



## **Certificate III in Sport and Recreation (Aquatics Focus)**

### **General Information**

- 15 Units - all assessments must be completed during the year of enrolment
- Completion of Austswim Teacher of Swimming and Water Safety
- Manea Senior College is the only school in Western Australia who is currently offering the Certificate III in Sport and Recreation with an Aquatics focus.

#### What to Bring;

- Each of the fifteen units has a different focus. Due to this there are no set practical/theory periods like General Physical Education Studies. Instead you will receive a short term program at regular intervals. This program will give you information about the equipment needed for each lesson.
- For the practical components of the course student will need;
  - Swimming goggles and suitable bathers for teaching (Chlorine Resistant bathers and rash vests are recommended)
  - Manea Physical Education Polo Shirt and Black shorts/tracksuit pants for non-aquatic activity.
- For theory components there is no text book. You will receive a display file and notebook to complete/store course work. All Assessment pieces will be kept by the teacher as a record of completion for each unit.

#### Attendance

- Assessments in a VET course are numerous and in many cases hard to replicate. If a student is absent without a medical certificate during some assessments, they may need to seek another option for assessment at their own cost. An example of this would be the First Aid and Austswim units.

#### Work Placement

- There is NO external work placement requirement for this certificate, however;
- To complete the Austswim Teacher of Swimming and Water Safety Certificate students will need to complete 'On the Job Training' with a registered swim school (private or education department) until they are deemed competent. It will be up to individual students to organise and complete their OWN practical training at a venue and time that suits their needs.
- The hours completed doing 'On the Job Training' can be logged and submitted to your VET Coordinator at Manea Senior College to go towards receive work placement accreditation for graduation.

*The SIS 30115 Certificate III Sport & Recreation is a proposed offering for the 2021 academic year. At the time of publication, no agreements have been entered into with a Registered Training Organisation for the delivery of this qualification. On the basis of interest from students in the SIS 30115 Certificate III Sport & Recreation, the College will initiate a formal partnership agreement with a RTO for the delivery of the qualification.'*

## Certificate III in Sport and Recreation

<b>Qualification</b>	Certificate III in Sport and Recreation	
<b>Target group</b>	Manea Senior College	
<b>Packaging Rules</b> <i>(refer to Qualification)</i>	<i>15 Units</i> <ul style="list-style-type: none"> <li>• 9 core unites</li> <li>• 6 elective units <ul style="list-style-type: none"> <li>- 3 from the prescribed list</li> <li>- 3 from any current training package or accredited course</li> </ul> </li> </ul>	
<b>Entry requirements</b> <i>(refer to Qualification)</i>	No entry requirements	
<b>Licencing/regulatory requirements</b> <i>(refer to Qualification)</i>	No Licensing, legislation, regulatory or certification requirements apply	
<b>Packaging of the Qualification</b>		
<b>Unit Code and Title</b>		<b>Core/ Elective</b>
BSBWHS303 Participate in WHS hazard identification, risk assessment and risk control		C
BSBWOR301 Organise personal work priorities and development		C
HLTAID003 Provide First Aid (Delivered by an external lecturer)		C
HLTWHS001 Participate in workplace health and safety		C
ICTWEB201 Use Social Media tools for collaboration and engagement		C
SISXCAI003 Conduct non-instructional sport, fitness or recreation sessions		C
SISXCAI004 Plan and conduct programs		C
SISXCCS001 Provide quality service		C

SISXEMR001 Respond to emergency situations	C
SISXCAI006 Facilitate Groups	E
BSBADM307 Organise Schedules	E
SISXRES002 Educate user groups	E
SISAQU009 Instruct Water Safety and Survival Skills	E
SISCAQU002 Perform basic water rescues	E
SISAQU008 Instruct water familiarisation, buoyancy and mobility skills	E

The Elective units meets the interests of the clientele and the employment opportunities in the South West. Austswim qualification gives students the opportunity to seek employment at the numerous private swim schools, and education department swimming lessons throughout the South West. The units are also able to be presented effectively at Manea Senior College with the resources available.

## SAMPLE ASSESSMENT DETAILS – Assessment 1

**Unit Name;** Conduct non-instructional sport, fitness or recreation sessions

### Assessment 1 – Scenario Questions

#### Task

*You are required to complete and submit your answer to each of the following scenarios. All scenario questions need to be completed.*

*The scenarios are all to be completed using a series of 5 lessons that you will teach of a specific swimming stage.*

#### Assessment Requirements

##### Scenario 1

1. Complete the table provided to assist you in planning your lessons.
2. What are some external factors that may affect the outcomes of your session. How can you take this into consideration when planning for your session?
3. What are some basic aspects of legislation that you need to take into consideration when planning, conducting and evaluating sport fitness and recreation sessions?
4. Complete 5 detailed lesson plans for a series of 5 lessons of a specific swimming stage. Ensure that your lesson plan is completed with enough detail so that a colleague could pick up the plan and run the session without you having to explain anything to them.
5. Create a reporting document that you will use for assessment and record keeping.
6. What resources will you require for the planning, conducting and evaluation of your sessions?
7. Complete a series of 5 lesson evaluations for each of the five lessons. These should be completed as soon as possible after the completion of each lesson, and should involve feedback from a third party and/or participants
8. Evaluate your feedback and use this to help plan for future lessons.

