

SIS SPORT, FITNESS AND RECREATION
TRAINING PACKAGE
Version 3
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 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 of the SIS Sport, Fitness and Recreation Training Package was released by Training.Gov.Au (TGA) on the 19/12/2017

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

For Training Package content information, please contact:
Training Curriculum Services
Tel: (08) 6551 5541
Email: trainingpackages@dtwd.wa.gov.au

Qualifications and Nominal Hours

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

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 training package.

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
SISO EQU001	Handle horses	25
SISO EQU002	Ride horses using fundamental skills	70
SISO EQU003	Ride horses on tracked trail rides	20
SISO EQU004	Ride horses on untracked trail rides	25

SISOEQU005	Guide horse trail rides in tracked areas	45
SISOEQU006	Guide horse trail rides in untracked areas	35
SISOEQU007	Instruct horse handling skills	35
SISOEQU008	Instruct fundamental horse riding skills	55
SISOEQU009	Instruct the advancement of recreational horse riding skills	35
SISOEQU010	Identify hazards, assess and control safety risks for horse handling and riding activities	25
SISOEQU011	Manage horse illness and injury in remote areas	20
SISOEQU012	Assess horses for sport or recreational performance	35
SISOEQU013	Condition horses for sport or recreational performance	45
SISOEQU014	Determine nutritional requirements for sport or recreational horses	35
SISOEQU015	Acquire and educate horses for sport or recreational programs	70
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

Skill Sets and Nominal Hours

The following table provides a summary of the skill sets and nominal hours in the training package.

National Code	National Title	Nominal Hours
SISSS00001	Abseiling Guide Multi Pitch (Natural Surfaces)	515
SISSS00002	Abseiling Guide Single Pitch (Natural Surfaces)	295
SISSS00003	Abseiling Guide Single Pitch (Artificial Surfaces)	285
SISSS00004	Abseiling Instructor Multi Pitch (Artificial Surfaces)	415
SISSS00005	Abseiling Instructor Multi Pitch (Natural Surfaces)	585
SISSS00006	Abseiling Instructor Single Pitch (Artificial Surfaces)	355
SISSS00007	Abseiling Instructor Single Pitch (Natural Surfaces)	365
SISSS00008	Advanced Coach	470
SISSS00009	Advanced Officiating	120
SISSS00012	Bushwalk Specialist - Alpine	350
SISSS00013	Bushwalk Specialist - Arid	360
SISSS00014	Bushwalk Specialist - Tropical	360
SISSS00015	Bushwalking Guide Controlled Environment	265
SISSS00016	Bushwalking Guide Uncontrolled Environment	475
SISSS00017	Bushwalking Guide Intermediate Environment	365
SISSS00018	Canoeing Guide Flat Water	330
SISSS00019	Canoeing Guide White Water Grade 2	385
SISSS00020	Canoeing Guide White Water Grade 3	475
SISSS00021	Canoeing Instructor Flat Water	420
SISSS00022	Canoeing Instructor White Water Grade 2	485
SISSS00023	Canoeing Instructor White Water Grade 3	530
SISSS00024	Canyoning Guide (Multi Pitch)	545
SISSS00025	Canyoning Guide (Single Pitch)	385

