

**COLLEGE OF
SPORT AND
EXERCISE SCIENCE
HANDBOOK 2014**

DISCLAIMER

The information contained in Victoria University's 2014 College of Sport and Exercise Science was current at 01 November 2013

In today's university environment, changes to courses occur far more frequently than in the past. For current information on Victoria University's courses, readers are advised to access the University's online courses database at www.vu.edu.au/courses

If you have difficulty in accessing this material electronically, please phone (03)9919 6100 for assistance.

IMPORTANT INFORMATION

The course details in this handbook (Plus details of all other Victoria University courses) can also be searched on the University's online courses database at www.vu.edu.au/courses

This handbook can be downloaded as a pdf file from the Victoria University website at www.vu.edu.au/courses/course-handbooks-and-guides

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HOW TO USE THIS HANDBOOK

Victoria University's 2014 College of Sport and Exercise Science Handbook is designed to provide students with detailed information on course structures and unit details for undergraduate and postgraduate courses offered by the college in 2014.

The definition of fields used in course tables throughout this handbook include:

Credit Point – the number of credit points a unit contributes towards the total points needed to complete a course.

PLEASE NOTE

This handbook provides a guide to courses available within Victoria University's College of Sport and Exercise Science in 2014.

Although all attempts have been made to make the information as accurate as possible, students should check with the college that the information is accurate when planning their courses.

NOTE: Prospective students are strongly advised to search the University's online courses database at www.vu.edu.au/courses for the most up-to-date list of courses.

This handbook includes descriptions of courses that may later be altered or include courses that may not be offered due to unforeseen circumstances, such as insufficient enrolments or changes in teaching personnel. The fact that details of a course are included in this handbook can in no way be taken as creating an obligation on the part of the University to teach it in any given year or in the manner described. The University reserves the right to discontinue or vary courses at any time without notice.

OTHER INFORMATION

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College of Sport and Exercise Science

Below are details of courses offered by the College of Sport and Exercise Science in 2014.

This information is also available online on the University's searchable courses database at www.vu.edu.au/courses

NOTE: Courses available to international students are marked with the (I) symbol.

BACHELOR OF EXERCISE SCIENCE AND HUMAN MOVEMENT/BACHELOR OF PSYCHOLOGICAL STUDIES

Course Code: ABHP

Campus: Footscray Park.

About this course: This course provides the foundation knowledge and skills for entry into professional careers in exercise and sport, health and rehabilitation, and biomedical sciences.

Course Objectives: Graduates of this course will be able to: develop the biological and social scientific knowledge and professional skills that underpin practice in exercise and sport science, health and rehabilitation, and biomedical sciences; foster independent and collaborative learners who can communicate well in professional settings; develop cultural competence, that is, the ability to work effectively in socially and culturally diverse communities and settings; prepare graduates for entry into studies which satisfy the academic requirements for professional accreditation with the Victorian Psychologists' Registration Board.

Careers: Graduates will have the skills to work in many different employment areas such as exercise and sport sciences, fitness, athlete counselling and coaching. They may also find employment in areas such as welfare, community services and human resources, or undertake further study to qualify as teachers or social workers. Graduates often continue with further study in psychology or undertake postgraduate study in related fields. The psychology specialisation is designed to provide preparation for a fourth year of study in psychology for graduates wishing to achieve professional accreditation. With further postgraduate study, graduates may pursue a career as a registered psychologist.

Course Duration: 4 years

Admission Requirements Year 12: Units 3 and 4 - a study score of at least 25 in English (ESL) or 20 in any other English.

Admission Requirements International: Completion of a secondary school qualification equivalent to Australia's year 12 or VCE qualification. IELTS minimum 6.0 (no band less than 6) or equivalent.

Admission Requirements Mature Age: Applicants with relevant work, education and/or community experience may be considered on the basis of equivalence.

Admission Requirements VET: VET applicants will be considered and pathways are available from a range of VET courses.

COURSE STRUCTURE

Students must complete 32 units as per the course structure

Year 1, Semester 1

AHE1101	STRUCTURAL KINESIOLOGY	12
AHE2100	EXERCISE PSYCHOLOGY	12
APP1012	PSYCHOLOGY 1A	12

Arts Elective 1

Year 1, Semester 2

AHE1202	BIOMECHANICS	12
AHE2112	HISTORY OF SPORT	12
APP1013	PSYCHOLOGY 1B	12

Arts Elective 2

Year 2, Semester 1

AHE2214	SPORT AND FITNESS DELIVERY SYSTEMS	12
APP2013	PSYCHOLOGY 2A	12
APP2101	INTERCULTURAL AND DEVELOPMENTAL ISSUES IN PSYCHOLOGY	12
RBM1174	HUMAN PHYSIOLOGY	12

Year 2, Semester 2

AHE1206	SPORT PSYCHOLOGY	12
AHE2104	EXERCISE PHYSIOLOGY	12
APP2014	PSYCHOLOGY 2B	12

Elective 1 - Choice of Exercise Science and Human Movement elective or any unit offered in the University

Year 3, Semester 1

AHE1203	SOCIAL DIMENSIONS OF SPORT AND EXERCISE	12
AHE2127	MOTOR LEARNING	12
APP3035	RESEARCH METHODS IN PSYCHOLOGY	12
APP3036	HISTORY AND THEORIES IN PSYCHOLOGY	12

Year 3, Semester 2

AHE2213	CAREER AND PROFESSIONAL DEVELOPMENT 2	12
APP3037	CLINICAL ASPECTS OF PSYCHOLOGY	12

Elective 2 - Choice of Exercise Science and Human Movement elective or any unit offered in the University

Arts Elective 3

Year 4, Semester 1

AHE3112 CAREER AND PROFESSIONAL DEVELOPMENT 3 12

Elective 3 - Choice of Exercise Science and Human Movement elective or any unit offered in the University

Arts Elective 4

Psychology Elective 1

Year 4, Semester 2

AHE3200 PROFESSIONAL ETHICS 12

Arts Elective 5

Arts Elective 6

Psychology Elective 2

PSYCHOLOGY ELECTIVES

APP3015 COUNSELLING THEORY AND PRACTICE 12

APP3016 GROUP BEHAVIOUR 12

APP3018 ORGANISATIONS AND WORK 12

APP3019 PSYCHOBIOLOGY 12

APP3020 PSYCHOANALYSIS 12

APP3021 PSYCHOLOGY OF ADJUSTMENT 12

APP3025 PSYCHOLOGICAL ASSESSMENT 12

APP3026 COGNITIVE PSYCHOLOGY 12

BACHELOR OF EXERCISE SCIENCE AND HUMAN MOVEMENT/BACHELOR OF SPORT & RECREATION MANAGEMENT

Course Code: ABHR

Campus: Footscray Park.

About this course: The double degree in Exercise and Human Movement, and Sport and Recreation Management provides students with a sound knowledge and critical appreciation of the structure and practices of the Australian sport industry and the skills and understandings of human movement. The degree educates sport managers with particular strengths in exercise.

Course Objectives: Graduates of this course will be able to:

- Demonstrate a sound knowledge of the structure and practices of the Australian sports industry;
- Demonstrate an understanding and appreciation of human movement as it is influenced by a variety of political, social, economic, cultural, biological and technological factors;

- Apply a range of vocational skills to manage a variety of sport organisations and meet the needs of members, players, staff sponsors and other significant stakeholders;
- Use interpersonal, communication and technical skills to gain employment in the fields of exercise science and human movement, such as sport science, sport psychology, sport coaching and the fitness industry;
- Work independently, ethically and professionally in sporting clubs, state and national sporting bodies, leisure centres, sport stadiums and major events facilities, community service organisations and sport management consultancies;
- Use initiative and in-depth discipline knowledge to adapt to the changing needs of industry, commerce and community;
- Apply technical, communication and problem-solving skills to leadership roles that promote institutional and social change with social justice initiatives.

Careers: Graduates from the double degree in exercise and human movement / sport and recreation management course will be prepared to undertake professional responsibilities in a variety of sport and recreation settings. Graduates will find work in as a manager, administrator or sport scientist in professional sport and recreation clubs, state and national sport and recreation agencies, leisure centres, stadiums and facilities, community service organisations, all levels of government sport and recreation services, commercial sport and recreation services, and sports management consultancies.

Course Duration: 4 years

Admission Requirements Year 12: Units 3 and 4 - a study score of at least 25 in English (ESL) or 20 in any other English.

Admission Requirements International: Completion of a secondary school qualification equivalent to Australia's year 12 or VCE qualification. IELTS minimum 6.0 (no band less than 6) or equivalent.

Admission Requirements Mature Age: Applicants with relevant work, education and/or community experience may be considered on the basis of equivalence. Interview (some applicants only).

Admission Requirements VET: VET applicants will be considered and pathways are available from a range of VET courses.

COURSE STRUCTURE

Students will be expected to complete all the core units of the course as listed in the course structure. Students will also be able to choose a number of elective units from any course of study.

Year 1, Semester 1

AHE1101	STRUCTURAL KINESIOLOGY	12
AHE2100	EXERCISE PSYCHOLOGY	12
AHS1100	INTRODUCTION TO SPORT AND RECREATION	12

AHS1111	SPORT HISTORY AND CULTURE	12
Year 1, Semester 2		
AHS1107	SPORT, LEISURE AND SOCIETY	12
AHE1202	BIOMECHANICS	12
AHE1206	SPORT PSYCHOLOGY	12
AHS1108	SPORT AND THE MEDIA	12
Year 2, Semester 1		
AHS1200	SPORT AND RECREATION MANAGEMENT	12
AHS1207	SPORT AND RECREATION CAREER DEVELOPMENT 1	12
RBM1174	HUMAN PHYSIOLOGY	12
plus Elective 1		
Year 2, Semester 2		
AHE2104	EXERCISE PHYSIOLOGY	12
AHS2111	SPORT SPONSORSHIP	12
AHS3503	LEGAL ISSUES IN SPORT AND RECREATION	12
plus Elective 2		
Year 3, Semester 1		
AHE2127	MOTOR LEARNING	12
AHS3114	SPORT AND RECREATION FACILITY MANAGEMENT	12
plus Elective 3		
plus Elective 4		
Year 3, Semester 2		
AHE3111	SPORT AND SOCIAL ANALYSIS	12
AHS3507	SPORT, RECREATION AND SOCIAL RESPONSIBILITIES	12
plus Elective 5		
plus Elective 6		
Year 4, Semester 1		
AHE3112	CAREER AND PROFESSIONAL DEVELOPMENT 3	12
AHS3505	SPORT RECREATION AND SUSTAINABILITY	12
plus Elective 7		
plus Elective 8		
Year 4, Semester 2		

AHE3200	PROFESSIONAL ETHICS	12
AHS3500	SPORT AND RECREATION FINANCIAL MANAGEMENT	12

plus Elective 9

plus Elective 10

BACHELOR OF SPORT COACHING

Course Code:ABHS

Campus:Footscray Park.

About this course:This course has two distinct specialisations: Sport Science and Physical Education (PE). The course equips students with the required sport coaching skills to positively influence children and adults participating in community sport from the recreational to the elite level. Students will be educated to value the importance of knowledgeable, ethical, creative, adaptable and personable sport coaching. Students will develop the necessary skills and knowledge to coach in multi-skill, multi-sport and sport specific environments. Broadly, graduates should also understand their potential role in developing healthy and active people. The Physical Education specialisation comprises three essential elements: sport coaching specific units; physical education units, as required by the Victorian Institute of Teaching; and scope to develop a second teaching method. This combination of PE, 2nd teaching method and sport coaching is unique and provides an important point-of-difference for graduates in the marketplace. Graduates from this three year program are required to complete an additional one year Graduate Diploma of Teaching before being eligible to teach in Victoria. The Sport Science specialisation consists of sport coaching and sports science units with 4 additional elective units to develop an additional minor speciality. The Bachelor of Sport Coaching has been internationally benchmarked and represents a course that meets the needs of key sporting industry bodies.

Course Objectives:Underlying course philosophy: To equip students with the required sport coaching skills, to positively influence children and adults participating in community sport from recreational to elite level. Students will be educated to value the importance of knowledgeable, ethical, creative, adaptable and personable sport coaching. Students will develop the necessary skills and knowledge to coach in multi-skill, multi-sport and sport specific environments. Broadly, graduates should also understand their potential role in developing healthy and active people. Specific objectives for graduates:

- Coach independently in children's sport/young people's sport and/or performer development sport in multi-skill and/or single sport environments as appropriate;
- Develop a systematic knowledge and understanding of contemporary sport coaching theories and policies that guide coaching within the broader Australian sporting context;
- To be familiar with 'safe coaching' principles, including the importance of statutory legislation regulations and non-statutory guidelines (eg. occupational health and safety, codes of conduct and ethical, moral and equitable coaching practice);
- To have engaged in a sustained period of observation, planning and delivery of sport coaching in a systematic manner with appropriate feedback and assessment;

- To conduct needs analyses for individual athletes and/or teams and tailor coaching programs, taking into account participant needs and wider programs, curricula and targets;
- To understand the key concepts of the sport science disciplines as they apply to sport coaching and develop the capacity to integrate sport science knowledge when coaching;
- Develop fundamental research skills to enable students to critically reflect on published sport coaching literature;
- Develop reflective skills especially in relation to career development, self-management, action and reflection, life balance and professional development and the coach as a performer;
- Develop coach related communication, leadership and teaching skills;
- To be conversant with the relevant governing bodies and policies (local, state and national) that shape sport and sport coaching in Australia;
- Demonstrate an understanding and critical awareness of the moral, ethical, environmental and legal issues which underpin best practice in coaching;
- Reflect on coaching practice, demonstrating the ability for informed analysis and a willingness to apply the principle of continuous improvement to their coaching;
- Develop vocational competencies and subject-specific skills necessary for effective employment and/or further study including being aware of boundaries of knowledge and competence, career planning and professional development opportunities.

Careers: Graduates of this course can expect to find employment in the following areas:

- Physical Education Teacher with Sport Coaching Specialisation (after completion of a Graduate Diploma of Teaching);
- Sport Coaches with State and National Sporting Organisations;
- Sport Development and Community Coaching Officer;
- Private Sport Coaching Consultant/Entrepreneur;
- Specialist Sport Coaches - Private Schools;
- Coaching Director;
- Personal Trainer (subject to completion of registration requirements);
- Coaching Special Groups (athletes with disability, inclusion of girls and women; ethnic minorities);
- Coaching Children in Primary and Community contexts;
- Professional or Semi Professional Sports Coach;
- High Performance Manager;
- Coaching within Governing Body Programs;
- Strength and Conditioning Coach.

Course Duration: 3 years

Admission Requirements Year 12: Units 3 and 4 - a study score of at least 25 in English (ESL) or 20 in any other English.

Admission Requirements International: Completion of a secondary school qualification equivalent to Australia's year 12 or VCE qualification. IELTS minimum 6.0 (no band less than 6) or equivalent.

Admission Requirements Mature Age: Applicants with relevant work, education and/or community experience may be considered on the basis of equivalence.

Admission Requirements VET: VET applicants will be considered and pathways are available from a range of VET courses.

Admission Requirements Other: Applicants with relevant employment or work experience may complete and submit the VTAC PI form. Interviews for some applicants only on the basis of academic record and submitted PI form.

COURSE STRUCTURE

Students complete 24 units in ABHS Bachelor of Sport Coaching (48 credit points per semester). Students enrolled in ABHS with a Sport Science specialisation complete:

- 13 Core Sport Coaching Units;
- 7 Sport Science Specialisation Units; and
- 4 Electives.

Students enrolled in ABHS with Physical Education specialisation complete:

- 13 Core Sport Coaching Units;
- 6 Physical Education Specialisation Units (provides a Physical Education teaching method); and
- 5 Teaching Method Electives (provides an additional teaching method).

PHYSICAL EDUCATION STREAM

Year 1 Semester 1

AHE0029	RESISTANCE TRAINING	12
AHE1101	STRUCTURAL KINESIOLOGY	12
AHE1251	COACHING ACTIVE COMMUNITIES	12
AHE2250	SPORT COACHING PRINCIPLES	12

Year 1 Semester 2

AHE2257	SPORT COACHING: SKILL ACQUISITION, EXPERTISE AND LEARNING	12
AHE1250	SPORT COACHING: APPLIED CONDITIONING	12
AHE2251	SPORT COACHING ENVIRONMENT, PLANNING AND DELIVERY	12
RBM1174	HUMAN PHYSIOLOGY	12

Year 2 Semester 1

AHE2254	PSYCHOLOGY OF SPORT COACHING	12
AHE2255	APPLIED PHYSIOLOGY: SPORT COACHING	12
AHE3280	TEAM SPORTS	12

Plus Elective 1 - 2nd Teaching Method

Year 2 Semester 2		
AHE2016	BIOMECHANICS FOR PHYSICAL EDUCATION	12
AHE3121	ATHLETICS	12
Plus Elective 2 - 2nd Teaching Method		
Plus Elective 3 - 2nd Teaching Method		
Year 3 Semester 1		
AHE2005	NUTRITION AND DIET FOR EXERCISE AND PHYSICAL EDUCATION	12
AHE2013	GYMNASTICS AND DANCE	12
AHE3250	SOCIO-HISTORICAL SPORT COACHING	12
Plus Elective 4 - 2nd Teaching Method		
Year 3 Semester 2		
AHE1127	AQUATICS	12
AHE3219	ADAPTED PHYSICAL EDUCATION	12
AHE3252	ETHICAL BEHAVIOUR IN SPORT COACHING	12
Plus Elective 5 - 2nd Teaching Method		
SPORT SCIENCE STREAM		
Year 1 Semester 1		
AHE0029	RESISTANCE TRAINING	12
AHE1101	STRUCTURAL KINESIOLOGY	12
AHE1251	COACHING ACTIVE COMMUNITIES	12
AHE2250	SPORT COACHING PRINCIPLES	12
Year 1 Semester 2		
AHE2257	SPORT COACHING: SKILL ACQUISITION, EXPERTISE AND LEARNING	12
AHE1250	SPORT COACHING: APPLIED CONDITIONING	12
AHE2251	SPORT COACHING ENVIRONMENT, PLANNING AND DELIVERY	12
AHE2252	COACH DEVELOPMENT AND APPLIED PRACTICE	12
Year 2 Semester 1		
AHE2253	ADVANCED SPORT COACHING: RESEARCH, KNOWLEDGE AND EXPERTISE	12
AHE2254	PSYCHOLOGY OF SPORT COACHING	12
AHE2255	APPLIED PHYSIOLOGY: SPORT COACHING	12

General Elective 1		
Year 2 Semester 2		
AHE0065	ADVANCED RESISTANCE TRAINING	12
AHE2256	SPORT COACHING: TALENT IDENTIFICATION AND DEVELOPMENT	12
AHE2016	BIOMECHANICS FOR PHYSICAL EDUCATION	12
General Elective 2		
Year 3 Semester 1		
AHE1102	CAREER AND PROFESSIONAL DEVELOPMENT 1	12
AHE2005	NUTRITION AND DIET FOR EXERCISE AND PHYSICAL EDUCATION	12
AHE2015	ADAPTED COACHING	12
AHE3250	SOCIO-HISTORICAL SPORT COACHING	12
Year 3 Semester 2		
AHE3251	PREVENTION, MANAGEMENT AND RECOVERY FROM INJURY	12
AHE3252	ETHICAL BEHAVIOUR IN SPORT COACHING	12
General Elective 3		
General Elective 4		

BACHELOR OF SPORT & RECREATION MANAGEMENT/BACHELOR OF BUSINESS - EVENT MANAGEMENT

Course Code:ABRE

Campus:Footscray Park.

This course is for Continuing students only.

About this course:The double degree in Sport and Recreation Management and Business Event Management provides students with a sound knowledge and critical appreciation of the structure and practices of the Australian sport and recreation industry and the skills and understandings of business principles and events management. The degree educates sport and recreation managers with a particular emphasis on events management.

Course Objectives:Graduates of this course will be able to:

- Use initiative, judgement and communication skills to manage a variety of sport and recreation organisations and meet the needs of members, players, staff, sponsors and other significant stakeholders;
- Apply in-depth skills in event management to a diversity of service delivery settings, especially the sport and recreation industry;
- Work independently, ethically and professionally in sporting clubs, state and national sporting and recreation agencies, leisure centres, sport stadiums and major events facilities, community service organisations and sport management consultancies;
- Use initiative and in-depth discipline knowledge to adapt to the changing needs of the sport and recreation industry, commerce and community;

- Apply technical, communication and problem-solving skills to leadership roles that promote institutional and social change with social justice initiatives;
- Demonstrate a critical understanding and appreciation of the nature, role and significance of sport and recreation for individuals and social groups in its differing social, political and economic contexts;
- Apply a practical understanding of the ongoing and project tasks and problems associated with leading and facilitating sport and recreation opportunities and managing events;
- Demonstrate an understanding of, and commitment to, the benefits of quality sport and recreation and to the professional standards required in the provision of sport and recreational services.

Careers: Students who have graduated from this course are qualified to work in a variety of sport and recreation organisations that administer, coordinate or deliver sport and recreation services for players, spectators and the community, as well as general business operations. Potential employment areas include: Sport and recreation organisations: sport and recreation clubs and associations, sport and recreation events, sport and recreation facilities; Sport associations (state and national): management, marketing and media, program development and delivery, and project coordination; Sport facilities: major and minor venue managers, marketers and program coordinators Sport events: event manager, marketers and media manager; Commercial: player agent, commercial sport businesses, customer service, marketing, service management, sport consultancy; Local and state governments: community sport programs, community events, sport and recreation facilities, sport and community centres, community development projects.

Course Duration: 4 years

Admission Requirements Year 12: Prerequisites: Units 3 and 4 - a study score of at least 20 in English (any). Selection mode: CY12: ENTER and two stage process with a middle-band of approximately 20%. NONY12: Academic record, possible interview if required.

COURSE STRUCTURE

Students will be expected to complete all the core units of the course as listed in the course structure. Students will also be able to choose a number of elective units from any course of study.