##### Scenario 2

For one of the planned sessions, complete the table with all the hazards that need to be considered before, during and after the session.

Consider equipment, client requirements, rules and policies, legislation, staff requirements etc

##### Scenario 3

Complete the EVALUATION table for 2 different lessons that you completed.

#### Format of presentation

*All scenario questions must have been answered fully before submitting*

**Date Due:** \_\_\_\_\_

## Sample Observation – Assessment 2

### Unit – Conduct Non Instructional sport, fitness or recreation sessions Assessment 2 – Observation of non-instructional sport, fitness or recreation sessions

#### Task

The following task must be completed in a sport or recreation environment with access to required equipment for participants. This can be a simulated or workplace environment. The assessment must ensure the use of and access to:

- Up to date equipment used in the sport and recreation industry to ensure safety, and allows the participant to perform activities that suit their goals (eg balls, markers etc)
- Workplace documents currently used in the sport, fitness or recreation industries such as session plans, checklists and participant feedback or evaluation forms.
- Organisational policies and procedures related to preparing, conducting and evaluations sessions.
- Manufacturer guidelines on equipment safety and usage.
- Activity support personnel and participants in a sport, fitness or recreation activity. These can be;
  - I. Staff and participants in an industry workplace who are assisted by the individual in the workplace
  - II. Or; individuals who participate in role plays or simulated activities, set up for the purpose of assessment, in a simulated industry environment.

For this task you are to:

Conduct at least ten different sport, fitness or recreation sessions. The following components must be demonstrated during the sessions.

The ten sessions will comprise of;

1. 5 sessions conducting swimming lessons in a simulated work environment
2. 4 sessions conducting coaching sessions of primary school students in the context of athletics
3. 2 sessions in a voluntary capacity at a junior sporting organisation of your choice (This must be signed off by an official at the junior sporting organisation)

#### **PART A – Prior to the Delivery of the session/s**

Prior to the delivery of each session you need to complete the following requirements;

1. Ensure that your planned session meets requirements for acceptable levels of supervision.
2. Seek agreement/approval for your session plan from staff involved in the program.
3. Identify and organise appropriate venue and space to meet session requirements
4. Select and confirm availability of appropriate equipment
5. Confirm availability of resources with appropriate staff, support personnel, organisations and participants.
6. Identify external factors that may affect session outcomes.
7. Organise and brief support personnel accordingly
8. Interpret manufacturer instructions related to equipment set up, dismantling, maintenance and repair.
9. Check equipment for damage/deterioration and report to a responsible person, as required.
10. Issue or set up equipment as required.
11. Modify or condition equipment for use by different participant groups.

### **PART B – Conduct the Session/s**

When conducting your session/s you must demonstrate the following components;

12. In your introductory/first session assess ability using physical ability tests.
13. Communicate instructions and relevant information to participants in a suitable manner.
14. Explain and demonstrate techniques, activities and safe use of equipment.
15. Provide positive feedback and motivational strategies to enhance participation and performance.
16. Observe and assess participant progress against objectives and modify session as required.
17. Monitor participation and safety and implement appropriate strategies.
18. Demonstrate warm-up and cool-down techniques and assist participants.
19. Check condition of equipment, complete minor repair and report as required.
20. Determine maintenance requirements of damaged equipment
21. Leave venue in a condition suitable for future use.
22. Resolve conflict through negotiation

### **PART C – Performance Evidence**

Each of your ten sessions must include the following components;

23. Plan and conduct at least ten different sport, fitness or recreation sessions involving:  
planned tasks, games, activities and exercises of varying durations
24. Communication, demonstration and explanation of;
  - Content, timing and sequence of activities
  - Appropriate apparel and footwear
  - Techniques and safe use of equipment
  - Warm-up and cool-down techniques
  - Activities during sessions
  - Potential hazards
25. Use of the following communication skills
  - Clear verbal communication
  - Modelling and demonstration
  - Motivational techniques

### **Assessment Requirements**

All parts of the observation task must be completed to a satisfactory level.

Date Due: \_\_\_\_\_

## SAMPLE ASSESSMENT DETAILS – Assessment 3

### UNIT – Conduct Non Instructional sport, fitness or recreation sessions

#### Assessment 3 – Knowledge Based Test – Written

##### Task

*You are required to complete and submit all the short answer questions below. A satisfactory result is only achieved once all questions are deemed correct.*

##### Assessment Requirements

All questions must be answered correctly in order to meet assessment requirements;

##### Format of presentation

Please submit using the attached completed submission form

**Date Due:** \_\_\_\_\_