

# **SIS SPORT, FITNESS AND RECREATION TRAINING PACKAGE**

**Version 2.1**

**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 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 2.1 of the SIS Sport, Fitness and Recreation Training Package was released by Training.Gov.Au (TGA) on the 6 July 2016**

## 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](http://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

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## 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 version 2.1 which replace qualifications from the existing version of the SIS Sport, Fitness and Recreation Training Package

v2.0 Current Qualification				v2.1 Replacement Qualification		
National Code	National Title	Nominal Hours	E / NE	National Code	National Title	Nominal Hours
	No changes occurred between version 2 and 2.1					



## Mapping Units of Competency

The following table provides an overview of the units from version 2.1 which replaces units from the existing version of the SIS Sport, Fitness and Recreation Training Package

v2.0 Current Unit		v2.1 Replacement Unit				
National Code	National Title	Nominal Hours	E / NE	National Code	National Title	Nominal Hours
	<b>No changes occurred between version 2 and 2.1</b>					