Year 1, Semester 1

AHS1100	INTRODUCTION TO SPORT AND RECREATION	12
AHS1111	SPORT HISTORY AND CULTURE	12
BFP1100	PROFESSIONAL DEVELOPMENT 1 - CRITICAL THINKING AND PROBLEM SOLVING	12
BHO2432	INTRODUCTION TO EVENTS	12

Year 1, Semester 2

AHS1108	SPORT AND THE MEDIA	12
BAO1101	ACCOUNTING FOR DECISION MAKING	12

BCO1102	INFORMATION SYSTEMS FOR BUSINESS	12
BMO1102	MANAGEMENT AND ORGANISATION BEHAVIOUR	12

Year 2, Semester 1

AHS1200	SPORT AND RECREATION MANAGEMENT	12
AHS1207	SPORT AND RECREATION CAREER DEVELOPMENT 1	12
BHO1171	INTRODUCTION TO MARKETING	12
BLO1105	BUSINESS LAW	12

Year 2, Semester 2

AHS1107	SPORT, LEISURE AND SOCIETY	12
AHS2111	SPORT SPONSORSHIP	12
AHS2300	EVENT MANAGEMENT IN SPORT AND RECREATION	12
BHO3420	EVENT OPERATIONS	12

Year 3, Semester 1

AHS3114	SPORT AND RECREATION FACILITY MANAGEMENT	12
BE01106	BUSINESS STATISTICS	12
BHO3421	BUSINESS EVENTS	12

plus Sport Elective 1

Year 3, Semester 2

AHS3113	ETHICS AND SOCIAL POLICY IN SPORT	12
BHO2301	SUSTAINABLE OPERATIONS	12
BHO3510	HOSPITALITY, TOURISM & EVENTS INDUSTRY PROJECT	12
BMO3405	LIVE PERFORMANCE MANAGEMENT	12

Year 4, Semester 1

AHS3505	SPORT RECREATION AND SUSTAINABILITY	12
BE01105	ECONOMIC PRINCIPLES	12
BFP2100	PROFESSIONAL DEVELOPMENT 2 - ANALYSIS AND STRATEGY	12
BHO2422	EVENT CREATION AND DESIGN	12

Year 4, Semester 2

AHS3507	SPORT, RECREATION AND SOCIAL RESPONSIBILITIES	12
AHS3600	SPORT AND RECREATION CAREER DEVELOPMENT	12

plus Sport Elective 2

plus Sport Elective 3

BACHELOR OF SPORT AND RECREATION MANAGEMENT/BACHELOR OF BUSINESS (MARKETING)

Course Code:ABRK

Campus:Footscray Park.

This course is for Continuing students only.

About this course:The double degree in Sport and Recreation Management and Business Marketing provides students with a sound knowledge and critical appreciation of the structure and practices of the Australian sport and recreation industry and the skills and understandings of business principles and marketing skills. The degree educates sport and recreation managers with a particular emphasis on marketing skills.

Course Objectives:Graduates of this course will be able to: Demonstrate a sound knowledge of the structure and practices of the Australian sport and recreation industry; Apply a range of vocational skills to manage and market a variety of sport and recreation organisations and meet the needs of members, players, staff, sponsors and other significant stakeholders; Apply skills in marketing to a diversity of service delivery settings, especially the sport and recreation industry; Work independently, ethically and professionally in sporting clubs, state and national sporting and recreation agencies, leisure centres, sport stadiums and major events facilities, community service organisations and sport management consultancies; and Use initiative and in-depth discipline knowledge to adapt to the changing needs of the sport and recreation industry, commerce and community; Apply technical, communication and problem-solving skills to leadership roles that promote institutional and social change with social justice initiatives.

Careers:Graduated students are qualified to work in a variety of sport and recreation organisations that administer, coordinate or deliver sport and recreation services for players, spectators and the community, as well as general business operations. Potential employment areas include: Sport and recreation organisations: sport and recreation clubs and associations, sport and recreation events, sport and recreation facilities; Sport associations (state and national): management, marketing and media, program development and delivery, and project coordination; Sport facilities: major and minor venue managers, marketers and program coordinators Sport events: event manager, marketers and media manager; Commercial: player agent, commercial sport businesses, customer service, marketing, service management, sport consultancy; Local and state governments: community sport programs, community events, sport and recreation facilities, sport and community centres, community development projects.

Course Duration:4 years

Admission Requirements Year 12:VCE with minimum study score of 20 in English units 3 and 4 (any) or equivalent.

Admission Requirements International:Completion of a secondary school qualification equivalent to Australia's year 12 or VCE qualification. IELTS minimum 6.5.

Admission Requirements Mature Age:Direct entry is available

COURSE STRUCTURE

Students will be expected to complete all the core units of the course as listed in the course structure. Students will also be able to choose a number of elective units from any course of study.

Year 1, Semester 1

AHS1100	INTRODUCTION TO SPORT AND RECREATION	12
AHS1111	SPORT HISTORY AND CULTURE	12
BHO1171	INTRODUCTION TO MARKETING	12
BLO1105	BUSINESS LAW	12

Year 1, Semester 2

AHS1108	SPORT AND THE MEDIA	12
BCO1102	INFORMATION SYSTEMS FOR BUSINESS	12
BEO1106	BUSINESS STATISTICS	12
BMO1102	MANAGEMENT AND ORGANISATION BEHAVIOUR	12

Year 2, Semester 1

AHS1200	SPORT AND RECREATION MANAGEMENT	12
AHS1207	SPORT AND RECREATION CAREER DEVELOPMENT 1	12
BFP1100	PROFESSIONAL DEVELOPMENT 1 - CRITICAL THINKING AND PROBLEM SOLVING	12
BHO2285	MARKETING RESEARCH	12

Year 2, Semester 2

AHS1107	SPORT, LEISURE AND SOCIETY	12
AHS2111	SPORT SPONSORSHIP	12
AHS2300	EVENT MANAGEMENT IN SPORT AND RECREATION	12
AHS3503	LEGAL ISSUES IN SPORT AND RECREATION	12

Year 3, Semester 1

AHS3114	SPORT AND RECREATION FACILITY MANAGEMENT	12
BEO1105	ECONOMIC PRINCIPLES	12
BHO2259	PRODUCT AND SERVICES INNOVATIONS	12
BHO3439	MARKETING SERVICES AND EXPERIENCES	12

Year 3, Semester 2

AHS3113	ETHICS AND SOCIAL POLICY IN SPORT	12
BFP2100	PROFESSIONAL DEVELOPMENT 2 - ANALYSIS AND STRATEGY	12

BHO2434 CONSUMER BEHAVIOUR 12

Plus Sport Elective 1 (12 credit points)

Year 4, Semester 1

AHS3505 SPORT RECREATION AND SUSTAINABILITY 12

BAO1101 ACCOUNTING FOR DECISION MAKING 12

BHO2257 ADVERTISING AND MARKETING COMMUNICATIONS 12

BHO3254 ADVANCED MARKETING RESEARCH 12

Year 4, Semester 2

AHS3507 SPORT, RECREATION AND SOCIAL RESPONSIBILITIES 12

AHS3600 SPORT AND RECREATION CAREER DEVELOPMENT 12

BHO3435 MARKETING PLANNING AND STRATEGY 12

Plus Sport Elective 2 (12 credit points)

BACHELOR OF SPORT AND RECREATION MANAGEMENT/BACHELOR OF BUSINESS (MANAGEMENT)

Course Code:ABRM

Campus:Footscray Park.

This course is for Continuing students only.

About this course:The double degree in Sport and Recreation Management and Business Management provides students with a sound knowledge and critical appreciation of the structure and practices of the Australian sport and recreation industry and the skills and understandings of business principles and management skills. The degree educates sport and recreation managers with a particular emphasis on core management skills.

Course Objectives:Graduates of this course will be able to: Demonstrate a sound knowledge of the structure and practices of the Australian sport and recreation industry; Apply a range of vocational skills to manage a variety of sport and recreation organisations and meet the needs of members, players, staff, sponsors and other significant stakeholders; Apply skills in business management to a diversity of service delivery settings; Work independently, ethically and professionally in sporting clubs, state and national sporting and recreation agencies, leisure centres, sport stadiums and major events facilities, community service organisations and sport management consultancies; Use initiative and in-depth discipline knowledge to adapt to the changing needs of the sport and recreation industry, commerce and community, Apply technical, communication and problem-solving skills to leadership roles that promote institutional and social change with social justice initiatives.

Careers:Graduates from the double degree in sport and recreation management / business management course will be prepared to undertake professional responsibilities for both sport and recreation agencies as well as general business operations. Graduates will find work as a manager, administrator in professional sport and recreation clubs, state and national sport and recreation agencies, leisure centres, stadiums and facilities, community service organisations, all levels of government sport and recreation services, commercial sport and recreation services, and sports management consultancies.

Course Duration:4 years

Admission Requirements Year 12:VCE with minimum study score of 20 in English units 3 and 4 (any).

Admission Requirements International:Completion of a secondary school qualification equivalent to Australia's year 12 or VCE qualification. IELTS minimum 6.0 (no band less than 6).

Admission Requirements Mature Age:Applicants with relevant work, education and/or community experience may be considered on the basis of equivalence.

Admission Requirements VET:Applicants with relevant VET study may be considered.

COURSE STRUCTURE

Students will be expected to complete all the core units of the course as listed in the course structure. Students will also be able to choose a number of elective units from any course of study.

Year 1, Semester 1

AHS1111 SPORT HISTORY AND CULTURE 12

AHS1100 INTRODUCTION TO SPORT AND RECREATION 12

BFP1100 PROFESSIONAL DEVELOPMENT 1 - CRITICAL THINKING AND PROBLEM SOLVING 12

BMO1102 MANAGEMENT AND ORGANISATION BEHAVIOUR 12

Year 1, Semester 2

AHS1108 SPORT AND THE MEDIA 12

BAO1101 ACCOUNTING FOR DECISION MAKING 12

BCO1102 INFORMATION SYSTEMS FOR BUSINESS 12

BHO1171 INTRODUCTION TO MARKETING 12

Year 2, Semester 1

AHS1200 SPORT AND RECREATION MANAGEMENT 12

AHS1207 SPORT AND RECREATION CAREER DEVELOPMENT 1 12

BE01105 ECONOMIC PRINCIPLES 12

BLO1105 BUSINESS LAW 12

Year 2, Semester 2

AHS1107 SPORT, LEISURE AND SOCIETY 12

AHS2111 SPORT SPONSORSHIP 12

AHS2300 EVENT MANAGEMENT IN SPORT AND RECREATION 12

Plus one of the following two units:

BMO3220	HUMAN RESOURCE MANAGEMENT	12
BMO2181	OPERATIONS MANAGEMENT	12
Year 3, Semester 1		
AHS3114	SPORT AND RECREATION FACILITY MANAGEMENT	12
BFP2100	PROFESSIONAL DEVELOPMENT 2 - ANALYSIS AND STRATEGY	12
Plus one of the following two units:		
BMO3476	TRAINING AND DEVELOPMENT	12
BMO3320	INTERPERSONAL AND ORGANISATIONAL NEGOTIATION	12
Plus Sport Elective 1		
Year 3, Semester 2		
AHS3113	ETHICS AND SOCIAL POLICY IN SPORT	12
BMO3420	HUMAN RESOURCE INFORMATION SYSTEMS	12
Plus one of the following two units:		
BMO3324	CONSULTING AND COUNSELLING	12
BMO3422	STRATEGIC MANAGEMENT	12
Plus Sport Elective 2		
Year 4, Semester 1		
AHS3505	SPORT RECREATION AND SUSTAINABILITY	12
BE01106	BUSINESS STATISTICS	12
Plus one of the following two units:		
BLO2207	EMPLOYMENT LAW	12
BMO3421	MANAGING THE SERVICE ORGANISATION	12
Plus one of the following two units:		
BMO3323	EMPLOYEE RELATIONS MANAGEMENT	12
BMO1110	MANAGING KNOWLEDGE	12
Year 4, Semester 2		
AHS3507	SPORT, RECREATION AND SOCIAL RESPONSIBILITIES	12
AHS3600	SPORT AND RECREATION CAREER DEVELOPMENT	12
Plus one of the following two units:		
BMO3325	HUMAN RESOURCES MANAGEMENT EVALUATION	12
BMO3327	ORGANISATIONAL CHANGE AND DEVELOPMENT	12

Plus Sport Elective 3

BACHELOR OF SPORT AND RECREATION MANAGEMENT

Course Code:ABSR

Campus:Footscray Park.

About this course:The aim of the course is to produce competent sport and recreation professionals who have practical management and leadership skills. The course provides students with a sound knowledge and a critical appreciation of the structure and practices of the Australian sport and recreation industry, and a commitment to sport and recreation such that they can be employed in a variety of positions in various sectors of the sport and recreation industry. The course seeks to graduate students who will promote lifelong sport and recreation participation by all sections of the community. Students will choose one of three major streams of study in Sport Management, Recreation Management or Outdoor Recreation when they apply for the course.

Course Objectives:Graduates of this course will be able to:

- Demonstrate a critical understanding and appreciation of the nature, role and significance of sport and recreation for individuals and social groups in their differing social, political and economic contexts;
- Employ a broad range of oral, written, self-reliance, teamwork and research skills to enable professional effectiveness in sport and recreation settings;
- Demonstrate an in-depth knowledge of the functions of sport and recreation managers across a range of sport and recreation management roles;
- Apply a breadth of management skills including planning, human resource management, marketing, financial control and performance evaluation to sport and recreation services;
- Use a variety of leadership skills, including initiative, judgement, and problem-solving in sport and recreation delivery and facilitation;
- Apply a practical understanding of the ongoing and project tasks and problems associated with leading and facilitating sport and recreation opportunities and managing sport and recreational organisations;
- Demonstrate an understanding of, and commitment to, the benefits of quality sport and recreation and to the professional standards required in the provision of sport and recreational services.

Careers:Graduates from the sport and recreation course will be prepared to undertake professional responsibilities in a variety of sport and recreation settings. Graduates will find work in professional sport and recreation clubs, state and national sport and recreation agencies, leisure centres, stadiums and facilities, community service organisations, outdoor recreation service providers, all levels of government sport and recreation services, commercial sport and recreation services, and sports management consultancies.

Course Duration:3 years

Admission Requirements Year 12:Units 3 and 4 - a study score of at least 25 in English (ESL) or 20 in any other English.

Admission Requirements International:Completion of a secondary school qualification equivalent to Australia's year 12 or VCE qualification. IELTS minimum 6.0 (no band less than 6) or equivalent.

Admission Requirements Mature Age: Applicants with relevant work, education and/or community experience may be considered on the basis of equivalence.

Admission Requirements VET: VET applicants will be considered and pathways are available from a range of VET courses.

COURSE STRUCTURE

Students must complete 288 credit points to graduate.

SPORT MANAGEMENT STREAM

Year 1 Semester 1

AHS1100	INTRODUCTION TO SPORT AND RECREATION	12
AHS1111	SPORT HISTORY AND CULTURE	12
AHS1200	SPORT AND RECREATION MANAGEMENT	12
AHS1202	RECREATION PROGRAMMING	12

Year 1 Semester 2

AHS1107	SPORT, LEISURE AND SOCIETY	12
AHS1108	SPORT AND THE MEDIA	12
AHS2301	SPORT AND RECREATION SERVICES MARKETING	12
AHS3500	SPORT AND RECREATION FINANCIAL MANAGEMENT	12

Year 2 Semester 1

AHS1207	SPORT AND RECREATION CAREER DEVELOPMENT 1	12
AHS2400	HUMAN RESOURCES IN SPORT AND RECREATION	12
AHS2405	RESEARCH AND EVALUATION IN SPORT AND RECREATION	12

plus Sport elective 1

Year 2 Semester 2

AHS2111	SPORT SPONSORSHIP	12
AHS3503	LEGAL ISSUES IN SPORT AND RECREATION	12

plus Sport elective 2

plus Sport elective 3

Year 3 Semester 1

AHS3114	SPORT AND RECREATION FACILITY MANAGEMENT	12
AHS3505	SPORT RECREATION AND SUSTAINABILITY	12

plus Sport elective 4

plus Sport elective 5

Year 3 Semester 2

AHS2300	EVENT MANAGEMENT IN SPORT AND RECREATION	12
AHS3113	ETHICS AND SOCIAL POLICY IN SPORT	12
AHS3507	SPORT, RECREATION AND SOCIAL RESPONSIBILITIES	12
AHS3600	SPORT AND RECREATION CAREER DEVELOPMENT	12

Elective Options for Sport Management Students

Please check timetable for availability

Recommended electives:

AHS0054	SPORT GAMING AND GAMBLING	12
AHS0114	FOOTBALL STUDIES	12
AHS0134	INCLUSIVE RECREATION STRATEGIES	12
AHS1106	RECREATION ACTIVITY LEADERSHIP	12
AHS2305	SOCIAL PSYCHOLOGY OF RECREATION	12
AHS2404	RECREATION AND COMMUNITY DEVELOPMENT	12
AHS3502	RECREATION PLANNING AND POLICY	12
AHS7055	CONTEMPORARY ISSUES IN SPORT ADMINISTRATION	12
AHS7056	PLAYER MANAGEMENT IN SPORT	12
AHX0010	OLYMPIC STUDIES	12

OUTDOOR RECREATION STREAM

Year 1 Semester 1

AHS0249	THEORY AND PRACTICE OF ADVENTURE PROGRAMMING	12
AHS1012	THEORIES OF OUTDOOR EDUCATION	12
AHS1100	INTRODUCTION TO SPORT AND RECREATION	12
AHS1200	SPORT AND RECREATION MANAGEMENT	12

Year 1 Semester 2

AHS0141	BUSHWALKING LEADERSHIP	12
AHS1013	OUTDOOR SAFETY SKILLS	12
AHS1107	SPORT, LEISURE AND SOCIETY	12
AHS3500	SPORT AND RECREATION FINANCIAL MANAGEMENT	12

Year 2 Semester 1

AHS1015	ENVIRONMENTAL INQUIRY	12
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AHS1207	SPORT AND RECREATION CAREER DEVELOPMENT 1	12	AHS1100	INTRODUCTION TO SPORT AND RECREATION	12
AHS2400	HUMAN RESOURCES IN SPORT AND RECREATION	12	AHS1111	SPORT HISTORY AND CULTURE	12
plus Elective 1			AHS1200	SPORT AND RECREATION MANAGEMENT	12
Year 2 Semester 2			AHS1202	RECREATION PROGRAMMING	12
AHS1016	LEADERSHIP IN THE OUTDOORS	12	Year 1 Semester 2		
AHS3503	LEGAL ISSUES IN SPORT AND RECREATION	12	AHS1107	SPORT, LEISURE AND SOCIETY	12
plus Elective 2			AHS2301	SPORT AND RECREATION SERVICES MARKETING	12
plus Elective 3			AHS0134	INCLUSIVE RECREATION STRATEGIES	12
Year 3 Semester 1			AHS3500	SPORT AND RECREATION FINANCIAL MANAGEMENT	12
AHS1017	CONTEMPORARY OUTDOOR RECREATION ISSUES AND TRENDS	12	Year 2 Semester 1		
AHS1018	EXPEDITION LEADERSHIP	12	AHS1106	RECREATION ACTIVITY LEADERSHIP	12
AHS3505	SPORT RECREATION AND SUSTAINABILITY	12	AHS1207	SPORT AND RECREATION CAREER DEVELOPMENT 1	12
plus Elective 4			AHS2400	HUMAN RESOURCES IN SPORT AND RECREATION	12
Year 3 Semester 2			AHS2405	RESEARCH AND EVALUATION IN SPORT AND RECREATION	12
AHS1019	OUTDOOR AND ENVIRONMENTAL PHILOSOPHY	12	Year 2 Semester 2		
AHS2300	EVENT MANAGEMENT IN SPORT AND RECREATION	12	AHS2305	SOCIAL PSYCHOLOGY OF RECREATION	12
AHS3600	SPORT AND RECREATION CAREER DEVELOPMENT	12	AHS3503	LEGAL ISSUES IN SPORT AND RECREATION	12
plus Elective 5			plus Sport elective 1		
Elective Options for Outdoor Recreation Stream			plus Sport elective 2		
Please check timetable for availability			Year 3 Semester 1		
Recommended electives:			AHS2404	RECREATION AND COMMUNITY DEVELOPMENT	12
AHS0054	SPORT GAMING AND GAMBLING	12	AHS3114	SPORT AND RECREATION FACILITY MANAGEMENT	12
AHS0114	FOOTBALL STUDIES	12	AHS3505	SPORT RECREATION AND SUSTAINABILITY	12
AHS1108	SPORT AND THE MEDIA	12	plus Sport elective 3		
AHS2111	SPORT SPONSORSHIP	12	Year 3 Semester 2		
AHS3113	ETHICS AND SOCIAL POLICY IN SPORT	12	AHS3502	RECREATION PLANNING AND POLICY	12
AHS7055	CONTEMPORARY ISSUES IN SPORT ADMINISTRATION	12	AHS3600	SPORT AND RECREATION CAREER DEVELOPMENT	12
AHS7056	PLAYER MANAGEMENT IN SPORT	12	AHS2300	EVENT MANAGEMENT IN SPORT AND RECREATION	12
AHX0010	OLYMPIC STUDIES	12	plus Sport elective 4		
RECREATION MANAGEMENT STREAM			Elective Options for Recreation Management Students		
Year 1 Semester 1			Check timetable for availability		

Recommended electives:

AHS0054	SPORT GAMING AND GAMBLING	12
AHS0114	FOOTBALL STUDIES	12
AHS1108	SPORT AND THE MEDIA	12
AHS2111	SPORT SPONSORSHIP	12
AHS3113	ETHICS AND SOCIAL POLICY IN SPORT	12
AHS7055	CONTEMPORARY ISSUES IN SPORT ADMINISTRATION	12
AHS7056	PLAYER MANAGEMENT IN SPORT	12
AHX0010	OLYMPIC STUDIES	12

BACHELOR OF SPORT AND RECREATION MANAGEMENT/BACHELOR OF BUSINESS

Course Code:ABSS

Campus:Footscray Park.

About this course:The double degree in Sport and Recreation Management and Business provides students with a sound knowledge and critical appreciation of the structure and practices of the Australian sport and recreation industry and the skills and understandings of business principles. The course offers students the opportunity to personalise their learning and gain valuable experience in the workplace and community.

Course Objectives:Graduates of this course will be able to:

- Demonstrate a sound knowledge of the structure and practices of the Australian sport and recreation industry;
- Apply a range of vocational skills to manage and market a variety of sport and recreation organisations and meet the needs of members, players, staff, sponsors and other significant stakeholders;
- Work independently, ethically and professionally in sporting clubs, state and national sporting and recreation agencies, leisure centres, sport stadiums and major events facilities, community service organisations and sport management consultancies;
- Use initiative and in-depth discipline knowledge to adapt to the changing needs of the sport and recreation industry, commerce and community;
- Apply technical, communication and problem-solving skills to leadership roles that promote institutional and social change with social justice initiatives;
- Apply skills in business to a diversity of service delivery settings, especially the sport and recreation industry;
- Demonstrate sound knowledge of the principles and practices of a business specialisation by providing a comprehensive overview of relevant issues, methodologies and techniques within the context of Australian and/or international business environments;
- Employ a range of professional and academic skills to work in a variety of sport and recreation and/or commercial or business settings.

