

HEALTH AND PHYSICAL EDUCATION



You have:	TASC subjects	May lead to:
No previous experience	Personal Care 1	Personal Health and Wellbeing 2
No previous experience	Physical Recreation 1	Athlete Development 2 Sport Science 2
	Outdoor Experiences 1	Outdoor Education 2
Participated in a recognised sporting competition	Athlete Development 2	Further study
An interest in the area	Outdoor Education 2	Outdoor Leadership 3
Interest in improving your health and wellbeing	Personal Health and Wellbeing 2	Health Studies 3
No previous experience	Sport Science Foundation 2	Employment
'A/B' (or 'C' in consultation with teachers) in Year 10 Australian Curriculum English	Health Studies 3	Study and careers in education and a wide range of health-related areas
Outdoor Education 2	Outdoor Leadership 3	Further study
'A/B' (or 'C' in consultation with teachers) in Year 10 Australian Curriculum English, or Sport Science Foundation 2	Sport Science 3	
To be in Year 12 or 13	Sport Management (University College Program)	

level 1 level 2 level 3

HEALTH AND PHYSICAL EDUCATION



You have:	VET programs	May lead to:
An interest in the area	Discover Your Personal Style — Statement of Attainment for selected units from Certificate II in Retail Cosmetics	Further study
	Personal Image Artistry — Statement of Attainment for selected units from the Certificate II in Retail Cosmetics	
An interest in Australian Defence Forces	Certificate I in Defence Force Cadets	Entry into Army, Navy, Air Force, Police, Fire and Ambulance Services
An interest in the area and an appropriate level of physical ability	Certificate I in Sport and Recreation	Further study in the area
An interest in the area	Certificate II in Salon Assistant	Employment/Apprenticeship
An interest in the area and an appropriate level of physical capability	Certificate II in Outdoor Recreation	Employment Further study in the area
	Certificate II in Sport and Recreation	Further study in the area
	Certificate II in Sport Coaching	Further study in the area
An interest in the area	Introduction to Nursing — Statement of Attainment for selected units from the Certificate III in Health Services Assistance	Certificate III in Individual Support, Community Services or nursing qualifications
	Certificate III in Individual Support	Certificate IV in Ageing Support
Certificate I in Sport and Recreation	Certificate III in Fitness	Certificate IV in Fitness
An interest in the area	Certificate III in Aquatics and Community Activities	Further study in the area

level 1 level 2 level 3

TASC subjects

Personal Care I

PERI10113

YOU WILL LEARN ABOUT:

- Interpersonal relationship skills
- Basic health and hygiene
- Behaviours that impact on personal wellbeing
- Protective strategies to help achieve health and wellbeing
- Links with local community resources and support agencies.

YOU DO THIS BY STUDYING:

- Your health and general wellbeing, including personal fitness
- Personality, gender roles, emotions and emotional management
- Communication skills, interpersonal skills, and relationships
- Personal grooming and body image, including diet and nutrition
- Risk-taking behaviour.

LEARNING ACTIVITIES MAY INCLUDE:

- Assignments and practical tasks.

TO ENROL IN THIS SUBJECT YOU NEED:

- No previous experience.

THIS SUBJECT:

- Will help you develop your personal and interpersonal skills
- Provides a pathway to *Personal Health and Wellbeing 2*.
- Contributes 10 credit points towards your Tasmanian Certificate of Education.

Physical Recreation I

RECI10113

YOU WILL LEARN ABOUT:

- The benefits of an active and healthy lifestyle
- Communication, cooperation and leadership skills.

YOU DO THIS BY STUDYING:

- Sport, fitness and recreational activities.

LEARNING ACTIVITIES MAY INCLUDE:

- A wide range of team and individual sports as well as recreational activities (activities are planned to suit the size and dynamics of the class as well as available facilities on campus and in the community)
- Activities to facilitate the development of skills, knowledge and fitness in a safe and inclusive learning environment.

