach the intermediate tactics and strategies of squash	30
SISSTC301A	Instruct strength and conditioning techniques	60
SISSTC402A	Develop strength and conditioning programs	40
SISSSUR201A	Teach the basic skills of surf life saving	40
SISSSUR202A	Officiate beginner level surf life saving competitions	20
SISSSUR303A	Teach the intermediate skills of surf life saving	40
SISSSUR304A	Officiate intermediate level surf life saving competitions	20
SISSSUR405A	Teach the advanced skills of surf life saving	40
SISSSUR406A	Officiate advanced level surf life saving competitions	25
SISSSWM301A	Teach the competitive strokes of swimming	50
SISSSWM302A	Plan a program for a competitive swimmer	40
SISSSWM303A	Teach the advanced skills of competitive swimming	60
SISSTNS204	Conduct red stage tennis activities	20
SISSTNS205	Interpret and apply the rules and regulations of tennis	10
SISSTNS206	Develop and update knowledge of tennis development programs	15
SISSTNS307	Coach red stage tennis players	30
SISSTNS308	Coach orange stage tennis players	30
SISSTNS309	Coach green stage tennis players	30
SISSTNS410	Coach stroke production for intermediate tennis players	40
SISSTNS411	Coach tactics for intermediate tennis players	40
SISSTNS512	Coach stroke production for high performance tennis players	50
SISSTNS513	Coach tactics for high performance tennis players	50
SISSTOU201A	Perform the intermediate skills of Touch	30
SISSTOU202A	Perform the intermediate tactics and strategies of Touch	30
SISSTOU303A	Teach the intermediate skills of Touch	30
SISSTOU304A	Teach the intermediate tactics and strategies of Touch	30
SISSTPB201A	Teach fundamental tenpin bowling skills	20
SISSVOL301A	Teach the intermediate skills of volleyball	40
SISSVOL302A	Teach the intermediate tactics and strategies of volleyball	20
SISSVOL403A	Teach the advanced skills of volleyball	40
SISSVOL404A	Teach the advanced tactics and strategies of volleyball	30
SISXCAI101A	Provide equipment for activities	10
SISXCAI102A	Assist in preparing and conducting sport and recreation sessions	15
SISXCAI303A	Plan and conduct sport and recreation sessions	60
SISXCAI304A	Plan and conduct sport and recreation programs	50
SISXCAI305A	Conduct individualised long-term training programs	40
SISXCAI306A	Facilitate groups	20
SISXCCS201A	Provide customer service	10

National Code	National Title	Nominal Hours
SISXCCS202	Process entry transactions	15
SISXCCS402A	Coordinate client service activities	10
SISXCCS403A	Determine needs of client populations	15
SISXCCS404A	Address client needs	10
SISXEMR201A	Respond to emergency situations	15
SISXEMR402A	Coordinate emergency responses	20
SISXFAC207	Maintain sport and recreation equipment for activities	15
SISXFAC208	Maintain sport and recreation facilities	20
SISXFAC303A	Implement facility maintenance programs	20
SISXFAC404A	Coordinate facility and equipment acquisition and maintenance	20
SISXFAC409	Plan and provide sport and recreational services	20
SISXFAC506A	Manage stock supply and purchase	40
SISXIND101A	Work effectively in sport and recreation environments	40
SISXIND211	Develop and update sport, fitness and recreation industry knowledge	20
SISXIND402	Analyse legal knowledge for organisation governance	40
SISXIND403A	Analyse participation patterns	10
SISXIND404A	Promote compliance with laws and legal principles	30
SISXIND405A	Conduct projects	20
SISXIND406A	Manage projects	20
SISXIND408	Select and use technology for sport, fitness and recreation	20
SISXIND409	Organise a sport, fitness or recreation event	40
SISXIND410	Coordinate sport, fitness or recreation work teams or groups	20
SISXIND507A	Manage education initiatives	20
SISXRES301A	Provide public education on the use of resources	25
SISXRES402A	Support implementation of environmental management practices	20
SISXRES403A	Use resources efficiently	15
SISXRES504A	Conserve and re-establish natural systems	30
SISXRES505A	Achieve sustainable land management	30
SISXRES506A	Undertake open-space planning	30
SISXRES507A	Design and maintain the built environment	30
SISXRSK301A	Undertake risk analysis of activities	15
SISXRSK502A	Manage organisational risks	20
SISXWHS101A	Follow work health and safety policies	10
SISXWHS402A	Implement and monitor work health and safety policies	20
SISXWHS503A	Establish and maintain work health and safety systems	15

Mapping Qualifications

The following table provides an overview of the qualifications from Version 3.1 of the SIS10 Sport, Fitness and Recreation Training Package which replace qualifications from the existing version of the Training Package.

Version 3.0 Current Qualification				Version 3.1 Replacement Qualification		
National Code	National Title	Nominal Hours	E/ NE	National Code	National Title	Nominal Hours
No changes occurred between version 3.0 and 3.1						

Mapping Units of Competency

The following table provides an overview of the units of competency from Version 3 which are replaced by the units of competency from Version 3.1 of the SIS10 Sport, Fitness and Recreation Training Package

Version 3 Current Unit			Version 3.1 Replacement Unit			
National Code	National Title	Nominal Hours	E/ NE	National Code	National Title	Nominal Hours
No changes occurred between version 3.0 and 3.1						