Careers:Graduates from the double degree in Sport and Recreation Management / Business will be prepared to undertake professional responsibilities for both sport and

recreation agencies as well as general business operations. Graduates will find work as managers, administrators in professional sport and recreation clubs, state and national sport and recreation agencies, leisure centres, stadiums and facilities, community service organisations, all levels of government sport and recreation services, commercial sport and recreation services, sports management consultancies, as well as a wide range of occupations in professional settings including private corporations, professional service firms, the public service and community sector.

Course Duration:4 years

Admission Requirements Year 12:Units 3 and 4 - a study score of at least 25 in English (ESL) or 20 in any other English.

Admission Requirements International:Completion of a secondary school qualification equivalent to Australia's year 12 or VCE qualification. IELTS minimum 6.0 (no band less than 6) or equivalent.

Admission Requirements Mature Age:Applicants with relevant work, education and/or community experience may be considered on the basis of equivalence.

Admission Requirements VET:Applicants with relevant VET study may be considered.

COURSE STRUCTURE

To graduate, students must successfully complete:

- 14 core sport and recreation units
- 2 sport electives
- 9 core business units
- 7 units selected from one of the 13 business specialisations listed below

Business specialisations:

- Accounting
- Banking and Finance
- Event Management **
- Financial Planning
- Human Resource Management
- International Business
- International Trade
- Management
- Marketing
- Music Industry
- Retail Commerce
- Small Business and Entrepreneurship
- Supply Chain and Logistics Management.

Year 1, Semester 1

AHS1100	INTRODUCTION TO SPORT AND RECREATION	12
AHS1111	SPORT HISTORY AND CULTURE	12
BH01171	INTRODUCTION TO MARKETING	12

BLO1105	BUSINESS LAW	12	Business Specialisation Unit 5	
Year 1, Semester 2			Year 4, Semester 2	
AHS1108	SPORT AND THE MEDIA	12	AHS3507	SPORT, RECREATION AND SOCIAL RESPONSIBILITIES 12
BCO1102	INFORMATION SYSTEMS FOR BUSINESS	12	AHS3600	SPORT AND RECREATION CAREER DEVELOPMENT 12
BE01106	BUSINESS STATISTICS	12	Business Specialisation Unit 6	
BFP1100	PROFESSIONAL DEVELOPMENT 1 - CRITICAL THINKING AND PROBLEM SOLVING	12	Business Specialisation Unit 7	
Year 2, Semester 1			Recommended Sport Elective Options	
			Please check timetable for availability	
AHS1200	SPORT AND RECREATION MANAGEMENT	12	AHS0054	SPORT GAMING AND GAMBLING 12
AHS1207	SPORT AND RECREATION CAREER DEVELOPMENT 1	12	AHS0114	FOOTBALL STUDIES 12
BAO1101	ACCOUNTING FOR DECISION MAKING	12	AHS0134	INCLUSIVE RECREATION STRATEGIES 12
BMO1102	MANAGEMENT AND ORGANISATION BEHAVIOUR	12	AHS1106	RECREATION ACTIVITY LEADERSHIP 12
Year 2, Semester 2			AHS2305	SOCIAL PSYCHOLOGY OF RECREATION 12
AHS1107	SPORT, LEISURE AND SOCIETY	12	AHS2404	RECREATION AND COMMUNITY DEVELOPMENT 12
AHS2111	SPORT SPONSORSHIP	12	AHS3502	RECREATION PLANNING AND POLICY 12
AHS3503	LEGAL ISSUES IN SPORT AND RECREATION	12	AHS7055	CONTEMPORARY ISSUES IN SPORT ADMINISTRATION 12
BE01105	ECONOMIC PRINCIPLES	12	AHS7056	PLAYER MANAGEMENT IN SPORT 12
Year 3, Semester 1			AHX0010	OLYMPIC STUDIES 12
AHS3114	SPORT AND RECREATION FACILITY MANAGEMENT	12	BSPACC	ACCOUNTING
BFP2100	PROFESSIONAL DEVELOPMENT 2 - ANALYSIS AND STRATEGY	12	BSPBAF	BANKING AND FINANCE
Sport Elective 1			BSPEVM	EVENT MANAGEMENT
Business Specialisation Unit 1			BSPFIP	FINANCIAL PLANNING
Year 3, Semester 2			BSPMHR	HUMAN RESOURCE MANAGEMENT
AHS3113	ETHICS AND SOCIAL POLICY IN SPORT	12	BSPIBU	INTERNATIONAL BUSINESS
AHS2300	EVENT MANAGEMENT IN SPORT AND RECREATION	12	BSPITR	INTERNATIONAL TRADE
Business Specialisation Unit 2			BSPMAN	MANAGEMENT
Business Specialisation Unit 3			BSPMAR	MARKETING
Year 4, Semester 1			BSPMUI	MUSIC INDUSTRY
AHS3505	SPORT RECREATION AND SUSTAINABILITY	12	BSPREC	RETAIL COMMERCE
Sport Elective 2			BSPSBE	SMALL BUSINESS AND ENTREPRENEURSHIP
Business Specialisation Unit 4				

MASTER OF APPLIED SCIENCE (CLINICAL EXERCISE PRACTICE)

Course Code:AMCE

Campus:Footscray Park.

This course is for Continuing students only.

About this course:This course is designed to produce graduates with expertise in exercise and sport science who will understand the scientific basis of exercise and sport performance; be able to apply and effectively evaluate fitness and performance levels; prescribe exercise/training programs to enhance existing levels; be able to effectively communicate those prescriptions to their clients and understand and appreciate the ethical dimensions and implications of this role as well as prescribe exercise and training techniques which emphasise injury prevention. The Master of Applied Science - Clinical Exercise Practice, is a 2 year full-time (or part-time equivalent) postgraduate program to train students in the clinical uses of exercise, in order to prepare graduates to apply for accreditation and work as exercise physiologists. This program offers a postgraduate pathway into clinical exercise practice for graduates from non-traditional backgrounds (ie not exercise science graduates). The first year of this program is the Graduate Diploma in Exercise Science (HGXS). Also, this program is complementary to the Master of Applied Science - Exercise Rehabilitation, offered at Victoria University, and leads to similar graduate outcomes.

Course Objectives:The objective of the course is to produce graduates who will be eligible via the accrediting authority, the Australian Association for Exercise and Sports Science (AAESS), to practise clinical exercise physiology as AAESS-Accredited Exercise Physiologists.

Course Duration:2 years

Admission Requirements Mature Age:To qualify for admission to the course, applicants must hold an undergraduate degree in a related physical education or human science area such as physiotherapy, occupational therapy, or biomedical science. Selection of students will also take into account current involvement in areas related to the coaching, promotion or direction of exercise. Some applicants may be required to undertake bridging studies.

COURSE STRUCTURE

The course is delivered over three or four evenings per week.

Year 1, Semester 1

AHH5010	EXERCISE PHYSIOLOGY THEORY AND PRACTICE	12
AHH5100	APPLIED PSYCHOLOGY OF SPORT AND EXERCISE	12
AHH5140	EXERCISE PRESCRIPTION	12
AHH5012	MOTOR CONTROL AND SKILL IN EXERCISE	12

Year 1, Semester 2

AHH5014	BIOMECHANICS THEORY AND PRACTICE	12
AHH5120	NUTRITION AND DIET FOR PERFORMANCE	12

AHH5113	RESISTANCE TRAINING	12
AHH5160	EXERCISE AND SPORT SCIENCES FIELDWORK	12

The unit of study AHH5160 consists of eight hours of classwork and 70 hours of fieldwork per semester.

EXIT POINT After completing year one, students can exit and be awarded the Graduate Diploma in Exercise Science.

Year 2, Semester 1

AHX5041	FUNCTIONAL ANATOMY	12
AHX5042	MUSCULO-SKELETAL PHYSIOLOGY FOR REHABILITATION	8
AHX5043	QUANTITATIVE AND QUALITATIVE RESEARCH DESIGN AND METHODS FOR PRACTITIONERS	8
AHX5033	BIOMECHANICS THEORY AND PRACTICE FOR REHABILITATION	12
AHX5069	INTRODUCTION TO REHABILITATION FIELDWORK	8

The unit of study AHX5069 consists of four hours classwork and 35 hours work Integrated Learning.

Year 2, Semester 2

AHX5017	CARDIORESPIRATORY AND METABOLIC PHYSIOLOGY FOR REHABILITATION	8
AHX5018	EXERCISE PRESCRIPTION FOR MUSCULO-SKELETAL AND NEUROLOGICAL CONDITIONS	8
AHX5034	EXERCISE PHYSIOLOGY IN THE WORKPLACE	8
AHX5031	PHYSIOLOGICAL TESTING FOR REHABILITATION	12
AHX5070	EXERCISE FOR REHABILITATION FIELDWORK (FULL-TIME)	12

The unit of study AHX5070 consists of eight hours classwork and 140 hours of work Integrated Learning.

MASTER OF CLINICAL EXERCISE SCIENCE AND REHABILITATION

Course Code:AMEP

Campus:Footscray Park.

About this course:The Master of Clinical Exercise Science and Rehabilitation (AMEP) is accredited by the National University Course Accreditation Program (NUCAP) which is the accreditation body for Exercise and Sports Science Australia (ESSA). Graduates of the Masters program will be qualified to be ESSA accredited Clinical Exercise Physiologists (CEPs). They will also gain access to a Medicare Provider number and be able to work as a registered Allied Health professional (eg Clinical Exercise Physiologist) under the Australian government’s Medicare health schemes.

Course Objectives:Graduates of this course will be able to:

- Apply knowledge and expertise to the application of exercise in the field of preventive medicine and rehabilitation;

- Interpret and apply specific skills and competencies in the areas of cardiovascular, metabolic, respiratory, musculoskeletal and neurological rehabilitation, which will assist in gaining accreditation with Exercise and Sports Science Australia (ESSA);
- Critically analyse, reflect on and implement skills for clinical practice;
- Refine and adapt evaluation skills and tools to self-assess;
- Design and conduct active research.

Careers: On successful completion of AMEP, students will gain accreditation as Exercise Physiologists with Exercise and Sports Science Australia (ESSA) and will be eligible to gain a provider number and work under the compensable health care schemes such as Medicare.

Course Duration: 1.5 years

Admission Requirements International: The admission requirement for the Master of Clinical Exercise Science and Rehabilitation (AMEP) is successful completion of an Exercise and Sports Science Australia (ESSA) accredited Exercise Science course (or equivalent) and IELTS minimum 6.5 (no band less than 6.0) or equivalent.

Admission Requirements Mature Age: Applications are welcome from those who have previously completed an undergraduate course in exercise science or an under/postgraduate course in clinical exercise and rehabilitation. Applicants should be able to provide evidence of ESSA Exercise Science membership (or eligibility to apply – see below). Current ESSA-Accredited Exercise Physiologists are welcome to apply where you would like to broaden your research knowledge and skills and potentially pursue a research pathway. The minimum requirement for admission to the Master of Clinical Exercise Science and Rehabilitation (AMEP) is: 1. Successful completion of an ESSA-Accredited Exercise Science or Exercise Physiology course AND 2. Current registration or eligible to apply for Exercise Science membership with ESSA or has existing ESSA Accreditation as an Exercise Physiologist. Applications are also welcome from graduates of research postgraduate courses (at least at Masters level) in complimentary fields such as physiology, biomedicine, and pathology. Please contact the AMEP course coordinator (Andrew.Stewart@vu.edu.au) to discuss your application in person.

Admission Requirements Other: If in doubt as to whether your prior study would meet current ESSA Exercise Science requirements, please download <http://www.essa.org.au/wp/wp-content/uploads/2013-Graduate-Entry-Membership-Application-Form-non-NUCAP.pdf> and complete Sections E-G only on page 4. Please submit this information with your application to Victoria University for AMEP entry. Advanced Standing (credit) will be assessed from the information and supplementary documentation provided in the Advanced Standing Form (previously RPL). This form should be accompanied by a certified copy of the academic transcript(s) and ESSA registration (or application to register).

COURSE STRUCTURE

Students complete eight core units in year one and either the minor thesis or research coursework units in year two

Year 1, Semester 1

AHE4101	CASE MANAGEMENT FOR CLINICAL EXERCISE	12
AHE4102	EXERCISE ASSESSMENTS AND INTERVENTIONS FOR METABOLIC	12

CONDITIONS

AHE4103	EXERCISE ASSESSMENTS AND INTERVENTIONS FOR CARDIORESPIRATORY CONDITIONS	12
AHE4104	CLINICAL EXERCISE PRACTICE	12
Year 1, Semester 2		
AHE4105	PSYCHOLOGY FOR REHABILITATION	12
AHE4106	EXERCISE ASSESSMENTS AND INTERVENTIONS FOR MUSCULOSKELETAL CONDITIONS	12
AHE4107	EXERCISE ASSESSMENTS AND INTERVENTIONS FOR NEUROLOGICAL CONDITIONS	12
AHE4108	OCCUPATIONAL HEALTH AND EXERCISE REHABILITATION	12

For 2013, students entering AMEP from HGXS Graduate Diploma in Exercise Sciences will be given advanced standing for AHE4105 Psychology for Rehabilitation. In order for these students to meet Accredited Exercise Physiology status by Exercise and Sports Science Australia, those students entering AMEP from HGXS must also enrol in:

AHX5041	FUNCTIONAL ANATOMY	12
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Year 2, Semester 1

Students select one of the following TWO options:

THESIS OPTION

Full-time students enrol in the following unit for one semester:

AHE5901	MINOR THESIS (FULL-TIME)	48
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OR

Part-time students enrol in the following unit for two semesters:

AHE5902	MINOR THESIS (PART-TIME)	24
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RESEARCH COURSEWORK OPTION

AHE5903	RESEARCH FOR PRACTITIONERS	24
AHE5904	ADVANCED INTEGRATED CASE MANAGEMENT	24

DOCTOR OF PHILOSOPHY

Course Code: APHA

Campus: Footscray Park, City Flinders.

About this course: The College of Sport and Exercise Science offers PhD research programs in many areas of specialisation such as:

- Leisure studies;
- Social gerontology;
- Recreation management;
- Recreation and disability;

- Philosophy of sport; and
- Embodiment.

Course Objectives: This course aims to meet the following objectives: develop a thorough understanding of the topic through appropriate research techniques as shown by their application; develop competence in independent investigation and research; develop a high degree of independence of thought and approach; and make a significant original contribution to the existing body of knowledge and (where appropriate) practice.

Careers: Graduates would be positioned to find jobs and careers in a number of areas including academia, private sector business, national sporting organisations, government and not-for-profit organisations.

Course Duration: 4 years

Admission Requirements Mature Age: To qualify for admission to the Doctor of Philosophy applicants must have a Master degree by research, or Master degree by coursework (with minor dissertation), or four-year undergraduate degree with honours at first class (H1) or upper second class (H2A) level. Applicants who do not meet the normal admission requirements may be admitted upon demonstration of exceptional background and experience. Initial contact should be made with the College Postgraduate Studies Coordinator to clarify their proposed area of research. Applicants will need to discuss availability of suitable supervision for their program and any facilities or support they will require.

COURSE STRUCTURE

The research thesis must be original work conducted under the supervision of the student advisor/s and with the approval of the Postgraduate Studies Committee of the University. The thesis of the candidate will be examined externally by examiners of high academic standing in the area of the candidate's thesis topic.

Coursework may be required of candidates to further enhance the knowledge of a specific topic relevant to the field of study. Such coursework could run concurrent to the research. In fact, all students undertaking research in the area of exercise physiology will be required to successfully complete the unit Laboratory Skills for Exercise Physiology. As well, all students are required to undertake, and successfully complete, an appropriate research design unit of study normally in the first semester of study. Students are required to conduct independent study, producing a thesis, with supervision from two academic staff members directly linked with the student.

DOCTOR OF PHILOSOPHY

Course Code: APHS

Campus: Footscray Park, City Flinders.

About this course: The College of Sport and Exercise Science offers PhD research programs in many areas of specialisation such as: Exercise neuroscience (motor control); Motor learning and skill acquisition; Exercise biochemistry; Biomechanics; Exercise science; Exercise physiology; Sport psychology; and Exercise psychology.

Course Objectives: This course aims to meet the following objectives: develop a thorough understanding of the topic through appropriate research techniques as shown by their application; develop competence in independent investigation and research; develop a high degree of independence of thought and approach; and make a significant original contribution to the existing body of knowledge and (where appropriate) practice.

Careers: Graduates would be positioned to find jobs and careers in a number of areas including academia, private sector business, national sporting organisations, government and not-for-profit organisations.

Course Duration: 4 years

Admission Requirements Mature Age: To qualify for admission to the Doctor of Philosophy applicants must have a Master degree by research, or Master degree by coursework (with minor dissertation), or four-year undergraduate degree with honours at first class (H1) or upper second class (H2A) level. Applicants who do not meet the normal admission requirements may be admitted upon demonstration of exceptional background and experience. Initial contact should be made with the College Postgraduate Studies Coordinator to clarify their proposed area of research. Applicants will need to discuss availability of suitable supervision for their program and any facilities or support they will require.

COURSE STRUCTURE

The research thesis must be original work conducted under the supervision of the student advisor/s and with the approval of the Postgraduate Studies Committee of the University. The thesis of the candidate will be examined externally by examiners of high academic standing in the area of the candidate's thesis topic.

Coursework may be required of candidates to further enhance the knowledge of a specific topic relevant to the field of study. Such coursework could run concurrent to the research. In fact, all students undertaking research in the area of exercise physiology will be required to successfully complete the unit Laboratory Skills for Exercise Physiology. As well, all students are required to undertake, and successfully complete, an appropriate research design unit of study normally in the first semester of study. Students are required to conduct independent study, producing a thesis, with supervision from two academic staff members directly linked with the student.

BACHELOR OF EXERCISE SCIENCE AND HUMAN MOVEMENT

Course Code: HBEM

Campus: Footscray Park.

About this course: This undergraduate program delivers a balance of subjects across the biological sciences, social sciences and humanities. The degree is widely respected throughout the sports, fitness, exercise and human movement professions. It offers three specialist streams: Clinical Exercise Science; Exercise and Sport Science; and a more generalist Human Movement stream, with many of the core units shared between the three streams. This course provides graduates with the foundation knowledge and skills for entry into professional careers in exercise and sport such as exercise and sport science, rehabilitation, community fitness and health, sport policy, as well as research.

Course Objectives: Graduates of the Bachelor of Exercise Science and Human Movement (Exercise and Sport Science stream) will be able to: Demonstrate and apply the biological and social scientific knowledge and professional skills that underpin practice in exercise and sport science; Operate as an independent and collaborative professional who can communicate well in professional settings; Demonstrate well-developed cultural competence, that is, the ability to work effectively in socially and culturally diverse communities and settings; Specialise in and gain (Australian Association for Exercise and Sports Science) accreditation as an Exercise Scientist to provide exercise interventions for apparently healthy populations, including high performance and recreational athletes. Graduates of the

Bachelor of Exercise Science and Human Movement (Clinical Exercise Science stream) will be able to: Demonstrate and apply the biological and social scientific knowledge and professional skills that underpin practice in exercise and sport science; Operate as an independent and collaborative practitioner who can communicate well in professional settings; Demonstrate well-developed cultural competence, that is, the ability to work effectively in socially and culturally diverse communities and settings; Specialise in and gain ESSA membership as an Exercise Scientist to provide exercise interventions to apparently healthy people or clients at risk of, chronic disease, injury or disability. Graduates of the Bachelor of Sport and Exercise Science (Human Movement stream) will be able to: Demonstrate and apply the biological and social scientific knowledge and professional skills that underpin practice in exercise and sport science; Operate as an independent and collaborative professional who can communicate well in professional settings; Demonstrate well-developed cultural competence, that is, the ability to work effectively in socially and culturally diverse communities and settings; Apply technical, communication and personal skills in exercise and sport, in professional and workplace settings that do not require professional accreditation.

Careers: Graduates of the Exercise Science and Human Movement course can find employment in: Clinical and Sports rehabilitation; Sports Science; Strength and Conditioning Coaching; Fitness/Skills Coaching; Personal Training; Health and Fitness Instructing; Lecturing; and Exercise and Sports Science Research.

Course Duration: 3 years

Admission Requirements Year 12: Units 3 and 4 - a study score of at least 25 in English (ESL) or 20 in any other English.

Admission Requirements International: Completion of a secondary school qualification equivalent to Australia's year 12 or VCE qualification. IELTS minimum 6.0 (no band less than 6)

Admission Requirements Mature Age: Applicants with relevant work, education and/or community experience may be considered on the basis of equivalence

Admission Requirements VET: VET applicants will be considered and pathways are available from a range of VET courses

COURSE STRUCTURE

Students in all streams must satisfy the following requirements:

- 24 semester-length units;
- A minimum of 25% of assessment in Learning in the Workplace and Community (LiWC);
- No more than ten first-year units.