TO ENROL IN THIS COURSE YOU NEED:

- To enjoy being, or want to be, healthy and active.

THIS SUBJECT:

- Provides a pathway to the practical components of the more academic subjects of *Athlete Development 2* or *Sport Science 2* in year 12
- Develops greater fitness and wellbeing
- Contributes 10 credit points towards the Tasmanian Certificate of Education.

Outdoor Experiences I

OXPI05113

YOU WILL LEARN ABOUT:

- Skills to allow for safe and responsible outdoor recreation practice
- Safety management practices for specific outdoor recreation activities
- Basic navigation techniques
- Weather, as it affects outdoor recreation in Tasmania
- Sustainable practice
- Self-awareness and planning skills.

YOU DO THIS BY STUDYING:

- A wide selection of outdoor recreation activities including land-based and aquatic environments.

LEARNING ACTIVITIES MAY INCLUDE:

- Participating in a selection of land-based and/or aquatic outdoor activities
- Developing specific skills, group cooperative skills, leadership and self-confidence in a range of outdoor activities.

TO ENROL IN THIS SUBJECT YOU NEED:

- An appropriate level of physical capacity and willingness to undertake outdoor activities.

THIS SUBJECT:

- Provides a pathway to *Outdoor Education 2*.
- Contributes 5 credit points towards the Tasmanian Certificate of Education.



Athlete Development 2

ATH215113

YOU WILL LEARN ABOUT:

- Developing a sport specific, well-organised, systematic training program
- Developing and maintaining a level of physical conditioning to achieve optimal sporting performance
- Setting goals and outlining ways in which these can be achieved
- How basic physical, psychological and social factors influence sporting performance
- Basic sports nutrition
- How various recovery methods affect performance
- Strategies to reduce the incidence of injury and how to manage injuries.

YOU DO THIS BY STUDYING:

- Sport-specific conditioning (physical preparation and recovery)
- Personal performance through a range of methods
- Sports knowledge tutorials focusing on a variety of topics specific to enhancing sporting performance.

LEARNING ACTIVITIES MAY INCLUDE:

- Specialist training under the direction of a coach
- Individualised learning opportunities focused on individual sporting performance.

TO ENROL IN THIS SUBJECT YOU NEED:

- To play in a recognised sporting competition in the year of undertaking the course
- To be highly motivated to improve individual sporting performance.

THIS SUBJECT:

- Provides a pathway to ongoing study in the areas of physical education, sport science, health studies, human movement, exercise science and personal training
- Contributes 15 credit points towards the Tasmanian Certificate of Education.

Personal Health and Wellbeing 2

PER215113

YOU WILL LEARN ABOUT:

- The concept of self and individuality
- Diet and nutrition
- Risk taking and making informed personal choices
- Personal fitness and the value of exercise
- Lifestyle diseases and their associated risk factors.

YOU WILL DO THIS BY STUDYING:

- Personality and learning styles
- Diet and healthy eating choices
- Risk taking and adolescent behaviours, including sexuality and drugs
- Lifestyle choices and personal health issues.

LEARNING ACTIVITIES MAY INCLUDE:

- Evaluation by self, peer and teacher
- Maintaining a folio of class work and experiences
- Individual and group investigation projects
- Participation in a variety of recreational activities.

TO ENROL IN THIS SUBJECT YOU NEED:

- A keen interest in improving personal health and wellbeing
- A willingness to be active and to participate fully in recreational activities.

THIS SUBJECT:

- Exposes you to a wide range of realistic lifelong recreational and lifestyle options
- Provides a pathway to *Health Studies 3*
- Contributes 15 credit points towards the Tasmanian Certificate of Education.

Outdoor Education 2

EXP215113

YOU WILL LEARN ABOUT:

- Technical knowledge and safety skills required to participate in either:
 - » Adventure recreation activities, or
 - » Expedition, or both
- Personal and interpersonal skills
- Understanding and caring for our natural environment.