SISSS00026	Canyoning Instructor (Single and Multi Pitch)	585
SISSS00027	Caving Guide - Multi Pitch	520
SISSS00028	Caving Guide - Single Pitch	480
SISSS00029	Caving Instructor - Multi Pitch	565
SISSS00030	Caving Instructor - Single Pitch	565
SISSS00032	Challenge Ropes Course Conductor (High Ropes)	210
SISSS00033	Challenge Ropes Course Conductor (Low Ropes)	210
SISSS00034	Challenge Ropes Course Manager (High Ropes)	380
SISSS00035	Challenge Ropes Course Manager (Low Ropes)	380
SISSS00036	Challenge Ropes Course Supervisor (High Ropes)	350
SISSS00037	Challenge Ropes Course Supervisor (Low Ropes)	330
SISSS00039	Climbing Guide (Artificial Surfaces) Top Rope	255
SISSS00040	Climbing Guide (Natural Surfaces) Multi Pitch Lead	445
SISSS00041	Climbing Guide (Natural Surfaces) Single Pitch Lead	350
SISSS00042	Climbing Guide (Natural Surfaces) Top Rope	280
SISSS00046	Climbing Instructor (Artificial Surfaces) Top Rope	390
SISSS00047	Climbing Instructor (Natural Surfaces) Multi Pitch Lead	515
SISSS00048	Climbing Instructor (Natural Surfaces) Single Pitch Lead	420
SISSS00049	Climbing Instructor (Natural Surfaces) Top Rope	335
SISSS00050	Community Coach	65
SISSS00051	Community Coach - Tennis	80
SISSS00052	Cycle Tour Guide On-Road (Day Tours)	295
SISSS00053	Cycle Tour Guide On-Road (Overnight and Extended Tours)	430
SISSS00054	Cycle Tour Instructor On-Road (Overnight and Extended Tours)	460
SISSS00055	Four Wheel Driving Guide	375
SISSS00056	Four Wheel Driving Guide Advanced	445
SISSS00058	Golf Officiating	280
SISSS00059	Horse Program Manager	555

SISSS00060	Horse Riding Assistant Instructor	145
SISSS00061	Horse Riding Instructor	450
SISSS00062	Horse Riding Instructor - Senior	565
SISSS00063	Intermediate Coach	255
SISSS00064	Kayaking Guide Flat Water	355
SISSS00065	Kayaking Guide White Water Grade 3	435
SISSS00066	Kayaking Guide White Water Grade 2	345
SISSS00067	Kayaking Instructor Flat Water	445
SISSS00068	Kayaking Instructor White Water Grade 2	465
SISSS00069	Kayaking Instructor White Water Grade 3	515
SISSS00070	Mountain Bike Guide (Controlled to Intermediate Environment)	300
SISSS00071	Mountain Bike Guide (Intermediate Environment)	385
SISSS00072	Mountain Bike Instructor (Intermediate Environment)	435
SISSS00073	Officiating - Basketball Referee	125
SISSS00074	Officiating - Dynamic	110
SISSS00075	Officiating - Static	70
SISSS00076	Organisation Governance - Board	360
SISSS00077	Organisation Governance - Committee	145
SISSS00079	Rugby Union Officiating	215
SISSS00080	Sea Kayaking Guide Easy to Moderate Conditions	375
SISSS00081	Sea Kayaking Guide Moderate to Difficult Conditions	410
SISSS00082	Sea Kayaking Instructor Easy to Moderate Conditions	445
SISSS00083	Sea Kayaking Instructor Moderate to Difficult Conditions	490
SISSS00084	Skiing Cross Country Instructor Advanced	405
SISSS00085	Skiing Cross Country Instructor Intermediate	535
SISSS00086	Skiing Downhill Instructor	440
SISSS00087	Skiing Guide Overnight Intermediate Ski Touring	435
SISSS00088	Skiing Guide Overnight Ski Touring	505

SISSS00090	Skiing Instructor Downhill Telemarking	370
SISSS00093	Sports Trainer Level 1	145
SISSS00094	Surf Life Saving Officiating	245
SISSS00098	Trail Bike Guide	360
SISSS00101	Trail Bike Riding Instruct Advanced Skills	435
SISSS00103	Trail Boss - Day Rides	515
SISSS00104	Trail Boss - Overnight Rides	760
SISSS00105	Trail Guide Assistant	170
SISSS00106	Trail Guide - Day Rides	390
SISSS00107	Trail Guide - Overnight Rides	525
SISSS00108	Wilderness First Aid	100
SISSS00110	Aquatic Technical Operator	110
SISSS00111	Pool Lifeguard	115
SISSS00112	Swimming and Water Safety Teacher	70
SISSS00113	Group Exercise Leader	135