EXERCISE AND SPORT SCIENCE STREAM

Year 1, Semester 1

AHE1101	STRUCTURAL KINESIOLOGY	12
AHE2100	EXERCISE PSYCHOLOGY	12
AHE2103	GROWTH DEVELOPMENT AND AGEING	12

RBM1174 HUMAN PHYSIOLOGY 12

Year 1, Semester 2

AHE1105	RESEARCH METHODS FOR EXERCISE PROFESSIONALS	12
AHE1202	BIOMECHANICS	12
AHE2104	EXERCISE PHYSIOLOGY	12
AHE2202	FUNCTIONAL KINESIOLOGY	12

Year 2, Semester 1

AHE2005	NUTRITION AND DIET FOR EXERCISE AND PHYSICAL EDUCATION	12
AHE2102	SPORTS BIOMECHANICS	12
AHE2127	MOTOR LEARNING	12

Plus Elective 1

Year 2, Semester 2

AHE1206	SPORT PSYCHOLOGY	12
AHE2006	EXERCISE INTERVENTIONS FOR HEALTHY POPULATIONS	12
AHE2200	MOTOR CONTROL	12

Plus Elective 2

Year 3, Semester 1

AHE1203	SOCIAL DIMENSIONS OF SPORT AND EXERCISE	12
AHE3100	ADVANCED EXERCISE PHYSIOLOGY	12

Plus Elective 3

Plus Elective 4

Year 3, Semester 2

AHE2010	EXERCISE SCIENCE CAREER DEVELOPMENT	12
AHE3200	PROFESSIONAL ETHICS	12

Plus Elective 5

Plus Elective 6

Recommended electives

AHE0029	RESISTANCE TRAINING	12
AHE2101	SPORT PHYSIOLOGY	12
AHE3101	ADVANCED BIOMECHANICS	12
AHE3040	VISION AND ATTENTION IN HUMAN MOVEMENT	12

HUMAN MOVEMENT STREAM

Year 1, Semester 1

AHE1101 STRUCTURAL KINESIOLOGY 12

AHE2100 EXERCISE PSYCHOLOGY 12

RBM1174 HUMAN PHYSIOLOGY 12

Plus Elective 1

Year 1, Semester 2

AHE1202 BIOMECHANICS 12

AHE2104 EXERCISE PHYSIOLOGY 12

AHE2112 HISTORY OF SPORT 12

Plus Elective 2

Year 2, Semester 1

AHE2127 MOTOR LEARNING 12

AHE2214 SPORT AND FITNESS DELIVERY SYSTEMS 12

Plus Elective 3

Plus Elective 4

Year 2, Semester 2

AHE1206 SPORT PSYCHOLOGY 12

AHE2213 CAREER AND PROFESSIONAL DEVELOPMENT 2 12

Plus Elective 5

Plus Elective 6

Year 3, Semester 1

AHE1203 SOCIAL DIMENSIONS OF SPORT AND EXERCISE 12

AHE3112 CAREER AND PROFESSIONAL DEVELOPMENT 3 12

Plus Elective 7

Plus Elective 8

Year 3, Semester 2

AHE3111 SPORT AND SOCIAL ANALYSIS 12

AHE3200 PROFESSIONAL ETHICS 12

Plus Elective 9

Plus Elective 10

CLINICAL EXERCISE SCIENCE STREAM

Year 1, Semester 1

AHE1101 STRUCTURAL KINESIOLOGY 12

AHE2100 EXERCISE PSYCHOLOGY 12

AHE2103 GROWTH DEVELOPMENT AND AGEING 12

RBM1174 HUMAN PHYSIOLOGY 12

Year 1, Semester 2

AHE1105 RESEARCH METHODS FOR EXERCISE PROFESSIONALS 12

AHE1202 BIOMECHANICS 12

AHE2104 EXERCISE PHYSIOLOGY 12

AHE2202 FUNCTIONAL KINESIOLOGY 12

Year 2, Semester 1

AHE2000 CLINICAL BIOMECHANICS 12

AHE2005 NUTRITION AND DIET FOR EXERCISE AND PHYSICAL EDUCATION 12

AHE2127 MOTOR LEARNING 12

Plus Elective 1

Year 2, Semester 2

AHE0029 RESISTANCE TRAINING 12

AHE2002 CLINICAL EXERCISE STUDIES 1 12

AHE2006 EXERCISE INTERVENTIONS FOR HEALTHY POPULATIONS 12

AHE2200 MOTOR CONTROL 12

Year 3, Semester 1

AHE2003 CLINICAL EXERCISE STUDIES 2 12

AHE2213 CAREER AND PROFESSIONAL DEVELOPMENT 2 12

AHE3100 ADVANCED EXERCISE PHYSIOLOGY 12

Plus Elective 2

Year 3, Semester 2

AHE2001 CLINICAL EXERCISE PRACTICE 1 12

AHE2004 CLINICAL EXERCISE STUDIES 3 12

AHE2007 EXERCISE ASSESSMENTS FOR CARDIOPULMONARY AND METABOLIC CONDITIONS 12

Plus Elective 3

Recommended Electives

AHE3040 VISION AND ATTENTION IN HUMAN MOVEMENT 12

BACHELOR OF APPLIED SCIENCE (PHYSICAL EDUCATION) (SECONDARY)

Course Code: HBPY

Campus: Footscray Park.

About this course: The aims of the course are to provide a balanced exposure to all academic areas of physical education; an opportunity for students to know and appreciate the comprehensive integrated body of knowledge of physical education; provide the opportunity for students to understand and appreciate physical education as it is influenced by a variety of political, social, economic, cultural, biological and technological factors; and produce physical education professionals who take the lead in addressing issues and promoting institutional and social change in accordance with social justice initiatives.

Course Objectives: Graduates of this course will be able to:

- Demonstrate a critical understanding of the biological and social scientific knowledge and practical skills that underpin secondary school teaching;
- Develop and apply in-depth knowledge of additional specialist areas;
- Apply independent, collaborative and communication skills to adapt to the changing needs of professional settings;
- Exercise high levels of cultural competence to work effectively in socially and culturally diverse communities and settings.

Careers: Careers in exercise and sport sciences, fitness and health, exercise rehabilitation and coaching. Graduates of this course who apply for and complete a fourth year of study (Graduate Diploma in Secondary Education) will be qualified to teach in secondary schools.

Course Duration: 3 years

Admission Requirements Year 12: Units 3 and 4 - a study score of at least 25 in English (ESL) or 20 in any other English.

Admission Requirements International: Course is offered to international students with a minimum IELTS of 6.5

Admission Requirements Mature Age: Direct entry is available.

COURSE STRUCTURE

This course comprises 18 core units and 6 electives

Year 1, Semester 1

AHE1101	STRUCTURAL KINESIOLOGY	12
AHE1127	AQUATICS	12
AHE1206	SPORT PSYCHOLOGY	12
RBM1174	HUMAN PHYSIOLOGY	12

Year 1, Semester 2

AHE2013	GYMNASTICS AND DANCE	12
AHE2016	BIOMECHANICS FOR PHYSICAL EDUCATION	12
AHE2104	EXERCISE PHYSIOLOGY	12
AHE2112	HISTORY OF SPORT	12

Year 2, Semester 1

AHE3121	ATHLETICS	12
AHE2127	MOTOR LEARNING	12
AHE2103	GROWTH DEVELOPMENT AND AGEING	12

Elective 1

Year 2, Semester 2

AHE2014	PHYSICAL EDUCATION CAREER DEVELOPMENT	12
AHE3280	TEAM SPORTS	12
AHE2012	ADOLESCENT HUMAN DEVELOPMENT	12

Elective 2

Year 3, Semester 1

AHE1203	SOCIAL DIMENSIONS OF SPORT AND EXERCISE	12
AHE2005	NUTRITION AND DIET FOR EXERCISE AND PHYSICAL EDUCATION	12

Elective 3

Elective 4

Year 3, Semester 2

AHE3200	PROFESSIONAL ETHICS	12
AHE3219	ADAPTED PHYSICAL EDUCATION	12

Elective 5

Elective 6

Possible electives include:

AHE0029	RESISTANCE TRAINING	12
AHE0007	ADAPTED AQUATICS	12
AHE2053	HEALTH PROMOTION	12
AHE3040	VISION AND ATTENTION IN HUMAN MOVEMENT	12

Electives are available principally for the development of a second teaching method. Students will be advised of recommended and available units of study to satisfy the

requirements of respective teaching methods.

BACHELOR OF ARTS (SPORT ADMINISTRATION)/BACHELOR OF BUSINESS (EVENT MANAGEMENT)

Course Code:HBSE

Campus:Footscray Park.

This course is for Continuing students only.

About this course:This course aims to provide students with both a sound knowledge and critical appreciation of the structure and practice of the Australian sport industry. The course is directed to employment in sporting clubs, state and national sporting bodies, leisure centres, sport stadia and major events facilities, community service organisations, and sport management consultancies. The course aims to provide students with the necessary skills to work in the event sector in addition to developing a sound business education.

Course Objectives:

Careers:Students will attain the skills necessary for employment in sporting clubs, state and national sporting bodies, leisure centres, sport stadium and major event facilities.

Course Duration:4 years

Admission Requirements Year 12:To qualify for admission to the course applicants must have successfully completed the Victorian Certificate of Education (VCE) with a pass in Units 3 & 4 English with a study score of 20. Applicants who do not meet these criteria may be eligible to apply under the Alternative Category.

COURSE STRUCTURE

Students must complete 384 credit points

Year 1

AHS1111	SPORT HISTORY AND CULTURE	12
AHS1116	SPORT ADMINISTRATION FOUNDATIONS 1	12
AHS1218	SPORT ADMINISTRATION FOUNDATIONS 2	12
AHS1221	SPORT CAREER DEVELOPMENT 1	12
BAO1101	ACCOUNTING FOR DECISION MAKING	12
BCO1102	INFORMATION SYSTEMS FOR BUSINESS	12
BHO1171	INTRODUCTION TO MARKETING	12
BHO2432	INTRODUCTION TO EVENTS	12

Year 2

AHS1108	SPORT AND THE MEDIA	12
AHS1117	SPORT, POLITICS AND SOCIETY	12
AHS2111	SPORT SPONSORSHIP	12

AHS3507	SPORT, RECREATION AND SOCIAL RESPONSIBILITIES	12
BE01103	MICROECONOMIC PRINCIPLES	12
BE01106	BUSINESS STATISTICS	12
BMO1102	MANAGEMENT AND ORGANISATION BEHAVIOUR	12
BMO2354	CONFERENCES AND MEETINGS MANAGEMENT	12

Year 3, Semester 1

AHS3112	SPORT VENUE AND STADIUM ADMINISTRATION	12
BE01106	BUSINESS STATISTICS	12
BHO3473	HUMAN RELATIONS	12

Sport Elective 1

Year 3, Semester 2

AHS3113	ETHICS AND SOCIAL POLICY IN SPORT	12
BE01104	MACROECONOMIC PRINCIPLES	12
BHO2256	TOURISM HOSPITALITY AND EVENTS MARKETING	12

Sport Elective 2

Year 4, Semester 1

BMO3421	MANAGING THE SERVICE ORGANISATION	12
BMO3405	LIVE PERFORMANCE MANAGEMENT	12
BMO2531	EVENT PROJECT MANAGEMENT	12
AHS3111	SPORT EVENT ADMINISTRATION	12

Year 4, Semester 2

AHS7057	SPORT INDUSTRY RESEARCH PROJECT	12
BMO3422	STRATEGIC MANAGEMENT	12
AHS3213	SPORT CAREER DEVELOPMENT 2	24

BACHELOR OF APPLIED SCIENCE (HONOURS) (HUMAN MOVEMENT)

Course Code:HHHM

Campus:Footscray Park.

About this course:The aims of the course are to promote the development of the student as an independent researcher in a specific human movement related discipline; prepare students for entry into research oriented graduate courses in human movement; and the development of scholarly inquiry across the wide range of human movement disciplines.

Course Objectives:The aims of the course are to:promote the development of the student as an independent researcher in a specific human movement related discipline;prepare students for entry into research oriented graduate courses in

human movement; and promote the development of scholarly inquiry across the wide range of human movement disciplines.

Careers: There are many reasons why students might consider an Honours year. One is to secure the academic platform from which students can then pursue a higher degree by research, either at Victoria University or elsewhere.

Course Duration: 1 year

Admission Requirements Mature Age: To qualify for admission to the course, applicants must have successfully completed the University's Bachelor of Applied Science - Human Movement, or its equivalent, with a Credit (C) average and a Distinction (D) in units of study related to the intended discipline of Honours study. Entry into the Honours course will normally occur not more than two years after the completion of the first degree.

COURSE STRUCTURE

The following should be read in conjunction with the College Regulations and the University Statutes and Regulations. **Academic Progress:** Students must receive a satisfactory progress report at the end of the first semester of study. **Unsatisfactory Progress:** Students who receive an N grade for the Honours Thesis will be deemed to have failed the course. **Graduation Requirements:** In order to be awarded a Bachelor of Applied Science (Honours) - Human Movement students must pass the thesis, make any suggested corrections/revisions to the satisfaction of the supervisor and the Honours Courses Committee, and submit one hardbound copy of the thesis to the Honours Co-ordinator.

FULL-TIME OPTION

Year 1 Semester 1

AHH0421	HONOURS THESIS	48
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Year 1 Semester 2

AHH0421	HONOURS THESIS	48
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PART-TIME OPTION

Year 1 Semester 1

AHS4032	HONOURS THESIS (PART-TIME)	24
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Year 1 Semester 2

AHS4032	HONOURS THESIS (PART-TIME)	24
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Year 2 Semester 1

AHS4032	HONOURS THESIS (PART-TIME)	24
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Year 2 Semester 2

AHS4032	HONOURS THESIS (PART-TIME)	24
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BACHELOR OF ARTS (HONOURS) (RECREATION MANAGEMENT)

Course Code: HHRM

Campus: Footscray Park.

About this course: The aims of the course are to promote the development of recreation related research and professional expertise beyond the pass degree level; prepare students for entry into research oriented graduate courses in recreation; and promote the development of scholarly inquiry across the wide range of disciplines focusing on recreation.

Course Objectives: The aims of the course are to:

- promote the development of recreation related research and professional expertise beyond the pass degree level;
- prepare students for entry into research oriented graduate courses in recreation; and
- promote the development of scholarly inquiry across the wide range of disciplines focusing on recreation.

Course Duration: 1 year

Admission Requirements Mature Age: Applicants must have successfully completed the University's Bachelor of Arts - Recreation Management, or equivalent, with a Credit (C) average and a Distinction (D) in units of study directly related to the intended discipline of honours study. Applicants will be required to submit a supervisor endorsed honours proposal (500 words) prior to being considered for admission. The proposal must contain a brief synopsis of the proposed thesis/project, a statement of methodology, a timeline and a reference list that includes the key primary and secondary sources. Entry into the honours course will normally occur not more than two years after the completion of the first degree.

COURSE STRUCTURE

The following should be read in conjunction with the College Regulations and the University Statutes and Regulations. **Academic Progress** Students must receive a satisfactory progress report at the end of the first semester of study. **Unsatisfactory Progress** Students who receive an N grade for the Honours Thesis will be deemed to have failed the course. **Graduation Requirements** In order to be awarded a Bachelor of Arts (Honours) - Recreation Management students must pass the thesis, make any suggested corrections/revisions to the satisfaction of the supervisor and the Honours Courses Committee, and submit one hardbound copy of the thesis to the Honours Co-ordinator.

Semester 1

For a normal full-time load

AHR4431	HONOURS THESIS (FULL-TIME)	48
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For a normal part-time load

AHR4432	HONOURS THESIS (PART-TIME)	24
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Semester 2

For a normal full-time load

AHR4431	HONOURS THESIS (FULL-TIME)	48
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For a normal part-time load

Students approved to undertake the Honours year on a part-time basis will be required to enrol in the unit of study AHR4432 Honours Thesis (part-time) (24 credit points) over four semesters.

BACHELOR OF ARTS (HONOURS) (SPORT ADMINISTRATION)

Course Code:HHSA

Campus:Footscray Park.

About this course:The aims of the course are to promote the development of sport administration and management related research and professional expertise beyond the pass degree level; prepare students for entry into research orientated graduate courses in sport administration and management; and promote the development of scholarly inquiry across the wide range of disciplines focusing on sport administration and management.

Course Objectives:The aims of the course are to:

- promote the development of sport administration and management related research and professional expertise beyond the pass degree level;
- prepare students for entry into research orientated graduate courses in sport administration and management; and
- promote the development of scholarly inquiry across the wide range of disciplines focusing on sport administration and management.

Upon completion of the course students should be able to demonstrate:

- an understanding of the depth and breadth of knowledge and skills associated with research in sport administration; and
- the academic rigour to design, carry out and evaluate a related research project.

Careers:There are many reasons why students might consider an Honours year. One is to secure the academic platform from which students can then pursue a higher degree by research, either at Victoria University or elsewhere.

Course Duration:1 year

Admission Requirements Mature Age:To qualify for admission to the course applicants must have successfully completed the University's Bachelor of Arts (Sport Administration) or Bachelor of Arts (Sport Administration)/Bachelor of Business (Management) or Bachelor of Arts (Sport Administration)/ Bachelor of Business (Marketing) or Bachelor of Arts (Sport Administration)/ Bachelor of Business (Event Management) or equivalent. An applicant will usually have attained a Distinction (D) average throughout their undergraduate degree in order to qualify for admission to the course. Entry into the Honours course will normally occur not more than two years after the completion of the first degree.

COURSE STRUCTURE

The following should be read in conjunction with the College Regulations and the University Statutes Regulations. Academic Progress: Students must receive a satisfactory progress report at the end of the first semester of study. Unsatisfactory Progress: Students who receive an N grade for the Honours Thesis will be deemed to have failed the course. Graduation Requirements: In order to be awarded a Bachelor

of Arts (Honours) Sport Administration students must pass the thesis, make any suggested corrections/revisions to the satisfaction of the supervisor and the Honours Courses Committee, and submit one hardbound copy of the thesis to the Honours Coordinator.

Full-time option

Year 1, Semester 1

AHS4031 HONOURS THESIS (FULL-TIME) 48

Year 1, Semester 2

AHS4031 HONOURS THESIS (FULL-TIME) 48

Part-time option

Year 1, Semester 1

AHS4032 HONOURS THESIS (PART-TIME) 24

Year 1, Semester 2

AHS4032 HONOURS THESIS (PART-TIME) 24

Year 2, Semester 1

AHS4032 HONOURS THESIS (PART-TIME) 24

Year 2, Semester 2

AHS4032 HONOURS THESIS (PART-TIME) 24

CERTIFICATE IV IN MASSAGE THERAPY PRACTICE

Course Code:HLT40312

Campus:Industry, City King St.

About this course:In this course you will learn the practical skills and theoretical knowledge to perform relaxation, therapeutic and sports massages. While studying this course, you have the opportunity to work alongside the medical team of AFL club the Western Bulldogs, providing sports massages to the players.

Course Objectives:This qualification covers workers who work as basic level massage therapists. It provides skills in therapeutic relaxation massage including basic health assessment and treatment and may be used by people working:

- within a clinic or in their own clinic
- in an aged care facility
- in a health service
- in a spa facility or
- in a palliative care facility or hospital.

This first level Massage qualification provides graduates with the knowledge and skills to demonstrate autonomy and judgement required to enter the massage industry. Students will gain factual, technical and procedural therapeutic/relaxation massage skills and be able to apply a range of Massage Therapy procedures within established contexts. Students will also learn how to diagnose and manage a variety of predictable client issues and provide routine care. Theory and factual knowledge and a sound understanding of the history and principles of massage are also covered

in this course. The massage clinic component of the Certificate IV in Massage Therapy also provides invaluable practical hands-on workplace experience in a supervised setting, allowing students to develop confidence and integration of various techniques as they learn to assess and treat their clients.

Course Duration: 0.5 years

Admission Requirements Year 12: Successful completion of VCE or equivalent

Admission Requirements International: IELTS 5.5 or equivalent

Admission Requirements Mature Age: Demonstrated interest and ability to complete the course.

Selection Processes: Direct Entry, Interview, Written Application

COURSE STRUCTURE

To qualify for the Certificate IV in Massage Therapy Practice participants must successfully complete a total of 15 units of study, comprising of 10 common units and 5 specialisation units in accordance with the packaging rules specified in HLT07 Health Training Package.

Common Units

BSBWOR203B	WORK EFFECTIVELY WITH OTHERS	15
HLTAP401B	CONFIRM PHYSICAL HEALTH STATUS	90
HLTCOM404C	COMMUNICATE EFFECTIVELY WITH CLIENTS	30
HLTCOM405D	ADMINISTER A PRACTICE	30
HLTCOM406C	MAKE REFERRALS TO OTHER HEALTH CARE PROFESSIONALS WHEN	40
HLTCOM408D	USE SPECIFIC HEALTH TERMINOLOGY TO COMMUNICATE EFFECTIVELY	40
HLTFA311A	APPLY FIRST AID	18
HLHIR301C	COMMUNICATE AND WORK EFFECTIVELY IN HEALTH	20
HLTIN301C	COMPLY WITH INFECTION CONTROL POLICIES AND PROCEDURES	20
HLTWHS300A	CONTRIBUTE TO WHS PROCESSES	20

Specialisation Units

HLTREM401D	WORK WITHIN A MASSAGE FRAMEWORK	20
HLTREM406C	PROVIDE MASSAGE TREATMENT	240
HLTREM407C	PLAN MASSAGE TREATMENT	20
HLTREM408C	APPLY MASSAGE ASSESSMENT FRAMEWORK	20
HLTREM409C	PERFORM MASSAGE HEALTH ASSESSMENT	100

DIPLOMA OF REMEDIAL MASSAGE

Course Code: HLT50307

Campus: Industry, Footscray Park, Whitten Oval, West Footscray.

About this course: The Diploma of Remedial Massage will teach you the hands on practical skills of remedial massage as well as the theoretical knowledge required to assess your clients' soft tissue dysfunction. You will learn how to provide remedial treatment to clients with a specific need. Your studies will include injury management and rehabilitation, anatomy and physiology, pathophysiology, pathology and postural assessment. By studying this course you are eligible to apply for a paid Cadetship with AFL club the Western Bulldogs. Successful students are supervised by the club's medical team with the possibility of ongoing employment. The aim of the Cadetship is to assist in launching a career specialising in Remedial Massage to elite athletes.

Course Objectives: The Diploma in Remedial Massage is designed to develop workplace skills and knowledge in relaxation, therapeutic, sports and remedial massage. This incorporates the planning, applying and performing basic health assessment necessary for massage treatments. It covers the provision of remedial massage to a variety of clients with specific needs such as injury management, rehabilitation and palliative care.

Careers: This qualification provides the skills required for competence in remedial massage practice and practitioners at his level may be self employed as independent practitioners or may work within a large health service.

Course Duration: 1 year

Admission Requirements Year 12: Successful completion of Certificate IV in Massage Therapy Practice HLT40307

Admission Requirements International: IELTS 5.5 or equivalent and Successful completion of Certificate IV in Massage Therapy Practice HLT40307

Admission Requirements Mature Age: Successful completion of Certificate IV in Massage Therapy Practice HLT40307

Selection Processes: Interview, Written Application, VTAC

COURSE STRUCTURE

In the Diploma of Remedial Massage there are 6 compulsory units, 5 specialisation units and 3 electives required for award of this qualification.

