

SIS20122 CERTIFICATE II IN SPORT & RECREATION
SIS30122 CERTIFICATE III IN SPORT, AQUATICS & RECREATION
SIS30321 CERTIFICATE III IN FITNESS

VET IN SCHOOLS PROGRAM.

Empowering students with a vocational
education in fitness.



WELCOME TO **AIPT'S VET IN SCHOOLS PROGRAM**

At the Australian Institute of Personal Trainers, we believe in unlocking the potential of young minds. Our VET in Schools Program is designed to empower high school students to pursue their passion for health and fitness, equipping them with practical skills for a successful future.

Our range of fitness and sport recreation courses not only prepares students for immediate employment but also lays the foundation for further studies in the fitness domain.



WHY SHOULD STUDENTS STUDY A VET COURSE IN SCHOOL?

- ✓ **Study a vocational field that interests them**
- ✓ **Get a taste of the fitness industry before committing to a career path**
- ✓ **Gain hands-on, practical experience in the fitness industry**
- ✓ **Establish industry connections with potential employers**
- ✓ **Graduate with a nationally recognised qualification**
- ✓ **Be ahead of the pack upon graduation**

WHAT IS THE VET IN SCHOOLS PROGRAM?

AIPT's VET in Schools Program focuses on providing high school students with a unique opportunity to graduate with a nationally recognised Certificate II or Certificate III qualification.

This vocational education and training (VET) is seamlessly integrated into years 9, 10, 11, and 12 alongside existing subjects, offering students a holistic educational experience.

WHY CHOOSE AIPT



Self-marking quizzes to reduce teacher workload.



Tailor-made Learning Management System (My eCampus) for efficient management of requirements for both teachers and students.



Dedicated national support team at your finger tips.

**TO FIND OUT MORE TODAY,
CONTACT AN AIPT SCHOOLS
CONSULTANT ON
1300 959 540.**

OUR COURSES AT A GLANCE



| SIS20122

Certificate II in Sport & Recreation.

Duration: 12 or 24 months

Auspice Delivery: \$349 per student

Online Delivery: \$999 per student



| SIS30122

Certificate III in Sport, Aquatics & Recreation.

Duration: 12 or 24 months

Auspice Delivery: \$349 per student

Online Delivery: \$999 per student



| SIS30321

Certificate III in Fitness.

Duration: 12 or 24 months

Auspice Delivery: \$349 per student

Online Delivery: \$999 per student



UNDERSTANDING COURSE DELIVERY



AUSPICE DELIVERY:

Auspice delivery is a collaborative approach where a school conducts the course on behalf of AIPT. In this arrangement, a qualified Trainer and Assessor[^] from the school guides students through the program, including assessments. AIPT provides online materials and logins, enabling seamless online submission of assessments.

In addition to student enrolment fees:

- A annual fee of \$1299 per school is paid. This fee covers administrative costs with the auspice delivery.
- A one off Trainer and assessor profile assessment fee of \$1999 per new trainer and assessor is applicable for processing of profiles.

[^]Each school-based Trainer and Assessor must be approved and registered with AIPT before delivering and assessing course units.



ONLINE DELIVERY:

Online delivery offers flexibility, allowing students to study independently while AIPT facilitates the course. With this option, students receive online materials and logins, and their submissions are assessed by AIPT's Trainers and Assessors. It's important to note that, unlike Auspice Delivery, the one-off annual fee of \$1299 per school does not apply to Online Delivery.

Students enrolled in online courses benefit from the expertise of AIPT's dedicated team without incurring additional school-level administrative costs.

CERTIFICATE II IN SPORT & RECREATION.

This entry-level course is designed to equip students with essential skills and knowledge, preparing them for customer-facing positions in the dynamic sport or recreation industry. Upon graduation, students will possess the ability to apply practical skills effectively and will be well-prepared for a diverse range of roles, operating under direct supervision.

Whether engaged in supporting sports activities, coordinating aquatic events, or participating in sports facility maintenance, this program serves as a robust foundation, setting the stage for further studies in the field.