Mapping Qualifications

The following table provides an overview of the qualifications from version 3 which replace qualifications from the existing version of the SIS Sport, Fitness and Recreation Training Package

Current Qualification				Replacement Qualification		
National Code	National Title	Nominal Hours	E / NE	National Code	National Title	Nominal Hours

No changes occurred between version 2.1 and version 3

Mapping Units of Competency

The following table provides an overview of the Units of Competency from version 3 which replace units from the existing version of the SIS Sport, Fitness and Recreation Training Package

Current Unit				Replacement Unit		
National Code	National Title	Nominal Hours	E / NE	National Code	National Title	Nominal Hours
SISOEQO201A	Handle horses	20	NE	SISOEQU001	Handle horses	25
SISOEQO202A	Demonstrate basic horse riding skills	20	NE	SISOEQU002	Ride horses using fundamental skills	70
SISOEQO305A	Ride horses in tracked areas	25	NE	SISOEQU003	Ride horses on tracked trail rides	20
SISOEQO411A	Ride horses in remote areas	25	NE	SISOEQU004	Ride horses on untracked trail rides	25
SISOEQO306A	Guide day horse trail rides in tracked areas	20	NE	SISOEQU005	Guide horse trail rides in tracked areas	45
SISOEQO410A	Guide overnight horse trail rides in tracked areas	25	NE			
SISOEQO413A	Guide trail rides in remote areas	30	NE	SISOEQU006	Guide horse trail rides in untracked areas	35
SISOEQO317	Supervise horse handling	20	NE	SISOEQU007	Instruct horse handling skills	35
SISSEQS303A	Teach the fundamental skills of riding	50	NE	SISOEQU008	Instruct fundamental horse riding skills	55
SISOEQO303A	Conduct horse riding sessions in an arena	45	NE			
SISOEQO414A	Instruct horse riding and handling skills	25	NE	SISOEQU009	Instruct the advancement of recreational horse riding skills	35
			New	SISOEQU010	Identify hazards, assess and control safety risks for horse handling and riding activities	25
SISOEQO412A	Manage horse illness and injuries in remote areas	20	NE	SISOEQU011	Manage horse illness and injury in remote areas	20
SISOEQO418	Apply anatomy and physiology to equine performance	30	NE	SISOEQU012	Assess horses for sport or recreational performance	35
SISOEQO409A	Train and condition horses	20	NE	SISOEQU013	Condition horses for sport or recreational performance	45
SISOEQO408A	Determine nutritional requirements for horses	20	NE	SISOEQU014	Determine nutritional requirements for sport or recreational horses	35
SISOEQO516A	Manage the education of horses	20	NE	SISOEQU015	Acquire and educate horses for sport or recreational programs	70
SISOEQO407A	Select horses for a program	20	NE			

Mapping Skill Sets

The following table provides an overview of the skill sets from version 3 which replace skill sets from the existing version of the SIS Sport, Fitness and Recreation Training Package.

Current					Replacement		
National Code	National Title	Apprenticeship	Nominal Hours	E / NE	National Code	National Title	Nominal Hours

No changes occurred between version 2.1 and version 3

Apprenticeships

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

Current					Replacement		
National Code	National Title	Apprenticeship	Nominal Hours	E / NE	National Code	National Title	Nominal Hours

No changes occurred between version 2.1 and version 3

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.

Current					Replacement			
National Code	National Title	Traineeship	Nominal Hours	E / NE	National Code	National Title	Nominal Hours	

No changes occurred between version 2.1 and version 3

Pre-Apprenticeships

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

		Current			Replacement		
National Code	National Title	Pre-Apprenticeship	Nominal Hours	E / NE	National Code	National Title	Nominal Hours

No changes occurred between version 2.1 and version 3