HLTCOM502C	DEVELOP PROFESSIONAL EXPERTISE	40
HLTCOM503D	MANAGE A PRACTICE	50
CHCORG428A	REFLECT ON AND IMPROVE OWN PROFESSIONAL PRACTICE	120
HLHIR506C	IMPLEMENT AND MONITOR COMPLIANCE WITH LEGAL AND ETHICAL REQUIREMENTS	50
HLTAP501C	ANALYSE HEALTH INFORMATION	30
HLHIR501C	MAINTAIN AN EFFECTIVE HEALTH WORK ENVIRONMENT	20

HLTREM502C	PROVIDE REMEDIAL MASSAGE TREATMENT	240
HLTREM503C	PLAN REMEDIAL MASSAGE TREATMENT STRATEGY	40
HLTREM504C	APPLY REMEDIAL MASSAGE ASSESSMENT FRAMEWORK	40
HLTREM505C	PERFORM REMEDIAL MASSAGE HEALTH ASSESSMENT	200
HLTREM510B	PROVIDE SPECIALISED REMEDIAL MASSAGE TREATMENTS	40
HLTHIR404D	WORK EFFECTIVELY WITH ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLE	20
HLTHIR403C	WORK EFFECTIVELY WITH CULTURALLY DIVERSE CLIENTS AND CO-WORKERS	20
HLTREM512C	PROVIDE REMEDIAL MASSAGE TREATMENTS WITHIN A CORPORATE SETTING	50
HLTREM513C	PROVIDE REMEDIAL MASSAGE TREATMENT TO ATHLETES	50
CHCICS301B	PROVIDE SUPPORT TO MEET PERSONAL CARE NEEDS	50
HLTCOM510B	PROVIDE SERVICES TO CLIENTS WITH CHRONIC DISEASES OR CONDITIONS	50
HLTCOM509B	PROVIDE SERVICES FOR PEOPLE WITH A LIFE CHALLENGING ILLNESS	50
HLTREM511B	PROVIDE REMEDIAL MASSAGE TREATMENT FOR WOMEN AND CHILDREN	50
CHCAC318B	WORK EFFECTIVELY WITH OLDER PEOPLE	30

MASTER OF APPLIED SCIENCE (EXERCISE REHABILITATION)

Course Code: HMER

Campus: Footscray Park.

This course is for Continuing students only.

Course Objectives: The course aims to:

- produce graduates with considerable knowledge and expertise in the application of exercise in the field of preventive medicine and rehabilitation;
- equip graduates with specific skills and competencies in the areas of cardiovascular, metabolic, respiratory, musculo-skeletal and neurological rehabilitation, which will assist in gaining accreditation with the Australian Association of Exercise and Sport Science (AAESS);
- provide graduates with extensive industry experience in the form of a 20-week internship;
- facilitate close and extended contact between students and potential employers.

Careers: Graduates are obtaining employment in one, or a combination, of the following: (i) rehabilitation centres or sports medicine clinics along side medical practitioners, physiotherapists and other health professionals; (ii) working independently, receiving referrals from GPs, physiotherapists and other health professionals; (iii) health and fitness centres or personal training centres, specialising

in the prescription of exercise for clients recovering from, or living with, injury or illness; (iv) corporate fitness service providers to provide programs for the prevention or rehabilitation of injury or lifestyle illness; (v) the compensable health industry (eg insurers) as case managers; (vi) companies and corporations as rehabilitation managers in their departments of Human Resources.

Course Duration: 2 years

Admission Requirements Mature Age: To qualify for admission to the course, an applicant must have successfully completed a Bachelor of Applied Science with a major in Human Movement, or equivalent. Students who have graduated with the Graduate Diploma in Exercise for Rehabilitation, or an equivalent degree, in the years 1993-1999 (inclusive) are eligible for admission to the Master of Applied Science - Exercise Rehabilitation with advanced standing. Admission may also be granted to applicants who are qualified allied health or medical practitioners, but these applicants are usually better served by the Master of Applied Science - Clinical Exercise Practice (AMCE) program available at Victoria University. The program is offered over two years full-time or part-time equivalent. The first year of the course comprises the Graduate Diploma in Exercise for Rehabilitation. The second year of the course completes the articulated sequence of study towards the Master of Applied Science - Exercise Rehabilitation.

COURSE STRUCTURE

Year 1 — Graduate Diploma One year full-time or two years part-time. Students complete ten units of study (total 96 credit points). Year 2 — Master One year full-time or two years part-time. Students complete five units of study (total 96 credit points).

Graduate Diploma in Exercise Rehabilitation

Year 1, Semester 1

AHX5041	FUNCTIONAL ANATOMY	12
AHX5042	MUSCULO-SKELETAL PHYSIOLOGY FOR REHABILITATION	8
AHX5043	QUANTITATIVE AND QUALITATIVE RESEARCH DESIGN AND METHODS FOR PRACTITIONERS	8
AHX5033	BIOMECHANICS THEORY AND PRACTICE FOR REHABILITATION	12
AHX5069	INTRODUCTION TO REHABILITATION FIELDWORK	8

Year 1, Semester 2

AHX5018	EXERCISE PRESCRIPTION FOR MUSCULO-SKELETAL AND NEUROLOGICAL CONDITIONS	8
AHX5017	CARDIORESPIRATORY AND METABOLIC PHYSIOLOGY FOR REHABILITATION	8
AHX5031	PHYSIOLOGICAL TESTING FOR REHABILITATION	12
AHX5034	EXERCISE PHYSIOLOGY IN THE WORKPLACE	8
AHX5070	EXERCISE FOR REHABILITATION FIELDWORK (FULL-TIME)	12

Students can elect to undertake Exercise for Rehabilitation Fieldwork part-time (two

semesters)

AHX5071 EXERCISE FOR REHABILITATION FIELDWORK (PART-TIME) 6

Master of Applied Science - Exercise Rehabilitation

Completion of year one above PLUS

Year 2 Semester 1

AHX6042 CASE MANAGEMENT 12

AHX5180 PSYCHOLOGY FOR REHABILITATION 12

RBM5610 CLINICAL NUTRITION 12

AHX5029 EXERCISE PRESCRIPTION FOR WORK 12

Year 2 Semester 2

AHX6045 EXERCISE THERAPY FOR NEUROLOGICAL & NEUROMUSCULAR DISORDERS 12

AHX6041 EXERCISE PRESCRIPTION FOR CARDIORESPIRATORY AND METABOLIC CONDITIONS 12

AHX6046 EXERCISE FOR REHABILITATION CLINICAL PRACTICE (FULL-TIME) 24

Students can elect to undertake Exercise for Rehabilitation Clinical Practice part-time (two semesters)

AHX6047 EXERCISE FOR REHABILITATION CLINICAL PRACTICE (PART-TIME) 12

DOCTOR OF PHILOSOPHY

Course Code:HPEH

Campus:Footscray Park.

This course is for Continuing students only.

About this course:The College of Sport and Exercise Science offers PhD research programs in many areas of specialisation such as: Exercise Biochemistry; Leisure Studies; Social Gerontology; Biomechanics; Recreation Management; Recreation and Disability; Exercise Science; Exercise Physiology; Sport Psychology; Exercise Psychology; Philosophy of Sport; Performance Making; Philosophy and Social Theory of Performance; and Embodiment.

Course Objectives:This course aims to meet the following objectives:

- develop a thorough understanding of the topic through appropriate research techniques as shown by their application;
- develop competence in independent investigation and research;
- develop a high degree of independence of thought and approach; and
- make a significant original contribution to the existing body of knowledge and (where appropriate) practice.

Careers:Graduates would be positioned to find jobs and careers in a number of areas including academia, private sector business, national sporting organisations, government and not-for-profit organisations.

Course Duration:3 years

Admission Requirements Mature Age:To qualify for admission to the Doctor of Philosophy applicants must have a Master degree or four year undergraduate degree with honours at first class (H1) or upper second class (H2A) level.

COURSE STRUCTURE

The research thesis must be original work conducted under the supervision of the student advisor/s and with the approval of the Postgraduate Studies Committee of the University. The thesis of the candidate will be examined externally by examiners of high academic standing in the area of the candidate's thesis topic.

Full-time students enrol in the following unit for up to 3 years (6 semesters):

AHZ8200 RESEARCH THESIS (SCIENCE BASED) (FULL-TIME) 48

Part-time students enrol in the following unit:

AHZ8210 RESEARCH THESIS (SCIENCE BASED) (PART-TIME) 24

DOCTOR OF PHILOSOPHY

Course Code:HPPE

Campus:Footscray Park.

This course is for Continuing students only.

About this course:The College of Sport and Exercise Science offers PhD research programs in many areas of specialisation such as: Exercise Biochemistry; Leisure Studies; Social Gerontology; Biomechanics; Recreation Management; Recreation and Disability; Exercise Science; Exercise Physiology; Sport Psychology; Exercise Psychology; Philosophy of Sport; Performance Making; Philosophy and Social Theory of Performance; and Embodiment.

Course Objectives:

Course Duration:3 years

Admission Requirements Mature Age:To qualify for admission to the Doctor of Philosophy applicants must have a Master degree or four-year undergraduate degree with honours at first class (H1) or upper second class (H2A) level. Applicants who do not meet the normal admission requirements may be admitted upon demonstration of exceptional background and experience.

COURSE STRUCTURE

The research thesis must be original work conducted under the supervision of the student advisor/s and with the approval of the Postgraduate Studies Committee of the University. The thesis of the candidate will be examined externally by examiners of high academic standing in the area of the candidate's thesis topic. Coursework may be required of candidates to further enhance the knowledge of a specific topic relevant to the field of study. Such coursework could run concurrent to the research. In fact, all students undertaking research in the area of exercise physiology will be required to successfully complete AHX6040 Laboratory skills for Exercise Physiology. All students are required to undertake, and successfully complete, an appropriate research design unit of study normally in the first semester of study.

DOCTOR OF PHILOSOPHY

Course Code:HPPH

Campus:Footscray Park.

This course is for Continuing students only.

About this course:The College of Sport and Exercise Science offers PhD research programs in many areas of specialisation such as: Exercise Biochemistry; Leisure Studies; Social Gerontology; Biomechanics; Recreation Management; Recreation and Disability; Exercise Science; Exercise Physiology; Sport Psychology; Exercise Psychology; Philosophy of Sport; Performance Making; Philosophy and Social Theory of Performance; and Embodiment.

Course Duration:3 years

Admission Requirements Mature Age:To qualify for admission to the Doctor of Philosophy applicants must have a Master degree of four year undergraduate degree with honours at first class (H1) or upper second class (H2A) level.

COURSE STRUCTURE

The research thesis must be original work conducted under the supervision of the student advisor/s and with the approval of the Postgraduate Studies Committee of the University. The thesis of the candidate will be examined externally by examiners of high academic standing in the area of the candidate's thesis topic.

DOCTOR OF PHILOSOPHY

Course Code:HPPL

This course is for Continuing students only.

About this course:The College of Sport and Exercise Science offers PhD research programs in many areas of specialisation such as:

- Exercise Biochemistry;
- Leisure Studies;
- Social Gerontology;
- Biomechanics;
- Recreation Management;
- Recreation and Disability;
- Exercise Science;
- Exercise Physiology;
- Sport Psychology;
- Exercise Psychology;
- Philosophy of Sport;
- Performance Making;
- Philosophy and Social Theory of Performance; and
- Embodiment.

Course Objectives:

Course Duration:3 years

Admission Requirements Mature Age:For International Students only. To qualify for admission to the Doctor of Philosophy applicants must have a Master degree or four-year undergraduate degree with honours at first class (H1) or upper second class (H2A) level. Applicants who do not meet the normal admission requirements may be admitted upon demonstration of exceptional background and experience.

COURSE STRUCTURE

The research thesis must be original work conducted under the supervision of the student advisor/s and with the approval of the Postgraduate Studies Committee of

the University. The thesis of the candidate will be examined externally by examiners of high academic standing in the area of the candidate's thesis topic. Coursework may be required of candidates to further enhance the knowledge of a specific topic relevant to the field of study. Such coursework could run concurrent to the research. In fact, all students undertaking research in the area of exercise physiology will be required to successfully complete AHX6040 Laboratory skills for Exercise Physiology. All students are required to undertake, and successfully complete, an appropriate research design unit of study normally in the first semester of study.

MASTER OF ARTS

Course Code:HRAT

Campus:Footscray Park.

About this course:The College of Sport and Exercise Science offers the Master of Arts by Research. Staff will supervise graduate research in many areas of specialisation, such as: Master of Arts History Philosophy of Sport Sociology of Physical Education and Sport Sport Management RECREATION Master of Arts Leisure Studies Outdoor Education Outdoor Recreation Resources Recreation and the Disabled Recreation Management Social Gerontology PERFORMANCE STUDIES Master of Arts Performance Making Textual Analysis Embodiment Documentation of Performance Philosophy and Social Theory of Performance

Course Objectives:-

Course Duration:2 years

Admission Requirements Mature Age:To qualify for admission to each course applicants must have attained, at an above average academic level, either a: Bachelor of Applied Science - Human Movement or an equivalent; or Bachelor of Arts - Recreation Management or equivalent; or Bachelor of Arts - Performance Studies or equivalent.

COURSE STRUCTURE

A thesis on an approved unit of study will be required. The research will be conducted under the supervision of the student's principal supervisor and co-supervisor. It is expected that many Masters by Research candidates will undertake approved concurrent coursework units to enhance their specific knowledge as it applies to their area of research. In fact, all students undertaking research in the area of exercise physiology will be required to successfully complete AHX6040 Laboratory Skills for Exercise Physiology. All students are required to undertake, and successfully complete, an appropriate research design unit normally in the first semester of study.

Course Duration The standard duration of a Masters by Research varies according to an enrolling student's prior qualifications. Where an applicant holds a three-year undergraduate degree, the duration will be two years of full-time study or part-time equivalent. However, where an applicant holds an honours degree in a closely related discipline, or equivalent research experience, the standard duration is eighteen months of full-time study or part-time equivalent.

MASTER OF APPLIED SCIENCE

Course Code:HREH

Campus:Footscray Park.

About this course:A research degree is a unique opportunity to develop new skills, problem-solving abilities, and think logically, creatively and critically. You will be supported by a large community of academic staff with experience conducting

research projects, presenting papers to international conferences and publishing academic journal articles and books. You will develop a capacity for solutions through independent research and problem analysis. You will expand and develop specialist knowledge in your chosen field of research and provide evidence of independent thought and the ability to manage a research project. You will improve your career progression with professional skills that will make you competitive in your field and make a valuable contribution to new knowledge. Postgraduate research opportunities are available across a range of disciplines in applied sciences.

Careers: Career opportunities include:

- management-level positions in industry or government
- research in government laboratories, research institutions or in industry
- commissioning editor for a specialist academic journal
- presenting at conferences
- employment with a university conducting research
- visiting key international research institutes.

Course Duration: 2 years

Admission Requirements Mature Age: To obtain admission into the Master of Applied Science applicants must have attained, above average academic levels.

COURSE STRUCTURE

The standard duration of a Masters by Research varies according to an enrolling student's qualifications. Where an applicant holds a three year undergraduate degree, the duration will be two years of full-time study or part-time equivalent. However, where an applicant holds an Honours degree in a closely related discipline, or has equivalent research experience, the standard duration is eighteen months of full-time study or part-time equivalent. A thesis on an approved subject will be required. The research will be conducted under the supervision of the student's principal supervisor and co-supervisor. Further information is available from the College of Sport and Exercise Science Student Advice Officer, Research and Graduate Studies.

CERTIFICATE II IN OUTDOOR RECREATION

Course Code: SIS20210

Campus: Industry, Footscray Park, Harvester College.

About this course: Communities need leaders who know the benefits of quality leisure activities and who can organise high-quality recreation programs and events in a variety of modes for a variety of ages and abilities. You don't need to be an all-star athlete to be a Recreation Leader. You do need enthusiasm and a commitment to being healthy and active. You must have a strong leisure ethic and a desire to better your world through the promotion of active living. This program is a great combination of classroom theory and practical active learning to ensure that students have the foundation skills to motivate others with confidence. Students build a broad knowledge base in the areas of health and wellness, outdoor recreation, community, nutrition and basic fitness. Students also build skills in leadership, advocacy, group facilitation, coaching, session planning and basic administration.

Course Objectives: This qualification provides the skills and knowledge for an individual to be competent in performing core skills in outdoor recreation environments and assisting with the conduct of a range of outdoor activities. Work may be undertaken as part of a team and would be performed under supervision.

Work would be undertaken in field locations such as camps or in indoor recreation centres or facilities, in differing environments such as water-based, dry land and mountainous terrains, using a diverse range of equipment.

Careers: The following are job roles for this qualification:

- outdoor activity assistant
- outdoor participant

Course Duration: 1 year

Admission Requirements VET: As per VETiS arrangement with the Secondary School

Selection Processes: Direct Entry

COURSE STRUCTURE

To qualify for the Certificate II in Outdoor Recreation participants must successfully complete a total of 15 units of study, comprising of 5 core units and 10 elective units in accordance with the packaging rules specified in SIS10 Sport, Fitness and Recreation Training Package.

Core Units

HLTFA301B	APPLY FIRST AID	18
SISOODR201A	ASSIST IN CONDUCTING OUTDOOR RECREATION SESSIONS	20
SISOOPS201A	MINIMISE ENVIRONMENTAL IMPACT	10
SISXIND101A	WORK EFFECTIVELY IN SPORT AND RECREATION ENVIRONMENTS	25
SISXOHS101A	FOLLOW OCCUPATIONAL HEALTH AND SAFETY POLICIES	10

Elective Units (10 required, as per the Training Package rules and the University's selection)

SISOABA201A	DEMONSTRATE ABSEILING SKILLS ON ARTIFICIAL SURFACES	8
SISOABN202A	SAFEGUARD AN ABSEILER USING A SINGLE ROPE BELAY SYSTEM	15
SISOBWG201A	DEMONSTRATE BUSHWALKING SKILLS IN A CONTROLLED ENVIRONMENT	10
SISONAV201A	DEMONSTRATE NAVIGATION SKILLS IN A CONTROLLED ENVIRONMENT	10
SISOCYT201A	SELECT, SET UP AND MAINTAIN A BIKE	10
SISOCYT202A	DEMONSTRATE BASIC CYCLING SKILLS	12
SISOCNE201A	DEMONSTRATE SIMPLE CANOEING SKILLS	20
SISOCNE202A	PERFORM DEEP WATER RESCUES	20
SISOCCLA201A	DEMONSTRATE TOP ROPE CLIMBING SKILLS ON ARTIFICIAL	10

	SURFACES	
SISXCAI102A	ASSIST IN PREPARING AND CONDUCTING SPORT AND RECREATION SESSIONS	15
SISXEMR201A	RESPOND TO EMERGENCY SITUATIONS	18
ICAICT203A	OPERATE APPLICATION SOFTWARE PACKAGES	60
SISSCOP201A	PREPARE A PRE OR POST EVENT MEAL	15
SISSCOP202A	DEVELOP A PERSONAL MANAGEMENT PLAN	15
SISSSPT303A	CONDUCT BASIC WARM-UP AND COOL-DOWN PROGRAMS	30
BSBITU201A	PRODUCE SIMPLE WORD PROCESSED DOCUMENTS	60
SISOBWG302A	APPLY INTERMEDIATE BUSHWALKING SKILLS	20
SISONAV302A	APPLY NAVIGATION SKILLS IN AN INTERMEDIATE ENVIRONMENT	15
SISOOPS202A	USE AND MAINTAIN A TEMPORARY OR OVERNIGHT SITE	10
SISOOPS304A	PLAN FOR MINIMAL ENVIRONMENTAL IMPACT	8
ICPMM263C	ACCESS AND USE THE INTERNET	20
SISSCOP204A	DEVELOP PERSONAL MEDIA SKILLS	20
SISSCOP205A	DEVELOP A PERSONAL FINANCIAL PLAN	5
SISXFAC201A	MAINTAIN SPORT AND RECREATION EQUIPMENT FOR ACTIVITIES	5
SISXFAC202A	MAINTAIN SPORT AND RECREATION FACILITIES	7
SITXOHS002A	FOLLOW WORKPLACE HYGIENE PROCEDURES	15
SITTGDE008A	RESEARCH AND SHARE GENERAL INFORMATION ON AUSTRALIAN INDIGENOUS CULTURES	80
SISSCGP308A	PROVIDE DRUGS IN SPORT INFORMATION	5
New Units:		
SISXFAC207	MAINTAIN SPORT, FITNESS AND RECREATION EQUIPMENT FOR ACTIVITIES	5
SISXFAC208	MAINTAIN SPORT, FITNESS AND RECREATION FACILITIES	7
SITTGDE306	RESEARCH AND SHARE GENERAL INFORMATION ON AUSTRALIAN INDIGENOUS CULTURES	80
SISSCO306	PROVIDE DRUGS IN SPORT INFORMATION	5
SITXFA101	USE HYGIENIC PRACTICES FOR FOOD SAFETY	15

CERTIFICATE II IN SPORT AND RECREATION

Course Code: SIS20310

Campus: Industry, Footscray Park, Harvester College.

About this course: Launch your career in the field of sport and recreation. Learn to teach the fundamental skills and tactics of various sports. The Certificate II is offered as VET in schools (VETiS).

Course Objectives: This qualification provides the skills and knowledge for an individual wishing to work in the sport and recreation industry in a generalist capacity. Likely functions for someone with this qualification can include providing support in the provision of sport and recreation programs, grounds and facilities maintenance, routine housekeeping, retail and customer service assistance, administrative assistance or bar and café service in locations such as fitness centre, outdoor sporting grounds or complexes or aquatic centres. All job roles are performed under supervision.

Careers: The following are job roles for this qualification:

- recreation assistant
- administration assistant
- grounds assistant
- retail assistant

Course Duration: 1 year

Admission Requirements VET: As per VETiS arrangement with Secondary School

Selection Processes: Direct Entry

COURSE STRUCTURE

To qualify for the Certificate II in Sport and Recreation participants must successfully complete a total of 11 units of study, comprising of 5 core units and 6 elective units in accordance with the packaging rules specified in SIS10 Sport, Fitness and Recreation Training Package.

