

Week (indicate date)	Subject/unit/module (Formal Learning)	Assessment schedule
Week 1	General Overview of All Units BSBRSK401 Identify risk and apply risk management processes (10) HLTWHS001 Participate in workplace health and safety (10) SISFFIT007 Instruct group exercise sessions (10) SISFFIT011 Instruct approved community fitness programs (5)	<i>Learning activity only in week one. Assessments will begin in week 2.</i> Glossary Familiarity 'Get to know you' styled activities Self-testing of physical fitness, body composition testing and knowledge
Week 2	BSBRSK401 Identify risk and apply risk management processes (10) HLTWHS001 Participate in workplace health and safety (5) SISFFIT007 Instruct group exercise sessions (15) SISFFIT011 Instruct approved community fitness programs (5)	Assessment Task 1 – identify risks and hazards in the workplace Assessment Task 2 – complete risk assessment sheets
Week 3	BSBRSK401 Identify risk and apply risk management processes (20) HLTWHS001 Participate in workplace health and safety (5) SISFFIT011 Instruct approved community fitness programs (5) SISFFIT007 Instruct group exercise sessions (5)	Assessment Task 1 – complete maintenance report sheets Assessment Task 2 – workbooks completed
Week 4	BSBRSK401 Identify risk and apply risk management processes (10) SISFFIT007 Instruct group exercise sessions (20) SISFFIT011 Instruct approved community fitness programs (5)	Assessment Task 1 – Skeletal anatomy labelling Assessment Task 2 – Unit test
Week 5	HLTAID003 Provide first aid (20) SISFFIT007 Instruct group exercise sessions (10) SISFFIT011 Instruct approved community fitness programs (5)	Assessment Task 1 – Group exercise class experience and (assessment) report x 2 Assessment Task 2 – Outdoor group exercise experience Assessment Task 1 – CPR Assessment Task 2 Test – First Aid Assessment Task 3 – Group exercise class experience (with experienced trainer) and (assessment) report
Week 6	SISFFIT007 Instruct group exercise sessions (20) SISFFIT011 Instruct approved community fitness programs (15)	Assessment Task 1 – plan and implement indoor group ex class Assessment Task 2 – plan and implement outdoor group ex class Assessment Task 3 - Workbook 1 Due

Week 7	SISXFAC001 Maintain equipment for activities (5) SISXIND001 Work effectively in sport, fitness and recreation environments (25) SISFFIT001 Provide health screening and fitness orientation (5)	Assessment Task 1 – Work experience: Maintenance, cleaning, reports, scheduling, purchasing Assessment Task 2 – Quiz - first 10 weeks Assessment Task 1 – Practical activity/observation: Student demonstrates ability to refer to AHP Assessment Task 2 – Prac/Ob: Student demonstrates understanding of specific populations considerations
Week 8	SISFFIT001 Provide health screening and fitness orientation (5) SISFFIT006 Conduct fitness appraisals (10) SISFFIT002 Recognise and apply exercise considerations for specific populations (20)	Assessment Task 1 – Practical activity/observation: Student demonstrates body composition testing Assessment Task 2 – Prac/Ob: Student demonstrates fitness assessing Assessment Task 3 - Workbook 2 Due
Week 9	SISFFIT001 Provide health screening and fitness orientation (5) SISFFIT006 Conduct fitness appraisals (10) SISFFIT002 Recognise and apply exercise considerations for specific populations (20)	Assessment Task 1 – Practical activity/observation: Student demonstrates ability to instruct Assessment Task 2 – Prac/Ob: Student demonstrates variety methodology programming Assessment Task 1 – Students to interview, test, program and train each other
Week 10	SISFFIT005 Provide healthy eating information (20) SISFFIT004 Incorporate anatomy and physiology principles into fitness programming (5) SISFFIT006 Conduct fitness appraisals (10)	Assessment Task 2 – Activity - Shop expedition, reading labels Assessment Task 3 – Activity – Food diary

