



MOSSMAN STATE HIGH SCHOOL

Semester 2, 2019 – Course Outline CTF112A – Mrs Butland

Unit Name	Main Ideas	Duration (weeks)	Assessment Item	Due Date
Official Student Induction and review	Students will: <ul style="list-style-type: none"> • Confirm they have a Unique Student Identifier (USI) • Confirm they have a Working with Children Blue Card • Confirm enrolment in the Certificate III Fitness Binnacle program (With Certificate II Sport & Rec embedded) 	18 weeks	N / A	Term 3, Week 2 Friday 26 th July 2019
			Assignment <ul style="list-style-type: none"> • P1d 	Term 3, Week 9 Friday 13 th September 2019
Complete First Aid / CPR	Students will: <ul style="list-style-type: none"> • Complete the Provide First Aid certificate (HLTAID003) OR • Complete the Provide CPR (HLTAID001) 		Assignment	Term 3, Week 2 Friday 26 th July 2019
Term 2, Community Fitness Program (unit to be completed)	Students will: <ul style="list-style-type: none"> • Plan and deliver a community fitness program that meets the needs and requirements of the participant group • Complete a health of safety risk assessment of the community fitness program 		Assignment <ul style="list-style-type: none"> • P3c • MP1 • K EXT 1 	Term 3, Week 2 Friday 26 th July 2019
Term 2, Initial consultation for 2 clients (unit to be completed)	Students will: <ul style="list-style-type: none"> • Undertake a full screening and fitness assessment process on two clients • Adequately and accurately complete the 'Client Induction and Screening' form • Evaluate their performance conducting health and fitness assessments 		Assignment <ul style="list-style-type: none"> • P2 	Term 3, Week 2 Friday 26 th July 2019
Workplace Health and Safety (unit to be completed)	Students will: <ul style="list-style-type: none"> • Perform a health and safety risk assessment of a school activity • Participate in a role play incident and complete an Incident report form and first aid report • Conduct a Workplace health and Safety audit • Conduct a Workplace Health and Safety meeting with school staff <ul style="list-style-type: none"> ○ Discussing safety issues ○ Action WHS incidents ○ Formally recording relevant information in a meeting environment 		Assignment <ul style="list-style-type: none"> • P3a • P3b • P4 	Term 3, Week 3 Friday 2 nd August 2019
Visual Coaching Pro Computer Program	Students will: <ul style="list-style-type: none"> • Use a computer program to generate training programs 		Assignment <ul style="list-style-type: none"> • VCP 	Term 3, Week 4 Friday 9 th August 2019
Term 3, Program 1: Group Cardio Program	Students will: <ul style="list-style-type: none"> • Plan, instruct and review suitable cardio training sessions for a small group of primary school students 		Assignment <ul style="list-style-type: none"> • Logbook 	Term 3, Week 9 Friday 13 th September 2019
Term 3, Program 2: Group Circuit Program	Students will: <ul style="list-style-type: none"> • Plan, instruct and review suitable circuit training sessions for a small group of primary school students 		Assignment <ul style="list-style-type: none"> • MP2 	Term 3, Week 9 Friday 13 th September 2019

Exercise Science	<p>Students will:</p> <ul style="list-style-type: none"> • Translate information on the anatomy and physiology of the human body as it applies to exercise delivery • Use anatomical directional terms (e.g. proximal, distal, superficial) • Use specific terminology regarding movement (including planes of movement) and muscle actions; • Explain the functions of major bones during exercise and movement • Explain the functions of major muscles during exercise and movement • Explain the types of muscle contractions. • Apply knowledge of anatomy and physiology, when developing warm and cool downs 		<p>Exam</p> <ul style="list-style-type: none"> • K2c • P5a • P5b • P5c • P5d 	<p>Term 3, Week 5</p> <p>Friday 16th August 2019</p>
			<p>Exam</p> <ul style="list-style-type: none"> • K2d 	<p>Term 3, Week 9</p> <p>Friday 13th September 2019</p>
			<p>Exam</p> <ul style="list-style-type: none"> • K2e • K2f • P5e 	<p>Term 4, Week 5</p> <p>Friday 8th November 2019</p>
Customer Service	<p>Students will:</p> <ul style="list-style-type: none"> • Respond to complaint scenarios, in line with organisational procedures 		<p>Assignment</p> <ul style="list-style-type: none"> • CS2 • K6 	<p>Term 3, Week 8</p> <p>Friday 6th September 2019</p>
Equipment Maintenance	<p>Students will:</p> <ul style="list-style-type: none"> • maintain equipment and fitness facility and record appropriately, in line with school procedures 		<p>Assignment</p> <ul style="list-style-type: none"> • P6a • P6b 	<p>Term 3, Week 9</p> <p>Friday 13th September 2019</p>
Term 4, Program 1: Gym Program	<p>Students will:</p> <ul style="list-style-type: none"> • Plan, instruct and review suitable fitness programs for a peer, incorporating: <ul style="list-style-type: none"> ○ motivational techniques to support client adherence ○ monitoring exercise intensity ○ managing negative attitudinal behaviour exhibited by clients 		<p>Exam</p> <ul style="list-style-type: none"> • K7a • K7b 	<p>Term 4, Week 5</p> <p>Friday 8th November 2019</p>
			<p>Assignment</p> <ul style="list-style-type: none"> • MP3 	<p>Term 4, Week 7</p> <p>Friday 22nd November 2019</p>