Core Units

BSBWOR202A	ORGANISE AND COMPLETE DAILY WORK ACTIVITIES	20
HLTFA301B	APPLY FIRST AID	18
SISXEMR201A	RESPOND TO EMERGENCY SITUATIONS	18
SISXIND101A	WORK EFFECTIVELY IN SPORT AND RECREATION ENVIRONMENTS	25
SISXOHS101A	FOLLOW OCCUPATIONAL HEALTH AND SAFETY POLICIES	10

Elective Units (6 required, as per the Training Package rules and the University selection)

ICAICT203A	OPERATE APPLICATION SOFTWARE PACKAGES	60
SIRXCLM001A	ORGANISE AND MAINTAIN WORK AREAS	20
SIRXMERO01A	MERCHANDISE PRODUCTS	30
SIRXSLS001A	SELL PRODUCTS AND SERVICES	20
SIRXSLS002A	ADVISE ON PRODUCTS AND SERVICES	30

SISCAQU201A	MONITOR POOL WATER QUALITY	5	SISSRGL203A	PARTICIPATE IN CONDITIONING FOR RUGBY LEAGUE	20
SISCAQU202A	PERFORM BASIC WATER RESCUES	10	SISSRGL204A	TEACH THE SKILLS OF RUGBY LEAGUE FOR MODIFIED GAMES	25
SISSAFL201A	PERFORM THE INTERMEDIATE SKILLS OF AUSTRALIAN FOOTBALL	20	SISSRGU201A	PERFORM FOUNDATION LEVEL RUGBY UNION SKILLS	20
SISSAFL202A	PERFORM THE INTERMEDIATE TACTICS OF AUSTRALIAN FOOTBALL	20	SISSRGU203A	PARTICIPATE IN CONDITIONING FOR RUGBY UNION	20
SISSAFL203A	PARTICIPATE IN CONDITIONING FOR AUSTRALIAN FOOTBALL	20	SISSRGU204A	OFFICIATE JUNIOR LEVEL RUGBY UNION	15
SISSATH201A	TEACH THE FUNDAMENTAL SKILLS OF ATHLETICS	45	SISSRGU205A	OFFICIATE LOCAL OR DISTRICT LEVEL RUGBY UNION	15
SISSBSB201A	TEACH FUNDAMENTAL BASKETBALL SKILLS	10	SISSSPT201A	IMPLEMENT SPORTS INJURY PREVENTION	20
SISSBSB202A	TEACH FUNDAMENTAL BASKETBALL TACTICS AND GAME STRATEGY	35	SISSSQU201A	TEACH THE FUNDAMENTAL SKILLS OF SQUASH	30
SISSCGP201A	APPLY LEGAL AND ETHICAL COACHING PRACTICES	30	SISSSQU202A	TEACH THE BASIC TACTICS AND STRATEGIES OF SQUASH	15
SISSCGP202A	REFLECT ON PROFESSIONAL COACHING ROLE AND PRACTICE	20	SISSSUR201A	TEACH THE BASIC SKILLS OF SURF LIFE SAVING	25
SISSCKT201A	PERFORM THE INTERMEDIATE SKILLS OF CRICKET	20	SISSSUR202A	OFFICIATE BEGINNER LEVEL SURF LIFE SAVING COMPETITIONS	20
SISSCKT202A	PERFORM THE INTERMEDIATE TACTICS AND STRATEGIES OF CRICKET	20	SISSTNS201A	ASSIST IN CONDUCTING TENNIS ACTIVITIES FOR BEGINNER PLAYERS	15
SISSCNO201A	PERFORM THE INTERMEDIATE SKILLS AND TACTICS OF CANOEING	30	SISSTNS202A	INTERPRET AND APPLY THE RULES OF TENNIS	10
SISSCOP203A	DEVELOP A TRAVEL AND ACCOMMODATION PLAN	5	SISSTOU201A	PERFORM THE INTERMEDIATE SKILLS OF TOUCH	35
SISSGLF201A	PERFORM THE A GRADE SKILLS OF GOLF	30	SISSTOU202A	PERFORM THE INTERMEDIATE TACTICS AND STRATEGIES OF TOUCH	35
SISSGLF202A	APPLY THE A GRADE TACTICS AND STRATEGIES OF GOLF	15	SISSTPB201A	TEACH FUNDAMENTAL TENPIN BOWLING SKILLS	15
SISSGLF203A	INTERPRET AND APPLY THE RULES OF GOLF AT THE A GRADE LEVEL	15	SISXCAI101A	PROVIDE EQUIPMENT FOR ACTIVITIES	10
SISSGYN201A	TEACH FUNDAMENTAL GYMNASTIC SKILLS	30	SISXCAI102A	ASSIST IN PREPARING AND CONDUCTING SPORT AND RECREATION SESSIONS	15
SISSMAR201A	TEACH THE INTERMEDIATE SKILLS OF MARTIAL ARTS	20	SISXCCS201A	PROVIDE CUSTOMER SERVICE	15
SISSNTB201A	USE INTERMEDIATE LEVEL NETBALL SKILLS	30	SISXFAC201A	MAINTAIN SPORT AND RECREATION EQUIPMENT FOR ACTIVITIES	5
SISSNTB202A	USE INTERMEDIATE LEVEL NETBALL TACTICS AND GAME STRATEGY IN NETBALL PLAY	30	SISXFAC202A	MAINTAIN SPORT AND RECREATION FACILITIES	7
SISSNTB203A	PARTICIPATE IN CONDITIONING FOR NETBALL	20	SISXIND202A	PROCESS ENTRY TRANSACTIONS	15
SISSNTB204A	TEACH FOUNDATION NETBALL SKILLS	20	SITTVAF001A	PROVIDE VENUE INFORMATION AND ASSISTANCE	20
SISSRGL201A	USE INTERMEDIATE LEVEL RUGBY LEAGUE GAME SKILLS	20	SITXOHS002A	FOLLOW WORKPLACE HYGIENE PROCEDURES	15
SISSRGL202A	USE INTERMEDIATE LEVEL TACTICS AND GAME STRATEGY IN RUGBY LEAGUE PLAY	20	BSBWOR301A	ORGANISE PERSONAL WORK PRIORITIES AND DEVELOPMENT	30
			SISOSRF201A	DEMONSTRATE SURF SURVIVAL AND SELF RESCUE SKILLS	15
			SISOSRF202A	DEMONSTRATE BASIC SURFING MANOEUVRES IN	15

	CONTROLLED CONDITIONS	
SISOBWG201A	DEMONSTRATE BUSHWALKING SKILLS IN A CONTROLLED ENVIRONMENT	10
SISONAV201A	DEMONSTRATE NAVIGATION SKILLS IN A CONTROLLED ENVIRONMENT	10
SISOMBK201A	DEMONSTRATE BASIC OFF-ROAD CYCLING SKILLS	20
SISOSNK201A	DEMONSTRATE SNORKELLING ACTIVITIES	10
SISOKYK201A	DEMONSTRATE SIMPLE KAYAKING SKILLS	20
SISOOPS202A	USE AND MAINTAIN A TEMPORARY OR OVERNIGHT SITE	10

CERTIFICATE III IN SPORT AND RECREATION

Course Code:SIS30510

Campus:Industry, Footscray Park, Harvester Technical College.

About this course:Take the next step in your career through a course in the sport and recreation industry. Areas of study include instructing swimming and fitness programs and conducting games, competitions and outdoor recreation activities.

Course Objectives:This qualification provides the skills and knowledge for an individual wishing to work in the sport and recreation industry in areas such as maintaining grounds and playing surfaces, providing customer service, housekeeping and or administrative assistance. This qualification also provides for multi skilled roles which combine a range of activities required to support the operation of facilities such as fitness centres, outdoor sporting grounds or complexes, aquatic centres and community recreation centres. All job roles are performed under supervision with some degree of autonomy. You will gain the skills to deliver a sport and recreation service to clients in a recreation facility, learn about event management and how to deal with conflict and have the ability to put these skills into practice through the on the job practice.

Careers:The following are job roles for this qualification:

- recreation assistant
- administration assistant
- grounds assistant
- retail assistant

Course Duration:1 year

Admission Requirements VET:As per VETiS arrangement with Secondary School

Selection Processes:Direct Entry

COURSE STRUCTURE

To qualify for the Certificate III in Sport and Recreation participants must successfully complete a total of 14 units of study, comprising of 7 core units and 7 elective units in accordance with the packaging rules specified in SIS10 Sport, Fitness and Recreation Training Package.

Core Units

BSBWOR301A	ORGANISE PERSONAL WORK PRIORITIES AND DEVELOPMENT	30
HLTFA301B	APPLY FIRST AID	18
ICAU2006B	OPERATE COMPUTING PACKAGES	60
SISXCCS201A	PROVIDE CUSTOMER SERVICE	15
SISXEMR201A	RESPOND TO EMERGENCY SITUATIONS	18
SISXOHS101A	FOLLOW OCCUPATIONAL HEALTH AND SAFETY POLICIES	10
SISXRSK301A	UNDERTAKE RISK ANALYSIS OF ACTIVITIES	20
VETiS ICA Unit		
ICAICT203A	OPERATE APPLICATION SOFTWARE PACKAGES	60
Elective Units (7 required, as per the Schools selection)		
SISSSPT303A	CONDUCT BASIC WARM-UP AND COOL-DOWN PROGRAMS	30
SISXCAI303A	PLAN AND CONDUCT SPORT AND RECREATION SESSIONS	20
SISXCAI306A	FACILITATE GROUPS	25
SISXIND403A	ANALYSE PARTICIPATION PATTERNS	20
SISXRES301A	PROVIDE PUBLIC EDUCATION ON THE USE OF RESOURCES	25
SISCAQU306A	SUPERVISE CLIENTS AT AN AQUATIC FACILITY OR ENVIRONMENT	15
SISCAQU307A	PERFORM ADVANCED WATER RESCUES	15
SISCAQU308A	INSTRUCT WATER FAMILIARISATION, BUOYANCY AND MOBILITY SKILLS	20
SISCAQU309A	INSTRUCT CLIENTS IN WATER SAFETY AND SURVIVAL SKILLS	20
SISCAQU310A	INSTRUCT SWIMMING STROKES	20
SISCCR0301A	ASSIST WITH RECREATION GAMES NOT REQUIRING EQUIPMENT	10
SISFFIT301A	PROVIDE FITNESS ORIENTATION AND HEALTH SCREENING	15
SISFFIT303A	DEVELOP AND APPLY AN AWARENESS OF SPECIFIC POPULATIONS TO EXERCISE DELIVERY	35
SISFFIT304A	INSTRUCT AND MONITOR FITNESS PROGRAMS	45
SISFFIT306A	PROVIDE HEALTHY EATING INFORMATION TO CLIENTS IN ACCORDANCE WITH RECOMMENDED GUIDELINES	50
SISOCIA305A	APPLY ROUTE SETTING SKILLS	15
SISOODR302A	PLAN OUTDOOR RECREATION ACTIVITIES	35

SISODR303A	GUIDE OUTDOOR RECREATION SESSIONS	35	SISXIND101A	WORK EFFECTIVELY IN SPORT AND RECREATION ENVIRONMENTS	25
SISOOPS304A	PLAN FOR MINIMAL ENVIRONMENTAL IMPACT	8	SITVAF001A	PROVIDE VENUE INFORMATION AND ASSISTANCE	20
SISOOPS306A	INTERPRET WEATHER CONDITIONS IN THE FIELD	20	SISCAQU202A	PERFORM BASIC WATER RESCUES	10
SISSOGP301A	CONDUCT GAMES OR COMPETITIONS	50	SISSMAR201A	TEACH THE INTERMEDIATE SKILLS OF MARTIAL ARTS	20
BSBWOR202A	ORGANISE AND COMPLETE DAILY WORK ACTIVITIES	20	SISSSUR201A	TEACH THE BASIC SKILLS OF SURF LIFE SAVING	25
SIRXCLM001A	ORGANISE AND MAINTAIN WORK AREAS	20	SISSNTB203A	PARTICIPATE IN CONDITIONING FOR NETBALL	20
SISOABA201A	DEMONSTRATE ABSEILING SKILLS ON ARTIFICIAL SURFACES	8	SISSCGP202A	REFLECT ON PROFESSIONAL COACHING ROLE AND PRACTICE	20
SISOABN202A	SAFEGUARD AN ABSEILER USING A SINGLE ROPE BELAY SYSTEM	15	SISSRGL202A	USE INTERMEDIATE LEVEL TACTICS AND GAME STRATEGY IN RUGBY LEAGUE PLAY	20
SISOCLA201A	DEMONSTRATE TOP ROPE CLIMBING SKILLS ON ARTIFICIAL SURFACES	10	SISSRGL203A	PARTICIPATE IN CONDITIONING FOR RUGBY LEAGUE	20
SISOCYT202A	DEMONSTRATE BASIC CYCLING SKILLS	12	CERTIFICATE IV IN FITNESS		
SISOKYK201A	DEMONSTRATE SIMPLE KAYAKING SKILLS	20	Course Code: SIS40210		
SISOSRF201A	DEMONSTRATE SURF SURVIVAL AND SELF RESCUE SKILLS	15	Campus: Industry, Footscray Park.		
SISOSRF202A	DEMONSTRATE BASIC SURFING MANOEUVRES IN CONTROLLED CONDITIONS	15	About this course: Gain the skills and knowledge to become a personal trainer in the fitness industry. You will learn to:		
SISSAFL201A	PERFORM THE INTERMEDIATE SKILLS OF AUSTRALIAN FOOTBALL	20	<ul style="list-style-type: none"> • employ a broad range of exercise science principles • undertake a postural analysis to evaluate a client's posture • determine muscle strength and weakness to develop an exercise program 		
SISSAFL202A	PERFORM THE INTERMEDIATE TACTICS OF AUSTRALIAN FOOTBALL	20	You will also learn to maintain and demonstrate the use of a broad range of fitness equipment to enhance the fitness of your clients.		
SISSAFL203A	PARTICIPATE IN CONDITIONING FOR AUSTRALIAN FOOTBALL	20	Course Objectives: This qualification provides the skills and knowledge for an individual to be competent in a range of activities and functions within the Fitness industry, including working independently in a broad range of settings, such as within fitness centres, gyms, pools, community facilities and in open spaces. Those with this level of competency will be expected to train individual clients, on a one-on-one basis, and may include older clients and children. Persons with this level of competency will have the ability to plan, conduct and evaluate exercise training, provide leadership and guidance to clients and other staff and possibly deal with unpredictable situations.		
SISSATH201A	TEACH THE FUNDAMENTAL SKILLS OF ATHLETICS	45	Careers: The following are job roles for this qualification:		
SISSBSB201A	TEACH FUNDAMENTAL BASKETBALL SKILLS	10	<ul style="list-style-type: none"> • exercise trainer - personal trainer • exercise trainer - aqua trainer • exercise trainer - program coordinator • exercise trainer - children's trainer • exercise trainer - older client trainer 		
SISSCGP201A	APPLY LEGAL AND ETHICAL COACHING PRACTICES	30	Course Duration: 0.5 years		
SISSRGL204A	TEACH THE SKILLS OF RUGBY LEAGUE FOR MODIFIED GAMES	25			
SISSSPT201A	IMPLEMENT SPORTS INJURY PREVENTION	20			
SISSTPB201A	TEACH FUNDAMENTAL TENPIN BOWLING SKILLS	15			
SISXCAI101A	PROVIDE EQUIPMENT FOR ACTIVITIES	10			
SISXCAI102A	ASSIST IN PREPARING AND CONDUCTING SPORT AND RECREATION SESSIONS	15			
SISXFAC201A	MAINTAIN SPORT AND RECREATION EQUIPMENT FOR ACTIVITIES	5			
SISXFAC202A	MAINTAIN SPORT AND RECREATION FACILITIES	7			

Admission Requirements Year 12: Completion of VCE or equivalent, the completion of the specified units (from the Certificate III in Fitness) and hold a current first aid qualification and current CPR certificate.

Admission Requirements International: IELTS 5.5 or equivalent, the completion of the specified units (from the Certificate III in Fitness) and hold a current first aid qualification and current CPR certificate.

Admission Requirements Mature Age: As assessed by the University, the completion of the specified units (from the Certificate III in Fitness) and hold a current first aid qualification and current CPR certificate.

Admission Requirements VET: NA

Selection Processes: Direct Entry, VTAC

COURSE STRUCTURE

To qualify for the Certificate IV in Fitness participants must successfully complete a total of 15 units of study, comprising of 10 core units and 5 elective units in accordance with the packaging rules specified in SIS10 Sport, Fitness and Recreation Training Package.

BSBSMB401A	ESTABLISH LEGAL AND RISK MANAGEMENT REQUIREMENTS OF SMALL BUSINESS	60
BSBSMB403A	MARKET THE SMALL BUSINESS	50
BSBSMB404A	UNDERTAKE SMALL BUSINESS PLANNING	50
SISFFIT415A	WORK COLLABORATIVELY WITH MEDICAL AND ALLIED HEALTH PROFESSIONALS	30
SISFFIT416A	APPLY MOTIVATIONAL PSYCHOLOGY TO PROVIDE GUIDANCE ON EXERCISE BEHAVIOUR AND CHANGE TO MEET HEALTH AND FITNESS GOALS	40
SISFFIT417A	UNDERTAKE LONG TERM EXERCISE PROGRAMMING	40
SISFFIT418A	UNDERTAKE APPRAISALS OF FUNCTIONAL MOVEMENT	30
SISFFIT419A	APPLY EXERCISE SCIENCE PRINCIPLES TO PLANNING EXERCISE	55
SISFFIT420A	PLAN AND DELIVER EXERCISE PROGRAMS TO SUPPORT DESIRED BODY COMPOSITION OUTCOMES	40
SISFFIT421A	PLAN AND DELIVER PERSONAL TRAINING	70
Aqua Trainer		
SISCAQU202A	PERFORM BASIC WATER RESCUES	10
SISFFIT422A	IMPLEMENT INCLUSIVE AQUATIC ACTIVITIES FOR SPECIFIC POPULATION GROUPS	50
Sport		
SISSSTC301A	INSTRUCT STRENGTH AND CONDITIONING TECHNIQUES	60

SISSSTC402A	DEVELOP STRENGTH AND CONDITIONING PROGRAMS	30
Children's Trainer		
CHCIC301D	INTERACT EFFECTIVELY WITH CHILDREN	70
SISFFIT313A	PLAN AND DELIVER EXERCISE TO APPARENTLY HEALTHY CHILDREN AND ADOLESCENTS	90
Older Clients Trainer		
SISFFIT314A	PLAN AND DELIVER EXERCISE TO OLDER CLIENTS WITH MANAGED CONDITIONS	40
Cross Sector		
SISXIND406A	MANAGE PROJECTS	30
ICAICT203A	OPERATE APPLICATION SOFTWARE PACKAGES	60
SITXENVO02A	IMPLEMENT AND MONITOR ENVIRONMENTALLY SUSTAINABLE WORK PRACTICES	40
CUFIND401A	PROVIDE SERVICES ON A FREELANCE BASIS	30
SISFFIT311A	DELIVER APPROVED COMMUNITY FITNESS PROGRAMS	40

CERTIFICATE IV IN OUTDOOR RECREATION

Course Code: SIS40310

Campus: Industry, Footscray Park, St Albans.

About this course: This qualification provides the skills and knowledge for an individual to be competent in guiding outdoor recreation activities in an uncontrolled environment. It requires technical knowledge of the outdoor recreation activity to be transferred to allow individuals to safely participate in the outdoor activity. A guide operating in an uncontrolled environment has the skills, knowledge and experience that enable them to work independently within a variety of settings and contexts that may be complex and non-routine. Leadership, guidance and supervision are involved when organising activities of self and others, as well as contributing to technical solutions of a non-routine or contingency nature. Work would be performed in field locations with varied contexts requiring contingency planning and in differing environments such as water-based, dry land and mountainous terrains, using a diverse range of equipment.

Course Objectives: Depending on the specialisation chosen, this qualification provides the skills and knowledge for an individual to be competent in: Guiding outdoor recreation activities in an uncontrolled environment. It requires technical knowledge of the outdoor recreation activity to be transferred to allow individuals to safely participate in the outdoor activity. It does not provide the skills and knowledge to impart the required level of technical knowledge and expertise to allow participants to independently undertake outdoor recreation activities. A guide operating in an uncontrolled environment has the skills, knowledge and experience that enable them to work independently within a variety of settings and contexts that may be complex and non-routine. Instructing outdoor recreation skills. An instructor has the skills, knowledge and experience to facilitate skill transfer or development to clients in order that they may participate independently (or with minimal supervision) in outdoor activities. This requires the instructor to be able to:

- transfer required technical skills and knowledge to participants
- apply a variety of appropriate instructional strategies
- critique participants technique
- assess participants skill and knowledge acquisition during and at the end of a program or session.

- contingency nature to a defined range of predictable and unpredictable problems, for example, identifying and managing risk to ensure safety of self and others.

Careers: On successful completion of the course, graduates may register as an Outdoor guide (uncontrolled environment) and Outdoor instructor.

Course Duration: 2 years

Admission Requirements Year 12: Successful completion of VCE or equivalent

Admission Requirements Mature Age: Demonstrated interest in the course as assessed by the University

Selection Processes: Direct Entry, Interview, Written Application, VTAC

COURSE STRUCTURE

To successfully complete this qualification 31 units must be completed:

- 15 core units
- 16 elective units, consisting of:
 - all the units in any two of Groups A to AAF, or
 - all the units in any one of Groups A to AAF, and all the units in any one of Groups AAG to AAS
 - the remaining to make up the required 16 elective units from the General electives, or any of the above groups; up to 5 of these remaining units may be selected elsewhere in SIS10 or any current accredited course or other Training Package, and must be first packaged at AQF level 2, 3 or 4.

In all cases selection of electives must relate to the core function or role of the candidate's current or intended work environment, local industry requirements and the characteristics of this qualification (as per the AQF descriptors).

Core Units

BSBWOR404A	DEVELOP WORK PRIORITIES	40
HLTFA301C	APPLY FIRST AID	18
SISOOPS306A	INTERPRET WEATHER CONDITIONS IN THE FIELD	20
SISOODR404A	MANAGE RISK IN AN OUTDOOR ACTIVITY	25
SISOODR405A	DEVELOP AND COORDINATE PROGRAMS INCORPORATING OUTDOOR ACTIVITIES	15
SISOODR302A	PLAN OUTDOOR RECREATION ACTIVITIES	35
SISXRES402A	SUPPORT IMPLEMENTATION OF ENVIRONMENTAL MANAGEMENT PRACTICES	10
SISOOPS407A	APPLY SEARCH AND RESCUE SKILLS	25
SISXEMR201A	RESPOND TO EMERGENCY SITUATIONS	18
SISXCCS404A	ADDRESS CLIENT NEEDS	10

In all cases those with this qualification would be managing expected and unexpected situations with considerable autonomy. Leadership, guidance and supervision are involved when organising activities of self and others, as well as contributing to technical solutions of a non-routine or contingency nature. Work would be performed in field locations with varied contexts requiring contingency planning and in differing environments such as water-based, dry land and mountainous terrains, using a diverse range of equipment. Graduates of SIS40310 Certificate IV in Outdoor Recreation will have a broad range of cognitive, technical and communication skills to select and apply a range of routine and sometimes non-routine solutions to predictable and unpredictable problems. Work will be undertaken in field locations such as camps, recreation centres and mountainous terrains in a variety of contexts that may be complex or non-routine. This course is conducted at the St Albans campus and various outdoor training venues in Victoria. The course also involves spending nights away from home "camping out" during outdoor activities. Some activities undertaken will have a degree of inherent risk associated with them therefore students and/or guardians need to be aware of these risks prior to enrolment. Students should also be aware and prepare for some activities involving medium to high levels of physical intensity. Students will be assessed via various modes including - assignments, written tests, oral questioning, observation and third party reports. The major focus for the course is:

- developing and coordinating outdoor programs;
- extended trip planning;
- leading, instructing and facilitating groups;
- program risk management;
- expedition medicine;
- coordinating emergency response;
- advanced bushwalking,
- navigation and weather interpretation skills in extreme environmental conditions;
- white water kayaking and rafting;
- swift water rescue;
- rock climbing and abseiling instructor;
- vertical rescue;
- expedition sea kayaking.