COURSE UNITS:

- | **HLTWHS001** Participate in workplace health and safety
- | **SISXCCS004** Provide quality service
- | **SISXFAC006** Maintain activity equipment
- | **BSBPEF301** Organise personal work priorities
- | **SISXEMR003** Respond to emergency situations
- | **HLTINF006** Apply basic principles and practices of infection prevention and control
- | **SISXPLD005** Facilitate inclusion for people with disability
- | **SISXIND011** Maintain sport, fitness and recreation industry knowledge
- | **SISOFLD001** Assist in conducting recreation sessions
- | **HLTAID011** Provide first aid*



Course duration:

- 12 or 24 months



Delivery modes:

- Auspice delivery including practical components
- Online delivery including practical components



Popular job outcomes:

- Recreation Assistant
- Leisure Assistant
- Retail Assistant
- Community Activities Assistant



Assessments:

- Students will need to complete a variety of assessments including knowledge questions, quizzes, case studies and workplace observation assessments.



Enrolment requirements:

- **Education:** No specific educational prerequisites are required to enrol in this course.
- **Parental permission:** A parent or guardian will need to sign the student's enrolment form.
- **External requirements:** The HLTAID011 Provide First Aid must be completed with an external provider.
- **Residency status:** To enrol, students must either be a permanent Australian resident (or equivalent) or have the right to study in Australia.
- **Physical capability:** Reasonable physical capability is required to complete this course. Physical activities required for the practical components of this short course include (but are not limited to):
 - Move and lift a range of mixed small and large pieces of sport, fitness, aquatic or recreation activity equipment, while maintaining safe and effective order of the storage facility
 - Repair and maintain activity
 - Assist with the setting up and packing of equipment and with the demonstration of activities
 - Remove and dispose of wastes and chemicals
 - Complete cleaning tasks using correct manual and handling techniques
 - Store cleaning equipment and dispose of recycled waste and supplies
 - Incorporate the following techniques:
 - clear verbal communication and accurate instruction; optimal voice projection; combined explanation of activities and exercises; and verbal and visual cueing

CERTIFICATE III IN SPORT, AQUATICS & RECREATION.



This hands-on qualification will equip you with the skills to work in a variety of roles within the Sport and Recreation industry. With this practical experience and expert knowledge, you'll be ready to make a positive impact in the dynamic field of sport and fitness.

With this qualification, you'll gain the practical skills and knowledge to maintain sporting grounds, work in several customer service positions, or perform operational duties within a sports and recreation facility.

COURSE UNITS:

- HLTAID011** Provide first aid*
- BSBWHS308** Participate in WHS hazard identification, risk assessment and risk control processes
- SISXEMR003** Respond to emergency situations
- HLTWHS001** Participate in workplace health and safety
- SISXFAC006** Maintain activity equipment
- SISXCCS004** Provide quality service
- SISXIND011** Maintain sport, fitness and recreation industry knowledge
- BSBPEF301** Organise personal work priorities
- CHCDIV001** Work with diverse people
- SISXMG002** Develop and maintain stakeholder relationships
- SISXPLD005** Facilitate inclusion for people with disability
- CHCPRP003** Reflect on and improve own professional practice
- HLTINF006** Apply basic principles and practices of infection prevention and control
- BSBCRT311** Apply critical thinking skills in a team environment
- BSBPEF401** Manage personal health and wellbeing



Course duration:

- 12 or 24 months



Delivery modes:

- Auspice delivery including practical components
- Online delivery including practical components



Popular job outcomes:

- Activity Operations Officer
- Recreation Officer
- Sport and Recreation Attendant
- Leisure Services Officer
- Community Activities Officer



Assessments:

- Students will need to complete a variety of assessments including knowledge questions, quizzes, case studies, projects and workplace observation assessments.



Enrolment requirements:

- **Education:** No specific educational prerequisites are required to enrol in this course.
- **Parental permission:** A parent or guardian will need to sign the student's enrolment form. Age restrictions may vary from state to state.
- **External requirements:** The HLTAID011 Provide First Aid must be completed with an external provider.
- **Residency status:** To enrol, the prospective student must either be a permanent Australian resident (or equivalent) or have the right to study in Australia other than on Student visa.
- **Physical capability:** Reasonable physical capability is required to complete this course. Physical activities required for the practical components of this course include (but are not limited to):
 - Complete repair and maintenance activities
 - Handle activity equipment including:
 - Using safe manual handling techniques
 - Store small and large pieces of equipment
 - Cleaning and management of waste
 - Use emergency equipment

SIS30321

CERTIFICATE III IN FITNESS.



