



# **Southern Cross Catholic College**

## **Subject Selection Evening**

### **VET Offerings – Fitness and Health**

## **CERTIFICATE III in FITNESS**

**11SIS30315, 12SIS30315**

**(with Certificate II in Sport and Recreation embedded)**

### **Course Information**

The program is relevant to students who may be aspiring to

- seek skills and an entry-level qualification for the fitness and sport industries;
- use the qualification as an articulation into a higher certification (Certificate IV in Fitness or University e.g. Bachelor of Sport & Exercise Science)

Upon successful completion, students are certified with 8 QCE credits: Certificate III in Fitness.

#### **Year 11 Topics**

The topics studied in Year 11 are:

- sport, fitness and recreation industry
- health and safety in fitness
- fitness equipment use and maintenance
- risk analysis
- customer service
- anatomy and physiology
- personal work schedules
- community fitness programs
- health assessments and fitness programs
- client screening and health assessments
- instructing clients
- meeting client need
- first aid qualification

#### **Year 12 Topics**

- nutrition
- specific population
- circuit training sessions
- supervising gym programs
- fitness advice; nutrition
- anatomy and physiology
- specific populations
- customised gym programs
- risk assessment
- CPR certificate



## **CERTIFICATE II in HEALTH SUPPORT SERVICES – Yr 11 (11HLT23215)**

## **CERTIFICATE III in HEALTH SUPPORT SERVICES – Yr 12 (12HLT23215)**

### **Course Information**

- This course will prepare students for a range of tasks they perform when they enter into a health services career, including
- health checks
- health promotion
- health administration
- pathway for workers who provide the first point of contact and assist individuals in meeting their needs

### **Topics include:**

- health and safety in health services
- compliance with infection prevention and control policies and procedures
- performance of general cleaning tasks in a clinical setting
- conducting health assessments with diverse clients
- working in health teams
- working in health administration



## Overview

There are two VET offerings in the field of Health and Physical Education

- Certificate III in Fitness
- Certificate III in Health Support Services / Certificate III in Community Services

### VET offerings and ATAR

The calculation of an Australian Tertiary Admission Rank (ATAR) will be based on a student's:

- best five General subject results or
- best results in a combination of four General subject results plus an Applied subject result or a **Certificate III** or higher VET qualification.

This does not prevent a student from studying a **Certificate I or Certificate II qualification, just that it does not contribute towards an ATAR calculation.**