These skills would enable graduates to obtain employment as an outdoor recreation guide or instructor with an outdoor recreation provider working in an uncontrolled environment and in various outdoor recreation contexts. The course outcomes are consistent with a AQF Certificate IV in that they enable the graduate to have:

- broad factual, technical and theoretical knowledge in a specialised field of work and learning for example, applying search and rescue skills,
- cognitive, technical and communication skills to apply and communicate technical solutions of a non-routine or

SISXIND404A	PROMOTE COMPLIANCE WITH LAWS AND LEGAL PRINCIPLES	15	Group G - Canoeing - Guide - White Water Grade 3	
SISXIND405A	CONDUCT PROJECTS	15	SISOCNE408A	APPLY INLAND CANOEING SKILLS ON GRADE 3 WATER 40
SISXOHS402A	IMPLEMENT AND MONITOR OCCUPATIONAL HEALTH AND SAFETY POLICIES	12	SISOCNE410A	GUIDE CANOEING TRIPS ON GRADE 3 WATER 30
SISXRES403A	USE RESOURCES EFFICIENTLY	12	SISONAV302A	APPLY NAVIGATION SKILLS IN AN INTERMEDIATE ENVIRONMENT 15
TAEDEL301A	PROVIDE WORK SKILL INSTRUCTION	40	SISOWWR201A	DEMONSTRATE SELF RESCUE SKILLS IN WHITE WATER 20
Groups A to AAF Elective Units			SISOWWR403A	PERFORM COMPLEX WHITE WATER RESCUES AND RECOVERIES 25
Group D - Abseiling - Instruct - Natural Surface - Single Pitch			Group H - Canoeing - Instruct - Flat Water	
SISOABN202A	SAFEGUARD AN ABSEILER USING A SINGLE ROPE BELAY SYSTEM	15	SISOCNE303A	APPLY CANOEING SKILLS 20
SISOABN303A	APPLY SINGLE PITCH ABSEILING SKILLS ON NATURAL SURFACES	15	SISOCNE202A	PERFORM DEEP WATER RESCUES 20
SISOABN304A	ESTABLISH ROPES FOR SINGLE PITCH ABSEILING ON NATURAL SURFACES	15	SISOCNE306A	INSTRUCT CANOEING SKILLS ON FLAT AND UNDEMANDING WATER 20
SISOABN408A	INSTRUCT ABSEILING ON SINGLE PITCH NATURAL SURFACES	20	SISONAV201A	DEMONSTRATE NAVIGATION SKILLS IN A CONTROLLED ENVIRONMENT 10
SISONAV201A	DEMONSTRATE NAVIGATION SKILLS IN A CONTROLLED ENVIRONMENT	10	Group I - Canoeing - Instruct - White Water Grade 2	
SISOVTR301A	PERFORM VERTICAL RESCUES	30	SISOCNE304A	APPLY INLAND CANOEING SKILLS ON GRADE 2 WATER 30
Group E - Bushwalking - Guide - Intermediate Environment			SISOCNE409A	INSTRUCT CANOEING SKILLS ON GRADE 2 WATER 20
PUAOPE002B	OPERATE COMMUNICATIONS SYSTEMS AND EQUIPMENT	30	SISONAV201A	DEMONSTRATE NAVIGATION SKILLS IN A CONTROLLED ENVIRONMENT 10
SISOBWG302A	APPLY INTERMEDIATE BUSHWALKING SKILLS	20	SISOWWR201A	DEMONSTRATE SELF RESCUE SKILLS IN WHITE WATER 20
SISOBWG404A	APPLY RIVER CROSSING SKILLS	10	SISOWWR302A	DEMONSTRATE WHITE WATER RESCUES AND RECOVERIES 20
SISOBWG405A	GUIDE INTERMEDIATE BUSHWALKS	20	Group N - Challenge Ropes Course - Supervise High Ropes	
SISONAV302A	APPLY NAVIGATION SKILLS IN AN INTERMEDIATE ENVIRONMENT	15	SISOABL402A	FACILITATE ADVENTURE-BASED LEARNING ACTIVITIES 25
SISOOPS202A	USE AND MAINTAIN A TEMPORARY OR OVERNIGHT SITE	10	SISOCR302A	CONDUCT A HIGH ROPES SESSION 20
Group F - Canoeing - Guide - White Water Grade 2			SISOCR404A	SUPERVISE A HIGH ROPES SESSION 15
SISOCNE304A	APPLY INLAND CANOEING SKILLS ON GRADE 2 WATER	30	Group O - Challenge Ropes Course - Supervise Low Ropes	
SISOCNE307A	GUIDE CANOEING TRIPS ON GRADE 2 WATER	20	SISOABL402A	FACILITATE ADVENTURE-BASED LEARNING ACTIVITIES 25
SISONAV201A	DEMONSTRATE NAVIGATION SKILLS IN A CONTROLLED ENVIRONMENT	10	SISOCR301A	CONDUCT A LOW ROPES SESSION 15
SISOWWR201A	DEMONSTRATE SELF RESCUE SKILLS IN WHITE WATER	20	SISOCR403A	SUPERVISE A LOW ROPES SESSION 15
SISOWWR302A	DEMONSTRATE WHITE WATER RESCUES AND RECOVERIES	20	Group Q - Climbing - Guide - Natural Surface - Top Rope	
			SISOCLN302A	APPLY CLIMBING SKILLS ON NATURAL SURFACES 12
			SISOCLN303A	ESTABLISH BELAYS FOR CLIMBING ON NATURAL SURFACES 15

SISOCLN304A	GUIDE TOP ROPE CLIMBING ACTIVITIES ON NATURAL SURFACES	20	SISOSKT408A	APPLY SNOW CRAFT SKILLS FOR OVERNIGHT TOURING	25
SISONAV201A	DEMONSTRATE NAVIGATION SKILLS IN A CONTROLLED ENVIRONMENT	10	SISOSKT409A	APPLY INTERMEDIATE CROSS COUNTRY SKIING SKILLS	20
SISOVTR301A	PERFORM VERTICAL RESCUES	30	SISOSKT410A	GUIDE OVERNIGHT SKI TOURS	30
Group AJ - Mountain Biking - Instruct			Group AV - Skiing - Ski Touring - Guide - Overnight - Intermediate		
SISOCYT202A	DEMONSTRATE BASIC CYCLING SKILLS	12	SISONAV403A	NAVIGATE IN UNCONTROLLED ENVIRONMENTS	25
SISOMBK201A	DEMONSTRATE BASIC OFF-ROAD CYCLING SKILLS	20	SISOOPS202A	USE AND MAINTAIN A TEMPORARY OR OVERNIGHT SITE	10
SISOMBK302A	APPLY ADVANCED OFF-ROAD CYCLING SKILLS	20	SISOSKT408A	APPLY SNOW CRAFT SKILLS FOR OVERNIGHT TOURING	25
SISOMBK404A	INSTRUCT OFF-ROAD CYCLING SKILLS	20	SISOSKT410A	GUIDE OVERNIGHT SKI TOURS	30
SISONAV302A	APPLY NAVIGATION SKILLS IN AN INTERMEDIATE ENVIRONMENT	15	Group AAE - White Water Rescue - Instruct		
Group AL - Rafting - Guide - Grade 3 Rapids			SISOWWR403A	PERFORM COMPLEX WHITE WATER RESCUES AND RECOVERIES	25
SISONAV201A	DEMONSTRATE NAVIGATION SKILLS IN A CONTROLLED ENVIRONMENT	10	SISOWWR404A	INSTRUCT WHITE WATER RESCUE	30
SISORAF402A	GUIDE A RAFT ON GRADE 3 RAPIDS	25	Additional General Electives		
SISOWWR201A	DEMONSTRATE SELF RESCUE SKILLS IN WHITE WATER	20	SISOABN201A	DEMONSTRATE ABSEILING SKILLS ON NATURAL SURFACES	8
SISOWWR302A	DEMONSTRATE WHITE WATER RESCUES AND RECOVERIES	20	SISOCLN409A	INSTRUCT TOP ROPE CLIMBS ON NATURAL SURFACES	20
Group AM - Rafting - Trip Leader - Grade 3 Rapids			SISOMBK303A	GUIDE OFF-ROAD CYCLE TOURS	20
SISONAV201A	DEMONSTRATE NAVIGATION SKILLS IN A CONTROLLED ENVIRONMENT	10	SISOSKT406A	DEMONSTRATE ADVANCED CROSS COUNTRY SKIING SKILLS	20
SISORAF403A	GUIDE A RAFT ON GRADE 4 RAPIDS	20	SISOBWG406A	APPLY BUSHWALKING SKILLS IN UNCONTROLLED LANDSCAPES	20
SISORAF404A	COORDINATE AND MANAGE WHITE WATER RAFTING TRIPS	30	SISOOPS305A	PROVIDE FIRST AID IN A REMOTE LOCATION	35
SISOWWR201A	DEMONSTRATE SELF RESCUE SKILLS IN WHITE WATER	20	SISXEMR402A	COORDINATE EMERGENCY RESPONSES	20
SISOWWR403A	PERFORM COMPLEX WHITE WATER RESCUES AND RECOVERIES	25	SISOCNE305A	GUIDE CANOEING TRIPS ON FLAT AND UNDEMANDING WATER	20
Group AR - Skiing - Cross Country - Instruct - Intermediate			SISOSKT201A	DEMONSTRATE BASIC CROSS COUNTRY SKIING SKILLS	20
SISOSKT409A	APPLY INTERMEDIATE CROSS COUNTRY SKIING SKILLS	20	SISOSKT202A	DEMONSTRATE SKI TOURING SKILLS IN A PATROLLED ENVIRONMENT TO A BASIC STANDARD	20
SISOSKT411A	INSTRUCT CROSS COUNTRY SKIING	30	SISOSKT303A	DAY SKI TOUR AWAY FROM A PATROLLED AREA	20
Group AU - Skiing - Ski Touring - Guide - Overnight			SISOSKT304A	GUIDE DAY SKI TOURS	20
SISONAV403A	NAVIGATE IN UNCONTROLLED ENVIRONMENTS	25	SISOSKT305A	APPLY SNOW CRAFT SKILLS FOR DAY TOURING	20
SISOOPS202A	USE AND MAINTAIN A TEMPORARY OR OVERNIGHT SITE	10	DIPLOMA OF FITNESS		
SISOSKT407A	OVERNIGHT SKI TOUR IN DIFFICULT TERRAIN USING ADVANCED SKI TOURING SKILLS	30	Course Code: SIS50210		
			Campus: Industry, Footscray Park.		

About this course: Further your career and become a fitness specialist. Learn to develop and initiate specialised fitness programs, co-ordinate and manage resources, and select and instruct in the technical use of equipment.

Course Objectives: This qualification provides the skills and knowledge for an individual to be competent in a range of activities and functions within the fitness industry, including working collaboratively with medical and allied health professionals in a broad range of settings, such as fitness facilities, aquatic facilities, community facilities and in open spaces. Those with this level of competency will be expected to provide exercise training to individual clients with specific needs, on a one-on-one or group basis, and may include older clients and children with chronic conditions. Persons with this level of competency will have the ability to implement, evaluate and modify the exercise prescription provided by medical or allied health professionals for clients with specific conditions, within an agreed scope for progression as recommended by referring medical or allied health professionals. Specialised exercise trainers will have the ability to monitor client progress and, in collaboration with medical or allied health professionals, utilise an evidence-based approach to deliver solutions by applying knowledge of physiology and anatomy and the pathology of specific medical conditions.

Careers: The following is a job role of this qualification:

- specialised exercise trainer

Course Duration: 1 year

Admission Requirements International: IELTS 5.5, the completion of the specified units of competency (from the Certificate IV in Fitness) and significant vocational experience in the fitness industry

Admission Requirements Mature Age: The completion of the specified units of competency (from the Certificate IV in Fitness) and significant vocational experience in the fitness industry

Selection Processes: Direct Entry, Interview, VTAC

COURSE STRUCTURE

To qualify for the Diploma of Fitness participants must successfully complete a total of 13 units of study, comprising of 9 core units and 4 elective units in accordance with the packaging rules specified in SIS10 Sport, Fitness and Recreation Training Package.

SISFFIT523A	DELIVER PRESCRIBED EXERCISE TO CLIENTS WITH CARDIORESPIRATORY CONDITIONS	65
SISFFIT524A	DELIVER PRESCRIBED EXERCISE TO CLIENTS WITH METABOLIC CONDITIONS	80
SISFFIT525A	ADVISE ON INJURY PREVENTION AND MANAGEMENT	70
SISFFIT526A	DELIVER PRESCRIBED EXERCISE TO CLIENTS WITH MUSCULOSKELETAL CONDITIONS	100
SISFFIT527A	UNDERTAKE HEALTH PROMOTION ACTIVITIES TO DECREASE RISK FACTORS AND PREVENT CHRONIC DISEASE	50

SISFFIT528A	APPLY RESEARCH FINDINGS TO EXERCISE MANAGEMENT STRATEGIES	40
SISXCCS404A	ADDRESS CLIENT NEEDS	10
SISXIND405A	CONDUCT PROJECTS	15
HLTFA402B	APPLY ADVANCED FIRST AID	30
SISFFIT529A	DELIVER PRESCRIBED EXERCISE TO CLIENTS WITH A DISABILITY OR NEUROLOGICAL IMPAIRMENT	90
SISFFIT531A	DELIVER PRESCRIBED EXERCISE TO OLDER CLIENTS WITH CHRONIC CONDITIONS	55
SISSSTC301A	INSTRUCT STRENGTH AND CONDITIONING TECHNIQUES	60
SISSSTC402A	DEVELOP STRENGTH AND CONDITIONING PROGRAMS	30
SISFFIT530A	DELIVER PRESCRIBED EXERCISE TO CHILDREN AND YOUNG ADOLESCENTS WITH SPECIFIC CHRONIC CONDITIONS	55
BSBWOR501A	MANAGE PERSONAL WORK PRIORITIES AND PROFESSIONAL DEVELOPMENT	60
SISFFIT313A	PLAN AND DELIVER EXERCISE TO APPARENTLY HEALTHY CHILDREN AND ADOLESCENTS	90
SISFFIT314A	PLAN AND DELIVER EXERCISE TO OLDER CLIENTS WITH MANAGED CONDITIONS	40
BSBADM502A	MANAGE MEETINGS	30
SISXIND406A	MANAGE PROJECTS	30
BSBSMB403A	MARKET THE SMALL BUSINESS	50
BSBSMB404A	UNDERTAKE SMALL BUSINESS PLANNING	50
CUFIND401A	PROVIDE SERVICES ON A FREELANCE BASIS	30

DIPLOMA OF SPORT DEVELOPMENT

Course Code: SIS50610

Campus: Industry, Footscray Park.

About this course: Develop your skills in the sport and recreation industry and gain knowledge in project management, and facilitating and coordinating teams and groups. Basketball Specialisation The Diploma of Sport (Development) is also offered as a 2 year Basketball Specialisation which is delivered in conjunction with Andrew Gaze and Australian Basketball Resources and is the only program of this type offered through a university. High performance training is matched with outstanding academic tuition to offer you, as an emerging athlete, the opportunity to reach your sporting and academic potential.

Course Objectives: This qualification provides the skills and knowledge for an individual intending to pursue a career in sport development. Occupational outcomes for this qualification can vary from managing competitions, sports venues and

facilities and identifying and developing athletes. Work at this level would be undertaken with a high degree of autonomy.

Careers:The following are job roles for this qualification:

- competition manager
- program developer
- talent development manager

Course Duration:1 year

Admission Requirements Year 12:Successful completion of VCE or equivalent

Admission Requirements Mature Age:As assessed by the University

Admission Requirements Other:Basketball Specialisation - Applicants subject to additional selection criteria which may include an interview, game play and individual skills trials

Selection Processes:Direct Entry, Interview, VTAC, OtherBasketball Specialisation - Applicants subject to additional selection criteria which include an interview, game play and individual skills trials

COURSE STRUCTURE

To qualify for the Diploma of Sport Development participants must successfully complete a total of 20 units of study, comprising of 11 core units and 9 elective units in accordance with the packaging rules specified in SIS10 Sport, Fitness and Recreation Training Package.

Core Units Diploma of Sport (Development) and Diploma of Sport (Development) - Basketball

BSBADM502B	MANAGE MEETINGS	30
ICAU3126B	USE ADVANCED FEATURES OF COMPUTER APPLICATIONS	40
SISXCCS403A	DETERMINE NEEDS OF CLIENT POPULATIONS	20
SISXIND404A	PROMOTE COMPLIANCE WITH LAWS AND LEGAL PRINCIPLES	15
SISXIND406A	MANAGE PROJECTS	30
SISXOHS402A	IMPLEMENT AND MONITOR OCCUPATIONAL HEALTH AND SAFETY POLICIES	12
SISXRSK502A	MANAGE ORGANISATIONAL RISKS	40
SISSCGP308A	PROVIDE DRUGS IN SPORT INFORMATION	5
SISSCGP309A	DEVELOP NUTRITIONAL STRATEGIES	25
SISSCGP310A	SUPPORT ATHLETES TO ADOPT PRINCIPLES OF SPORTS PSYCHOLOGY	30
SISXCAI306A	FACILITATE GROUPS	25

Elective Units Diploma of Sport (Development)

SISSCGP307A	IMPLEMENT SELECTION POLICIES	15
SISSCGP412A	IMPLEMENT RECOVERY PROGRAMS	25
SISSSPA505A	COORDINATE TEAM OR GROUP MANAGEMENT	30
SISSSPA506A	COORDINATE TEAM OR GROUP ADMINISTRATION	30
SISSSPA507A	DEVELOP VOLUNTEER MANAGEMENT POLICIES	25
SISXCAI305A	CONDUCT INDIVIDUALISED LONG-TERM TRAINING PROGRAMS	60
BSBMKG501B	IDENTIFY AND EVALUATE MARKETING OPPORTUNITIES	70
BSBMKG502B	ESTABLISH AND ADJUST THE MARKETING MIX	60
BSBMKG514A	IMPLEMENT AND MONITOR MARKETING ACTIVITIES	50
SISXIND507A	MANAGE EDUCATION INITIATIVES	35
BSBWOR501A	MANAGE PERSONAL WORK PRIORITIES AND PROFESSIONAL DEVELOPMENT	60
SISXFAC405A	PLAN AND PROVIDE SPORT AND RECREATIONAL SERVICES	15
SISXFAC404A	COORDINATE FACILITY AND EQUIPMENT ACQUISITION AND MAINTENANCE	15
SISFFIT420A	PLAN AND DELIVER EXERCISE PROGRAMS TO SUPPORT DESIRED BODY COMPOSITION OUTCOMES	40
SITXFIN006A	OBTAIN AND MANAGE SPONSORSHIP	30
SISXCAI304A	PLAN AND CONDUCT SPORT AND RECREATION PROGRAMS	35
SISFFIT419A	APPLY EXERCISE SCIENCE PRINCIPLES TO PLANNING EXERCISE	55
SISSSTC402A	DEVELOP STRENGTH AND CONDITIONING PROGRAMS	30
SISXCCS402A	COORDINATE CLIENT SERVICE ACTIVITIES	20
SISXIND405A	CONDUCT PROJECTS	15
SISFFIT418A	UNDERTAKE APPRAISALS OF FUNCTIONAL MOVEMENT	30
SISSSPT303A	CONDUCT BASIC WARM-UP AND COOL-DOWN PROGRAMS	30
SISXCAI507A	PLAN AND IMPLEMENT HIGH PERFORMANCE	65
SISXCAI303A	PLAN AND CONDUCT SPORT AND RECREATION SESSIONS	20
SISXCCS404A	ADDRESS CLIENT NEEDS	10
BSBCM401A	MAKE A PRESENTATION	30
HLTFA311A	APPLY FIRST AID	18
CHCDIS301C	WORK EFFECTIVELY WITH PEOPLE WITH A DISABILITY	50

Elective Units Diploma of Sport (Development) - Basketball

BSBWOR501A	MANAGE PERSONAL WORK PRIORITIES AND PROFESSIONAL DEVELOPMENT	60
SISFFIT418A	UNDERTAKE APPRAISALS OF FUNCTIONAL MOVEMENT	30
SISSTC402A	DEVELOP STRENGTH AND CONDITIONING PROGRAMS	30
SISSPT303A	CONDUCT BASIC WARM-UP AND COOL-DOWN PROGRAMS	30
SISXCAI305A	CONDUCT INDIVIDUALISED LONG-TERM TRAINING PROGRAMS	60
SISXCAI507A	PLAN AND IMPLEMENT HIGH PERFORMANCE	65
SISSCGP412A	IMPLEMENT RECOVERY PROGRAMS	25
SISXCAI303A	PLAN AND CONDUCT SPORT AND RECREATION SESSIONS	20
SISXCAI304A	PLAN AND CONDUCT SPORT AND RECREATION PROGRAMS	35
SISXCCS404A	ADDRESS CLIENT NEEDS	10
SISXFAC405A	PLAN AND PROVIDE SPORT AND RECREATIONAL SERVICES	15
SITXFIN006A	OBTAIN AND MANAGE SPONSORSHIP	30
BSBCMM401A	MAKE A PRESENTATION	30

UNITS

AHB5202 SPORT EVENT MANAGEMENT

Locations:Footscray Park, City Flinders.

Prerequisites:Nil.

Description:This unit of study will explore the unique features of sport event management. It will examine: the structure of sport event administration; the scheduling and planning of sport event activity; staff training; event evaluation; event operations; event facilitation; and the commonalities and uniqueness of various events. Specifically students will develop an understanding of: the mechanics and scope of sport event management; the transferability of skills from event to event; the significance of consumer decision-making processes in event construction; and the skills necessary for the successful conduct of a sport event.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to:

- Understand the scope of sport event management;
- Identify the mechanics and processes of sport event management;
- Demonstrate the skills involved the successful conduct of a sport event;
- Transfer the skills used in one sport event to the conduct of another.

Class Contact:Three hours per week for one semester comprising one three-hour lecture/seminar or equivalent.