YOU DO THIS BY STUDYING:

- First aid
- Navigation
- Weather interpretation
- Nutrition
- Planning and risk management.

LEARNING ACTIVITIES MAY INCLUDE:

- A variety of in the field and classroom-based experiences, such as preparation for adventure activities and/or expeditions, problem solving and team building exercises
- Activities may include kayaking, rock climbing, bush walking, abseiling, caving, snorkelling, surfing, mountain biking and/or self-contained expeditions
- Overnight self-contained land and/or water journey-based expeditions (expedition strand).

TO ENROL IN THIS SUBJECT YOU NEED:

- A committed approach to in-class learning and active participation
- Time management skills
- Organisational skills that enable significant participation in at least five different outdoor activities.

THIS SUBJECT:

- Provides some unique and challenging experiences for students seeking real adventure
- Provides a sense of achievement and satisfaction
- Develops personal, interpersonal and technical skills
- Provides a pathway to *Outdoor Leadership 3*.
- Contributes 15 credit points towards the Tasmanian Certificate of Education.

Sport Science - Foundation 2

SPT215113

YOU WILL LEARN ABOUT:

- Factors that influence individual and community participation in sport
- The positive benefits of participation and involvement in physical activity
- Maintaining a level of fitness to support an active lifestyle
- An understanding of rules, regulations and safety considerations in a sporting context
- Knowledge and skills that facilitate involvement in coaching, officiating and administrative roles.

YOU DO THIS BY STUDYING:

- Sports knowledge
- Involvement in sport
- Fitness
- Body systems
- Performance
- Sport in society.

LEARNING ACTIVITIES MAY INCLUDE:

- Class assignments, tests and an individual research project
- Roster management
- Participating in different in-class sports and recreational activities
- Taking small group activities
- Visiting local recreational facilities.

TO ENROL IN THIS SUBJECT YOU NEED:

- No previous experience.

THIS SUBJECT:

- Provides relevant experience for students who plan to undertake traineeships in Sport and Recreation, Community Activities and Fitness
- Provides a pathway to *Sport Science 3*
- Contributes 15 points towards the Tasmanian Certificate of Education.

Health Studies 3

HLT315108

YOU WILL LEARN ABOUT:

- Personal, Australian and global health issues leading to a global perspective of health
- The physical, social, emotional and spiritual elements of health and how they are related
- How the media and community respond and shape health issues
- How technology impacts on the health of individuals in the 21st century.

YOU DO THIS BY STUDYING:

- What health is and the indicators of good health
- Health choices (including drugs and sexuality issues) and risk taking
- Health of Australians and the factors influencing health
- National health priorities and Australia's health care system
- Global health with regard to less developed and more developed countries
- Millennium development goals, primary health care and foreign aid
- Groups of people experiencing inequalities in regard to their health.

LEARNING ACTIVITIES MAY INCLUDE:

- Personal/group investigations
- Poster construction
- Visits by leading health care individuals and organisations
- Reviewing current research
- Assignments.

TO ENROL IN THIS SUBJECT YOU NEED:

- A/B in Year 10 Australian curriculum English.

THIS SUBJECT:

- Provides students with a pathway to further tertiary studies in faculties of education (Health and Physical Education), health science and the arts, and vocational study in areas such as community services and health, including aged care and health support, children's services, community and disability services, and enrolled nursing
- Develops skills, knowledge and values for a healthy lifestyle
- Contributes 15 points towards the Tasmanian Certificate of Education.

Outdoor Leadership 3

EXP315113

YOU WILL LEARN ABOUT:

- Knowledge and skills required to plan for activities and lead groups
- Adventure activity skills and knowledge through participating in outdoor activities
- Knowledge of how humans interact with the natural environment.