Week 11 Beginning 26 th March 2018	TESTING and ASSESSMENTS SISFFIT006 Conduct fitness appraisals (15) SISFFIT005 Provide healthy eating information (20)	Assessment Task 1 – Workbook 4 completed (and other Workbooks caught up if necessary) Assessment Task 2 – Students to interview, test, program and train each other Practical assessments, re-submissions, re-assessments and 'catch ups'
MID TERM BREAK - BREAK HOLIDAY		
Week 12	SISFFIT002 Recognise and apply exercise considerations for specific populations (10) SISFFIT003 Instruct fitness program (5) SISFFIT004 Incorporate anatomy and physiology principles into fitness programming (15) SISFFIT005 Provide healthy eating information (5)	Assessment Task 1 – Practical activity/observation: Student demonstrates programming ability Assessment Task 2 – Prac/Ob: Student demonstrates equipment familiarity Assessment Task 3 – Prac/Ob/Written: Student demonstrates knowledge of basic exercises
Week 13	SISFFIT006 Conduct fitness appraisals (10) SISFFIT004 Incorporate anatomy and physiology principles into fitness programming (15) SISFFIT005 Provide healthy eating information (10)	Assessment Task 1 – Activity – Food diary Assessment Task 2 – Quiz - first 20 weeks Assessment Task 3 - Workbook 3 Due
Week 14	SISFFIT002 Recognise and apply exercise considerations for specific populations (15) SISFFIT003 Instruct fitness programs (10) SISFFIT004 Incorporate anatomy and physiology principles into fitness programming (5) SISFFIT006 Conduct fitness appraisals (5)	Assessment Task 1 – AHP Letter writing/contacting/referrals Assessment Task 2 – Activity - Group tasks and challenges
Week 15	SISFFIT006 Conduct fitness appraisals (20) SISFFIT004 Incorporate anatomy and physiology principles into fitness programming (15)	Assessment Task 1 – letters to AHPs Assessment Task 3 - Workbook 4 Due
Week 16	SISFFIT002 Recognise and apply exercise considerations for specific populations (10) SISFFIT003 Instruct fitness programs (15) SISFFIT004 Incorporate anatomy and physiology principles into fitness programming (10)	Assessment Task 1 – Anatomy challenges Assessment Task 2 – Students to interview, test, program and train each other Assessment Task 3 – Quiz – first 12 weeks Assessment Task 4 – Quiz - first 16 weeks
Week 17	SISFFIT002 Recognise and apply exercise considerations for specific populations (15) SISFFIT003 Instruct fitness programs (5) SISFFIT004 Incorporate anatomy and physiology	Assessment Task 2 – Anatomy labelling

	principles into fitness programming (5) SISXCCS001 Provide quality service (10)	
Week 18	SISXCCS001 Provide quality service (10) SISFFIT014 Instruct exercise to older clients (20) SISFFIT003 Instruct fitness programs (5)	Assessment Task 1 – Work experience Assessment Task 2 – Program writing, interviewing, pre-exercise screening, fitness testing, body composition testing
Week 19	SISFFIT014 Instruct exercise to older clients (10) SISFFIT012 Instruct movement programs to children aged 5 to 12 years (15) SISFFIT004 Incorporate anatomy and physiology principles into fitness programming (10)	Assessment Task 1 – Client training, Group training, specific programming Assessment Task 3 – Workbook 6 to be completed Assessment Task 4 – Quiz - first 20 weeks
Week 20	SISFFIT012 Instruct movement programs to children aged 5 to 12 years (10) SISFFIT014 Instruct exercise to older clients (20) SISFFIT004 Incorporate anatomy and physiology principles into fitness programming (5)	Assessment Task 1 – Practical activity/observation: Student demonstrates ability to instruct Assessment Task 2 – Prac/Ob: Student demonstrates variety methodology programming Assessment Task 3 – Quiz - first 8 weeks
Week 21	Overview of ALL UNITS SISFFIT014 Instruct exercise to older clients (20) SISFFIT012 Instruct movement programs to children aged 5 to 12 years (15)	Assessment 1 - Workbook 5 and 6 Due
Week 22	Overview of ALL UNITS SISFFIT002 Recognise and apply exercise considerations for specific populations (10) SISFFIT003 Instruct fitness programs (10) SISFFIT004 Incorporate anatomy and physiology principles into fitness programming (10) SISXCCS001 Provide quality service (5)	Assessment - 1 - Workbook 7 Due Final testing All assessments handed in.

Workbooks	Units in Each Workbook
Workbook 1 Orientation, Induction, Screening and Appraisals	<ul style="list-style-type: none"> • BSBRSK401 Identify risk and apply risk management processes • HLTWHS001 Participate in workplace health and safety • SISFFIT007 Instruct group exercise sessions • SISFFIT011 Instruct approved community fitness program • HLTAID003 Provide First Aid
Workbook 2 Risk Management, WHS, Maintenance	<ul style="list-style-type: none"> • SISXFAC001 Maintain equipment for activities • SISXIND001 Work effectively in sport, fitness and recreation environments
Workbook 3 Provide Healthy Eating	<ul style="list-style-type: none"> • SISFFIT005 Provide healthy eating information
Workbook 4 Provide Screening, and Fitness Orientation. Conduct Fitness Appraisals	<ul style="list-style-type: none"> • SISFFIT001 Provide fitness orientation and health screening • SISFFIT006 Conduct fitness appraisals
Workbook 5 Instruct Exercise to Older Clients	<ul style="list-style-type: none"> • SISFFIT014 Instruct Exercise to Older Clients
Workbook 6 Instruct Programs to Children	<ul style="list-style-type: none"> • SISFFIT012 Instruct Movement Programs to Children Aged 5 – 12 Years
Workbook 7 Anatomy, Physiology and Programming	<ul style="list-style-type: none"> • SISFFIT004 Incorporate anatomy and physiology principles into fitness programming • SISFFIT003 Instruct fitness programs • SISFFIT002 Recognise and apply exercise considerations for specific populations • SISXCCS001 Provide quality service