The hands-on course provides students with the knowledge and skills to enjoy an active role as a Gym Instructor or Group Exercise Instructor in a fitness environment. Throughout this course, students will acquire the theoretical knowledge and practical skills needed to help people achieve their fitness goals, including conducting fitness assessments and designing and delivering exercise programs.

Students will learn to deliver group exercise sessions designed for clients of different ages and fitness levels. These sessions can include, among many others, freestyle, pre-choreographed, or circuit-style. Students will also gain the skills to supervise a facility or service, competently handle a range of customer enquiries, and learn to keep a fitness centre clean and well-maintained for the safety of future clients.

COURSE UNITS:

- | **SISFFIT032** Complete pre-exercise screening and service orientation
- | **SISFFIT033** Complete client fitness assessments
- | **SISFFIT052** Provide healthy eating information
- | **SISFFIT035** Plan group exercise sessions
- | **SISFFIT036** Instruct group exercise sessions
- | **SISFFIT040** Develop and instruct gym-based exercise programs for individual clients
- | **SISFFIT047** Use anatomy and physiology knowledge to support safe and effective exercise
- | **BSBOPS304** Deliver and monitor a service to customers
- | **HLTAID011** Provide first aid*
- | **HLTWH5001** Participate in workplace health and safety
- | **BSBPEF301** Organise personal work priorities
- | **SISXDIS001** Facilitate inclusion for people with a disability
- | **SISXFAC002** Maintain sport, fitness and recreation facilities
- | **BSBWHS332X** Apply infection prevention and control procedures to own work activities
- | **CHCDIV001** Work with diverse people



Course duration:

- 12 or 24 months



Delivery modes:

- Auspice delivery including practical components
- Online delivery including practical components



Popular job outcomes:

- Group Exercise Instructor
- Gym Instructor



Assessments:

- Students will need to complete a variety of assessments including knowledge questions, quizzes, case studies and workplace observation assessments.



Enrolment requirements:

- **Education:** You will need to have completed year 10 or equivalent (i.e., a qualification at Certificate II level or higher).
- **Parental permission:** A parent or guardian will need to sign the student's enrolment form.
- **External requirements:** The HLTAID011 Provide First Aid must be completed with an external provider.
- **Residency status:** To enrol, students must either be a permanent Australian resident (or equivalent) or have the right to study in Australia.



CONTACT US TODAY.



1300 959 540



schools@aipt.edu.au



aipt.edu.au/schools

Terms and conditions

*This course contains the core unit HLTAID011 Provide first aid which must be completed through an external RTO. AIPT has an agreement in place with Red Cross Australia (RTOID 3605) which allows students to receive training for this unit at a reduced price or you may source your own training provider. Please note that the cost of this external training is not included in any of your course fees. Upon completion, you will need to submit a copy of your first aid certificate for us to process a Credit Transfer against these units on your student record.

Please note that, there may be instances where a qualification transition is mandated by Industry Skills Council and/or other relevant authorities. Should such a transition occur, the Australian Institute of Personal Trainers will ensure that all affected students are informed and provided with guidance on their options to complete the qualification or transition to the updated version. For more details around transitions, please contact our Career Advisor before you enrol with us, or our Faculty or Student Services Team after you have enrolled.

In South Australia these programs only apply to non-government schools.

The qualification on this brochure is current at time of publication. You can check the live status of this qualification by searching the qualification code on the national register www.training.gov.au.

Information contained in this document is subject to change. This document is accurate at the time of publication on 16.10.2025.

The information provided in this brochure is intended to be an introduction and guide to the Australian Institute of Personal Trainers and its range of available products and services. While every endeavour has been made to supply accurate information, changes may apply due to training package requirements. Accordingly, the Australian Institute of Personal Trainers does not accept any liability for consequences which may directly or indirectly result from information contained in this brochure.