YOU DO THIS BY STUDYING:

- The theory and development of leadership
- Emergency and risk management procedures
- The planning of outdoor experiences
- Environmental management to ensure sustainable practices
- Humans experiences and relationships to the natural environment
- The application of leadership theory through a range of practical outdoor activities.

LEARNING ACTIVITIES MAY INCLUDE:

- Planning, leading and managing an outdoor experience for a group (negotiated project)
- A variety of field and classroom-based experiences involving the planning of activities, problem solving and research tasks
- Kayaking, rock climbing, bushwalking, abseiling, caving, snorkelling, surfing and mountain biking.

TO ENROL IN THIS SUBJECT YOU NEED:

- A dedicated and enthusiastic approach to participate in adventure experiences
- A willingness to study and develop leadership knowledge and skills
- A background in outdoor recreation or good results in *Outdoor Education 2* is desirable but not essential.

THIS SUBJECT:

- Provides a pathway to further study in TasTAFE programs or university courses, outdoor leadership qualifications and employment in any industry requiring leadership.
- Contributes 15 points towards the Tasmanian Certificate of Education.

Sport Science 3

SPT315113

YOU WILL LEARN ABOUT:

- Factors affecting sports performance
- The way we learn sports skills
- The effects of training on human performance
- The inter-relationships between physiology, skill acquisition and sports psychology and their effect on performance.

YOU DO THIS BY STUDYING:

- Sport psychology including goal setting, motivation, stress and anxiety and visualisation
- Exercise physiology, energy systems, recovery, training programs (and their effects)
- Skill acquisition with regard to motor skills, information processing, feedback and movement analysis.

LEARNING ACTIVITIES MAY INCLUDE:

- Assignments and tests
- Presentations
- Practical lab work
- Scientific study.

TO ENROL IN THIS SUBJECT YOU NEED:

- A/B (or C in consultation with teachers) in Year 10 Australian Curriculum English or *Sport Science Foundation 2*.

THIS SUBJECT:

- Is an excellent introduction for further university study in physical education (Health and Physical Education), exercise science and careers in sports science, physiotherapy, nursing, sports coaching, teaching, the police force, and the armed services
- Contributes 15 points towards your Tasmanian Certificate of Education.

Sport Management (University College Program)

BMA114 (Level 3)

YOU WILL LEARN ABOUT:

- A wide range of sport and recreational businesses that contribute globally to a multi-billion dollar industry. In Australia, sport and recreation is a 10 billion dollar business, and according to ABS data, over 275,000 people are employed in sport and/or recreational organisations. This course will examine and explain the business of sport and recreation by analysing the economic, legal, governance and success models in various sports and recreation organisations.

YOU DO THIS BY STUDYING:

- The basic principles of sport management and their practical application to sporting organisations
- The future of sport in Australia and around the world
- The risky aspects of sport management risk analysis
- Stadium and facility management
- Marketing and specifically neuromarketing and the role of social media in sport
- Money, player agent management and media rights
- The cultural, social and community side of sports
- MegaEvents Olympics, World Cups, X-Games
- The rising level of obesity in the world and our role as sport administrators to do something about this.

LEARNING ACTIVITIES MAY INCLUDE:

- Essay and report writing
- Group discussions and presentations
- Interviews, blogs or journals, use of social media
- Reflection on learning
- Tests and quizzes, assignments
- Development of university-specific study skills and techniques
- Case study, research essays and literature reviews
- Work throughout the year will create your capstone assessment which will be assessed by your teacher and University of Tasmania staff.

Note: there is no external examination for this pre-tertiary subject

TO ENROL IN THIS SUBJECT YOU NEED:

- Successful completion of an English Level 3 subject in Year 11 is highly recommended.

THIS SUBJECT:

- Will introduce students to the different managerial and administrative components of the sport industry at local, state, national and international levels
- Aims to equip the student with a framework and tools with which to understand, and evaluate, the business side of a wide range of sports and recreation ventures
- Is offered as part of the University of Tasmania's University College Program and counts towards both your TCE and ATAR. Successful completion of this subject may give you the opportunity to gain credit towards a University of Tasmania course.

For more information, please visit the University's website and discuss your University College Program course options with a teacher or course counsellor at your school.

VET programs

All certificate programs contribute credit points for the Tasmanian Certificate of Education. The number of credit points is dependent on the units of competence. For details view the TASC course planner at: www.tasc.tas.gov.au/3666

Discover Your Personal Style

Statement of Attainment for selected units from a Certificate II in Retail Cosmetics SHB20116

YOU WILL LEARN ABOUT:

- Career pathways in the following areas:
 - » Beauty
 - » Nail technology
 - » Hairdressing
 - » Modelling
 - » Interpersonal communication.

YOU DO THIS BY STUDYING:

- How to apply your own hair and makeup
- How to maintain health for personal and professional effectiveness.

LEARNING ACTIVITIES MAY INCLUDE:

- Participating in a photo shoot as a model
- Practical class work and theory
- Workshops and guest speakers
- Excursions.

TO ENROL IN THIS PROGRAM YOU NEED:

- An interest in hair and beauty, and health and wellbeing.

THIS PROGRAM:

- Provides a pathway to further study options in hair and beauty.

Personal Image Artistry

Statement of Attainment for selected units from SHB20116 Certificate II in Retail Cosmetics

YOU WILL LEARN ABOUT:

- The beauty industry
- Team work
- Workplace communication and expectations.

YOU DO THIS BY STUDYING:

- Skin care and products
- Application of makeup
- Techniques to create displays of retail products.

LEARNING ACTIVITIES MAY INCLUDE:

- Practical activities and theory work
- Guest speakers from industry
- Product research
- Creating displays
- Group workshops.

TO ENROL IN THIS PROGRAM YOU NEED:

- An interest in the beauty industry
- An interest in health and wellbeing.

THIS PROGRAM:

- Provides a pathway to further study options in hair and beauty.

Introduction to Nursing

Statement of Attainment for selected units from Certificate III in Health Services Assistance HLT33115

YOU WILL LEARN ABOUT:

- Body systems
- Infection control and hygiene
- Medical terminology
- First aid
- Communication in health services
- Work health and safety.

YOU DO THIS BY STUDYING:

- The role of the nurse in modern health care
- Ethics and values
- Body organs and systems
- Disease, infection and control
- Safe work practices in health care.

LEARNING ACTIVITIES INCLUDE:

- Practical activities in personal care
- Communication activities
- Visits to the pathology museum and library
- Dissection of organs
- Training in manual handling
- A work placement where you assist in a range of practical tasks.

TO ENROL IN THIS PROGRAM YOU NEED:

- To demonstrate an interest in nursing or employment in the health industry.
- Sound literacy and numeracy skills.

THIS PROGRAM:

- Provides a pathway into *Certificate III in Aged Care* or *Certificate III in Home and Community Care*.

Certificate I in Defence Force Cadets

DEF10112

YOU WILL LEARN ABOUT:

- Australian Defence Force, ceremony and uniform, drill, navigation and bushwalking, team work and leadership, OHS, workplace communication, interview skills.

YOU DO THIS BY STUDYING:

- Communication skills
- Leadership
- Navigation
- Defence knowledge.

LEARNING ACTIVITIES INCLUDE:

- Ceremonial events and activities
- Officer-in-charge duties
- Excursions to military facilities
- Bushwalks and orientation walks.

TO ENROL IN THIS PROGRAM YOU NEED:

- An interest in Australian Defence Force or a service career.

THIS PROGRAM:

- Is a preparation course for entry into Army, Navy, Air Force, Tasmania Police, Fire, Ambulance.

Certificate I in Sport and Recreation

SIS10115

YOU WILL LEARN ABOUT:

- The structure of the recreation industry
- Communication and dealing with clients
- First aid and workplace health and safety
- Organising and conducting recreation sessions
- Equipment care and maintenance
- Computing and technology
- Job options and career opportunities.

YOU DO THIS BY STUDYING:

- An overview of the recreation industry sectors – sport, community, fitness, outdoors
- Aspects and characteristics of recreational activities
- Different levels of participation in the recreation industry
- Factors influencing activity involvement
- Activity structure and planning.

LEARNING ACTIVITIES MAY INCLUDE:

- Classroom-based theory sessions
- Scenarios and role play
- Skills development in recreation activities
- Preparing a resume
- Completing a first aid course
- Volunteering at sport and community events
- Visiting local recreation facilities and venues.

TO ENROL IN THIS PROGRAM YOU NEED:

- An interest in sport, community recreation, fitness and/or outdoor activities
- Willingness to be involved in theory and practical sessions
- A desire to develop your own skills, learn about the recreation industry and research job opportunities and careers.

THIS PROGRAM:

- Is an introductory course useful for careers, further study or volunteer work in recreational based activities
- Provides a pathway to further qualifications in sport and recreation, community activities, fitness, outdoor recreation, physical education, outdoor education, eco-tourism or adventure leadership.

Certificate II in Salon Assistant

SHB20216

YOU WILL LEARN ABOUT:

- The skills and knowledge to work at the entry level of the hairdressing industry.

YOU DO THIS BY STUDYING:

- Techniques to wash, colour, braid and dry hair
- Communication skills and customer service
- Hairdressing work practices and developing hairdressing industry knowledge
- Occupational health and safety in a hair salon
- Maintenance and storage of work stations.

LEARNING ACTIVITIES MAY INCLUDE:

- On and off-the-job activities
- Practical demonstrations
- Written assignments, tests
- Meeting and servicing clients
- Industry work placements.

TO ENROL IN THIS PROGRAM YOU NEED:

- Effective English language, literacy and communication skills
- To participate in a selection process.

THIS PROGRAM:

- Provides a pathway to Certificate III qualifications and employment/apprenticeship.

Certificate II in Outdoor Recreation

SIS20213

YOU WILL LEARN ABOUT:

- Working with others in an outdoor environment
- Communication and dealing with clients
- First aid and work health and safety
- Equipment care and maintenance
- Computing and technology
- Job options and opportunities.

YOU DO THIS BY STUDYING:

- A range of outdoor activities
- Specific activity skills required in the outdoor sector
- Roles and responsibilities of specific outdoor jobs
- Risk analysis and management of outdoor programs.

LEARNING ACTIVITIES MAY INCLUDE:

- Classroom-based theory sessions
- Scenarios and role play
- Extension of job seeking skills
- Remote area first aid course
- Assisting with planning and conducting adventure activities
- Opportunities for extension courses
- Practical application in the field.

TO ENROL IN THIS PROGRAM YOU NEED:

- An interest in the outdoor environment
- A desire to improve your skills in areas related to outdoor activities e.g. bush walking, camping, skiing, water sports, rock climbing
- To participate in a suitability process.

THIS PROGRAM:

- Leads to employment opportunities in eco-tourism, adventure tourism and a variety of jobs working in the outdoors
- Provides a pathway to qualifications related to outdoor education teaching.

Certificate II in Sport and Recreation

SIS20115

YOU WILL LEARN ABOUT:

- The structure and state of the recreation industry
- Communicating/interacting with clients and providing feedback
- First aid and workplace health and safety
- Equipment/facility care and maintenance
- Computing and technology
- Job options and career opportunities
- Sports coaching, sports administration, and officiating
- Team work and event organisation in the sport and recreation industry.

YOU DO THIS BY STUDYING:

- The structure of the sport and/or fitness sectors
- Business operations, policies and procedures
- Factors affecting physical performance
- Health and fitness benefits of activity
- The role of technology in business and recreation
- Risk analysis and management.

LEARNING ACTIVITIES MAY INCLUDE:

- Classroom-based theory sessions
- Scenarios and role play
- Coaching and umpiring courses
- First aid/sports injury courses
- Event management
- Visiting local recreation facilities and venues
- Work placement within the recreation industry
- Compiling a resume.

TO ENROL IN THIS PROGRAM YOU NEED:

- An interest in sport, recreation and/or fitness
- A desire to develop your own skills and learn about the sport and/or fitness sectors of the recreation industry and the subsequent job opportunities or training options
- To participate in a suitability process.

THIS PROGRAM:

- Provides a pathway to further qualifications in sports development/administration and/or group fitness instruction or personal training, and physical education or human movement courses.
- Can lead to employment opportunities in sports admin, retail, customer service.

Certificate II in Sport Coaching

SIS20513

YOU WILL LEARN ABOUT:

- Coaching practices
- Communication within a sport environment
- The sport, fitness and recreation industry
- Workplace health and safety
- Teamwork.

YOU DO THIS BY STUDYING:

- First aid
- Recreation within Tasmania
- How to plan and conduct sport and recreation sessions
- Industry requirements, policies and procedures
- The sport, fitness and recreation industry
- The fundamental skills of sports.

LEARNING ACTIVITIES MAY INCLUDE:

- Practical applications
- Practical demonstrations
- Participation in sports events
- Assignments
- Work placements.

TO ENROL IN THIS PROGRAM YOU NEED:

- An interest in sport coaching
- To be a current or past participant in a sport.

THIS PROGRAM:

- Provides a pathway to further qualifications in sport coaching
- Provides opportunities to become a community coach.

Certificate III in Fitness

SIS30315

YOU WILL LEARN ABOUT:

- Working with clients as a fitness instructor
- Conducting group activities such as aerobic classes, gym instructing or aqua classes
- Basic anatomy and physiology, exercise physiology and the development of fitness programs.

YOU DO THIS BY STUDYING:

- Body systems and basic exercise science nutrition
- Exercise programming, equipment and classes
- Client orientation, induction and screening
- Risk analysis, legal responsibilities and occupational health and safety.

LEARNING ACTIVITIES INCLUDE:

- Applying basic exercise science to exercise instruction
- Developing basic fitness programs
- Planning and instructing a group exercise class
- Undertaking risk analysis of activities
- Applying sport and recreation law.

TO ENROL IN THIS PROGRAM YOU NEED:

- *Introduction to Fitness, Sport and Recreation or Certificate I in Sport and Recreation*
- An ability to undertake biology/science units
- Basic levels of literacy and numeracy
- To participate in a suitability process.

THIS PROGRAM:

- Provides a pathway to further qualifications or employment in the industry.

Certificate III in Aquatics and Community Activities

Statement of Attainment (SoA)

SIS31015

YOU WILL LEARN ABOUT:

- Meeting the requirements for a swimming and water safety teacher.

YOU DO THIS BY STUDYING:

- How to perform basic water rescues
- How to instruct water familiarisation, buoyancy and mobility skills
- How to instruct clients in water safety and survival skills
- How to instruct swimming strokes.

LEARNING ACTIVITIES MAY INCLUDE:

- Classroom-based theory sessions
- Pool-based practical sessions
- Observing qualified instructors and maintaining a log book of hours
- Planning and conducting aquatic lessons
- Volunteering at sport and community events/event management.

TO ENROL IN THIS PROGRAM YOU NEED:

- An interest in aquatics and community recreation
- Basic aquatic skills
- A desire to develop your own skills and learn about the aquatics and community recreation industry
- To participate in a suitability process.

THIS PROGRAM:

- Provides a statement of attainment for students wishing to instruct swimming and water safety
- Provides a pathway to further qualifications in aquatics and community recreation
- Can lead to employment opportunities in aquatics, recreation facilities and local community programs.