Required Reading:Graham, S, Goldblatt, JJ & Delpy, L 1995, The ultimate guide to sport event management and marketing, Irwin Publishing, Chicago. Van Der Wagen, L 2001, Event management: for tourism, cultural, business and sporting events, Pearson Education, Australia, available from Pearson Education Australia at: www.pearsoned.com.au.

Assessment:Book review 20%; Project 1 (2500 words) 40%; Project 2 (2500 words) 40%. All components of assessment must be satisfactorily completed.

AHE0002 SOCIAL BASES OF HEALTH

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit introduces the historical and emerging theoretical and explanatory models of health to students from physical education, recreation and education backgrounds. Health and illness are considered from individual and population perspectives and students are encouraged to explore these concepts by recognising the interdisciplinary nature of the determinants of health and wellbeing. The unit forms the introduction unit for a stream of units focusing on health, or it may be taken as a single unit of study.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students are expected to be able to:

- Evaluate a contemporary health promotion program's objectives, aims and goals specific to the communities' social determinants of health;
- Organise, synthesise and interpret in written form, published research relating to a specific topic within the social bases of health;
- Work individually and with others to collaboratively present a global health issue;

- Review personal and peer group members' contributions to the development and presentation outcomes of a collaborative project.

Class Contact:Lecture: 12 x 1 hour; Tutorial: 12 x 1.5 hour.

Required Reading:No required text

Assessment:Assignment, Investigation of a health promotion program, 20%. Research Paper, Research of a current global health issue, 40%. Presentation, Collaborative small group presentation of a current global health issue, 40%. Total effective word limit 3,000 words.

AHE0003 EXERCISE SCIENCE FOR ADULTS AND OLDER ADULTS

Locations:Footscray Park, City Flinders.

Prerequisites:AHE2104 - EXERCISE PHYSIOLOGY

Description:This unit of study examines exercise and sport science applied to healthy adults and older adults, and incorporates a multidisciplinary approach, including both physiological and biomechanical perspectives. The specific physiological profiles, exercise capacities of adults and older adults will be studied. These include the specific effects of ageing processes on cardiorespiratory, metabolic, musculoskeletal and thermoregulatory responses. The unit examines in detail the effects of muscle mass loss with ageing on muscle strength and power, and muscular changes with ageing that influence muscle fatigue and physical endurance. The unit also examines appropriate exercise testing and relevant physical activity and training principles for adults and older adults. The unit familiarises students with the biomechanical factors relating to the analysis of human movement in adults and older adults. The unit also exposes students to the biomechanical and physiological factors relating to the analysis of human movement in young and older adults. Topics include: biomechanical changes that commonly occur in the ageing process and their relationship to exercise and sports performance; ageing effects on gait and balance; foot clearance and tripping falls; coefficient of friction and slipping falls. Laboratory experiences will be used to develop an understanding of techniques for exercise and sport science measurement and assessment in adults and older adults, their ethical and practical considerations, as well as to link, where possible, physiological and biomechanical approaches to enhance overall understanding. Students are strongly advised to take AHE2101 Sports Physiology, AHE1202 Biomechanics and AHE2103 Growth, Development and Ageing.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to:

- Reiterate the health benefits of exercise for the elderly;
- Consider the underlying pathology, physiology and biomechanics of ageing;
- Assess from the research evidence whether exercise may assist and improve elderly function such as their gait, balance, posture and functional independence;
- Consider how ageing may affect the individual's capacity to exercise.

Class Contact:1.5 hour lecture and 2 hour tutorial each week.

Required Reading:Specific journal articles to be advised by lecturer.

Assessment:Examination, Final examination, 40%. Assignment, Individual assignment and presentation, 30%. Report, Laboratory reports, 30%.

AHE0004 EXERCISE SCIENCE PROJECT

Locations:Footscray Park, City Flinders.

Prerequisites:Nil.

Description: This unit of study will provide students with an opportunity to undertake a specific project that will enable them to acquire, broaden or deepen knowledge and skills in a specific topic area related to either biomechanics or exercise physiology. This can involve a thorough and critical literature review, or a minor research project. Any research project involving human experimentation requires approval from the Human Research Ethics Committee of Victoria University. For this reason, a research project is generally not preferred, unless the project has already received such ethics approval. Each student will be allocated a supervisor and the student and supervisor will then negotiate a project from the area of biomechanics or exercise physiology. The coursework will normally consist of a mini-dissertation and an oral presentation.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students will be able to:

- Provide evidence of an extensive literature review of a suitable topic of their choice;
- Undertake a simple research project design of a suitable topic of their choice.

Class Contact: Independent study. This unit of study has a workload equivalent to 3.5 hours per week, for one semester. Contact to be arranged by supervisor.

Required Reading: To be advised by supervisor.

Assessment: Other, Contracted educational exercise(s) by negotiation with supervisor, 100%.

AHE0005 EXERCISE SCIENCE FOR SPECIFIC POPULATIONS

Locations: Footscray Park, City Flinders.

Prerequisites: AHE2104 - EXERCISE PHYSIOLOGY

Description: This unit of study examines exercise and sport science applied to specific clinical populations, and incorporates a multidisciplinary approach, including both physiological and biomechanical perspectives. Patients studied comprise those patients with chronic cardiovascular, kidney, respiratory, metabolic or musculoskeletal diseases; and those populations with altered gait, balance and motor control characteristics, including elderly fallers, amputees and cerebral palsy children. The unit examines the acute responses with exercise and any limitations of the cardiorespiratory, neuromuscular and endocrine systems, in the specific populations with chronic disease. The unit exposes students to the biomechanical factors relating to the analysis of human movement in specific populations such as elderly fallers, amputees and cerebral palsy children. Topics include: biomechanical changes that commonly occur in these populations and their relationship to exercise; and the associated laboratory techniques for measurements and assessment. Laboratory experiences will be used to develop an understanding of techniques for exercise and sport science measurement and assessment in patients with chronic disease, or altered gait and motor control characteristics, their ethical and practical considerations, as well as to link, where possible, physiological and biomechanical approaches, to enhance overall understanding. Students are strongly advised to take AHE0003 Exercise Science for Adults and Older Adults. This unit of study is recommended for those students wishing to progress to further studies in the field of exercise rehabilitation.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students will be able to:

- Know and understand the physiology of special populations and how their conditions may affect their capacity to exercise or be affected by exercise;
- Know and understand the biomechanical aspects of pathological gait;
- Apply laboratory skills related to the assessment of, and working with, individuals from special populations;
- Apply laboratory skills related to the assessment of gait analysis and the associated laboratory techniques;
- Understand the biomechanical factors that commonly occur in special populations such as the elderly, fallers, amputees, cerebral palsy sufferers and their relationship to exercise;
- Demonstrate key and transferable skills.

Class Contact: 1.5 hour lecture and 2 hour tutorial per week.

Required Reading: Specific journal articles to be advised by lecturer.

Assessment: Examination, Final examination, 40%. Assignment, Individual assignment and presentation, 30%. Report, Laboratory reports, 30%.

AHE0006 APPLIED EXERCISE PHYSIOLOGY

Locations: Footscray Park.

Prerequisites: AHE2104 - EXERCISE PHYSIOLOGY

Description: This elective unit explores the strategies employed by exercise physiologists to achieve peak exercise performance. The unit focuses on a range of interventions to enhance performance. It focuses on legal ergogenic aids such as nutritional interventions including carbohydrate and fluid supplements, antioxidants, bicarbonate, and creatine, as well as altitude, simulated altitude and hypoxic training. It examines the abuse of illegal ergogenic aids such as blood doping, EPO, steroids, growth hormones and stimulants. It also includes an examination of important training strategies for endurance, power and team sports including tapering and intensive training. Practical classes examine the influence of strategies to enhance performance and how to assess factors that may contribute to fatigue during exercise.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students are expected to be able to:

- Apply physiological principles to improve athlete performance;
- Interpret performance changes in response to physiological interventions in humans;
- Demonstrate an understanding of the principles of scientific writing in exercise physiology;
- Identify the principles of writing for communication with athletes and coaches.

Class Contact: Lectures: 24 x 1 hour (2 lectures per week); Laboratory class / tutorial: 12 x 2 hours.

Required Reading: Specific journal articles to be advised by lecturer.

Assessment: Report, Laboratory report, 30%. Examination, Mid-semester examination, 20%. Examination, Final examination, 50%. Total effective word limit 3000 words.

AHE0007 ADAPTED AQUATICS

Locations: Footscray Park.

Prerequisites: Nil.

Description:This unit of study will cover: theories and principles of the use of water as a medium for exercise, therapy and rehabilitation for people with disabilities; theories and principles of effective teaching for (young and old) people with disabilities; practical teaching activities and effective evaluation and revision; effective communication; overcoming barriers to participation.

Credit Points:12

Learning Outcomes:On completion of this unit, students will be able to:

- Apply introductory knowledge to the field of adapted aquatics;
- Plan and prepare appropriate and safe aquatics-based lessons for clients with a disability;
- Design and modify aquatics-based games and activities for clients with a disability;
- Apply practical professional experiences in the area of adapted aquatics;
- Apply the theoretical skills of working with clients with a disability in an aquatic setting;
- Recognise opportunities and resources available to the physical education specialist working with clients with a disability in an aquatic environment.

Class Contact:1 hour lecture and 1.5 hour lab each week. This unit of study may be delivered in a standard 12 week semester or in a block mode during a semester or in summer or winter sessions.

Required Reading:AUSTSWIM, 2002 Teaching swimming and water safety: the Australian way, AUSTSWIM, Australia. AUSTSWIM teacher of aquatics for people with disabilities: elective resource folder.

Assessment:Examination, Written examination , 30%. Assignment, Take home assignment , 20%. Presentation, Lesson plan assessment and presentation to peers , 10%. Other, Supervised teaching practice , 40%.

AHE0008 ADVANCED MOTOR CONTROL

Locations:Footscray Park.

Prerequisites:AHE2200 - MOTOR CONTROL

Description:This unit of study continues from AHE2220 Motor Control with greater depth of knowledge of the neuromuscular system and the application of this knowledge to various areas including health and rehabilitation to high performance.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to:

- Demonstrate knowledge and application of techniques to analyse the neuromuscular system;
- Apply knowledge gained in lectures and laboratories to 'real' world environments in healthy (for example, high performance athletes and the general population) and symptomatic populations (for example, neural rehabilitation patients) in conjunction with other professionals such as physiotherapists and occupational therapists.

Class Contact:1.5 hour lecture and 2 hour tutorial each week

Required Reading:Kandel, ER (et al) 2000, 4th edn, Principles of neural science, McGraw-Hill, New York.

Assessment:Project, Supervised laboratory project, 40%. Assignment, Take home assignment , 30%. Examination, Final examination , 30%.

AHE0029 RESISTANCE TRAINING

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit of study introduces students to the principles and practices of resistance training. The unit deals with systems of resistance training and exercises for the various body parts. An understanding of muscle actions is fostered throughout the unit. Resistance training for general fitness, strength, hypertrophy and muscular endurance will be covered.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to:

- Design, implement, lead, demonstrate and evaluate resistance training programs in normal, healthy populations.

Class Contact:1 hour lecture and 1.5 hour lab each week

Required Reading:Nil.

Assessment:Test, Tests, 30%. Examination, Practical examination, 25%.

Examination, Written examination, 25%. Other, Participation/training diary, 20%.

AHE0036 DIRECTED STUDIES 4

Locations:Footscray Park.

Prerequisites:Nil.

Description:Directed Studies provides the opportunity for students to acquire, broaden or deepen knowledge and skills in a topic area related to the undergraduate Physical Education, Recreation, or Performance Studies courses. The directed study will be flexible, permitting a whole range of equivalent exercises to be included. The main criterion for acceptance is that the nature and scale of the activity is considered by the supervisor to be appropriate for the course and the credit hours of the unit of study. Examples of likely ways in which study may be directed include the following: critical reviews/papers, annotated bibliography, instrumentation design, pilot project, performance piece, performance critique, etc.

Credit Points:12

Class Contact:Independent study. Contact to be arranged by supervisor.

Required Reading:To be advised by supervisor.

Assessment:Contracted educational exercises (eg annotated bibliographies, review paper(s), instrumentation design, pilot project, performance piece, performance critique, etc) 100%.

AHE0065 ADVANCED RESISTANCE TRAINING

Locations:Footscray Park.

Prerequisites:AHE0029 - RESISTANCE TRAINING

Description:This unit of study deals with the science and practice of sports-specific conditioning and the various forms of resistance training. Students will gain practical experience in Olympic style lifting, plyometrics, core region conditioning, balance ability training, elastic resistance exercises as well as testing procedures for muscular strength and power. Periodised training programs for sport will be covered.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to:

- Demonstrate their understanding of the science behind the various training modes;
- Demonstrate correct execution of advanced resistance training exercises;
- Demonstrate their ability to assess muscular strength and power;

- Demonstrate their ability to design resistance training programs for athletic populations.

Class Contact: 1 hour lecture and 1.5 hour lab each week

Required Reading: To be advised by lecturer.

Assessment: Test, Test, 30%. Assignment, Assignment, 20%. Examination, Practical examination, 30%. Examination, Final examination, 20%.

AHE0070 PERSONAL TRAINING

Locations: Footscray Park.

Prerequisites: Nil.

Description: This unit of study deals with sports-specific conditioning and aspects of muscular reconditioning. Periodised programs specific to sports will be covered. Students will be exposed to areas of conditioning such as plyometrics, Olympic weight lifting, power lifting and testing procedures. Students will be encouraged to develop skills to: critically evaluate exercises for specific populations; develop confidence in the more advanced lifts; and become competent at forming long-term training plans.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students will be able to:

- Apply basic principles and practices of fitness and personal training;
- Teach business practices relevant to running a personal training business;
- Design and evaluate a variety of strength, stretching, cardiovascular and mind/body programs applicable to clients;
- Understand how the fitness and personal training industry operates in Australia and worldwide;
- Understand a variety of personal training options in fitness centres, PT studios, parks and outdoor areas, corporate settings, apartments and body corporate settings.

Class Contact: 1 hour lecture and 1.5 hour lab each week

Required Reading: Hrysmallis, C, Buttifant, D & Buckley, N 2006, Weight training for Australian football, Lothian Books, South Melbourne. Komi, PV 2003, Strength and power in sport, Blackwell Science, Oxford.

Assessment: Test, Tests, 30%. Assignment, Assignment, 20%. Examination, Practical examination, 30%. Examination, Final examination, 20%.

AHE0218 EXERCISE SCIENCE FOR CHILDREN AND ADOLESCENTS

Locations: Footscray Park, City Flinders.

Prerequisites: AHE2104 - EXERCISE PHYSIOLOGY

Description: This unit of study examines exercise and sport science applied to healthy children and adolescents, and incorporates a multidisciplinary approach, including both physiological and biomechanical perspectives. The specific physiological profiles, exercise capacities of children and adolescents will be studied and contrasted to adult responses. Age and gender specific acute responses to exercise will be examined in children and adolescents, including cardiorespiratory, metabolic, musculoskeletal and thermoregulatory responses, as well as muscular strength, endurance and efficiency. The unit also examines appropriate exercise testing and relevant physical activity and training principles for children and adolescents. The unit of study familiarises students with the biomechanical factors relating to the analysis of human movement in children and adolescents. Topics include: biomechanical changes that commonly occur in children and adolescents and their relationship to exercise and sports performance; gait and locomotion changes in children and adolescents. Laboratory

experiences will be used to develop an understanding of techniques for exercise and sport science measurement and assessment in children and adolescents, their ethical and practical considerations, as well as to link, where possible, physiological and biomechanical approaches, to enhance overall understanding. Students are strongly advised to take AHE2104 Sports Physiology, Sports AHE1202 Biomechanics and AHE2103 Growth, Development and Ageing.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students will be able to:

- Understand the physiological, anatomical and biomechanical differences between adults and children;
- Understand how children respond and adapt to different types of exercise;
- Understand how differences between adults and children impact on research, coaching and physical education classes.

Class Contact: 2 hour lecture and 1.5 hour tutorial each week.

Required Reading: Specific journal articles to be advised by lecturer.

Assessment: Examination, Final examination, 40%. Presentation, Individual assignment and presentation, 30%. Report, Laboratory reports, 30%.

AHE0340 DIRECTED STUDIES 3 (3 UNITS)

Locations: Footscray Park.

Prerequisites: Nil.

Description: Directed Studies provides the opportunity for students to acquire, broaden or deepen knowledge and skills in a topic area related to the undergraduate Physical Education, Recreation or Performance Studies courses. The directed study will be flexible, permitting a whole range of equivalent exercises to be included. The main criterion for acceptance is that the nature and scale of the activity is considered by the supervisor to be appropriate for the course and the credit hours of the unit. Examples of likely ways in which study may be directed include the following: critical reviews/papers, annotated bibliography, instrumentation design, pilot project, performance piece, performance critique etc.

Credit Points: 12

Class Contact: Independent study. Contact to be arranged by supervisor.

Required Reading: To be advised by supervisor.

Assessment: Contracted educational exercises (eg annotated bibliographies, review paper(s), instrumentation design, pilot project, performance piece, performance critique, etc) 100%.

AHE1051 INTRODUCTION TO PHYSICAL EDUCATION (PRIMARY)

Locations: Footscray Park.

Prerequisites: Nil.

Description: In this unit students examine the nature and impact of physical education in Australia from historical, socio-cultural and educational perspectives. Students explore risk management theory and the legal requirements of physical education. By undertaking the practical components of this unit students develop skills in management and the organisation and delivery of developmentally appropriate warm-up activities, cooperative and minor games. Students participate in a range of swimming and water safety activities to fulfil the competencies of accredited Teacher of Swimming certification.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students are expected to be able to:

- Identify the unique contribution that physical education makes to the overall development of the child;
- Describe appropriate risk management and safety strategies for the implementation of physical education activities;
- Complete the competencies for an accredited Teacher of Swimming certificate.

Class Contact: Lecture: 12 x 2 hour; Tutorial: 12 x 1.5 hour.

Required Reading: To be specified by lecturer.

Assessment: Assignment, Library activity, 20%. Essay, Research essay, 40%. Laboratory Work, Workbook, 20%. Other, Aquatics assessment, 20%. Total effective word limit 3000 words.

AHE1052 GROWTH AND MOTOR DEVELOPMENT

Locations: Footscray Park.

Prerequisites: Nil.

Description: This unit of study will examine the following areas: Definitions and critical periods, prenatal growth and development; genetic and environmental influences on growth and development; development of the sensory, nervous and endocrine systems; Structural growth: skeletal, muscular and tissue growth; body composition, body image, and body typing; reflexes, rudimentary movement, fundamental movement; theories of motor skill acquisition; Relationship of senses to motor development; perceptual motor development: ability development and movement control; Perceptual motor development: co-ordination, balance, visual and kinaesthetic development; development of physical proficiencies - strength, flexibility, endurance and power; procedures associated with the implementation of gymnastics programs within the primary school setting.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students will be able to:

- Describe the terminology associated with physical growth and development;
- Identify and describe the influences that impact on growth and development;
- Identify the various life stages and the developmental issues associated with each stage;
- Describe and apply the various aspects of motor development theories and the relationship with skills and abilities at specific life stages.

Class Contact: 1 hour lecture and 1.5 hour tutorial each week

Required Reading: Literature specified by the lecturer representative of growth and motor development knowledge and issues associated with the teaching of physical education.

Assessment: Exercise, Three class exercises (quiz-based and laboratory assessments), 30%. Assignment, Essay assignment, 30%. Presentation, Practical teaching session, 10%. Other, Overview and analysis of modified sport or motor development program, 30%. Total 3000 words.

AHE1101 STRUCTURAL KINESIOLOGY

Locations: Footscray Park.

Prerequisites: Nil.

Description: This unit includes the identification of the major structures of the skeletal, muscular, joints, nervous, cardiovascular, respiratory systems and examination of their functions; developing the student's ability to link function to structure. In addition, kinesiological concepts that assist in the determination of joint actions of muscles are covered.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students are expected to be able to:

- Identify (on plastic models and diagrams) the major structures of the skeletal, muscular, joint, nervous, respiratory and cardiovascular systems;
- Describe the function of the major structures of the skeletal, muscular, joint, nervous, respiratory and cardiovascular systems;
- Identify the links between body/anatomical structure and function;
- Utilise kinesiological concepts to explain muscle actions based on position and orientation of muscle.

Class Contact: Lecture: 12 x 1 hour; Practical: 12 x 1.5 hour.

Required Reading: Marieb et al 2014, 7th edn, Human anatomy, Pearson Benjamin Cummings.

Assessment: Test, Short answer tests on skeletal system, muscles and joints, 25%. Exercise, Mid-semester practical exercise to identify structures and their function, 25%. Exercise, Final practical exercise to identify structures and the function of the various systems of the body, 50%. Total effective word limit 3000 words.

AHE1102 CAREER AND PROFESSIONAL DEVELOPMENT 1

Locations: Footscray Park.

Prerequisites: Nil.

Description: Career and Professional Development 1 is a unit that provides students with the important career development knowledge and skills that are required for students entering the human movement, exercise science, clinical exercise science or sports psychology industry sectors. Students learn to identify their interests, values and attributes as well as investigate professional skills required to work in these industries. These are documented, evaluated and reflected on in a personal career portfolio which will be further developed in future units of study. Students learn the importance of gaining work-related experiences and achievements in their professional area throughout their time as university students. Students will also participate in a work integrated learning experience in a relevant organisation observing leaders in the field.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students are expected to be able to:

- Undertake a range of assessments to confirm personal interests, values, attributes and skills and realise how these influence career development;
- Understand, engage in and manage the career building process;
- Understand the concept and importance of a career portfolio;
- Add assets, experiences and evidence to create an online career ePortfolio;
- Identify skills gaps through review of and reflection on their ePortfolio content;

- Use their ePortfolio to showcase work and demonstrate skills to prospective employers;
- Develop reflection skills to compile a reflective journal on academic, experiential, and personal learning;
- Utilise a workplace observation as a launch pad for reflecting on, exploring, and connecting to future work opportunities.

Class Contact:The subject provides for the equivalent contact of 2.5 hours per week for twelve weeks comprising tutorials, presentations, observations, and online activities.

Required Reading:Workplace Observation Report Guidelines, CPD Manual

Assessment:Journal, Reflective Blog, 20%. Other, Workplace Observation/Workplace Observation Report, 50%. Portfolio, Career ePortfolio, 30%. Total effective word limit 3000 words.

AHE1105 RESEARCH METHODS FOR EXERCISE PROFESSIONALS

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit focuses on the fundamental principles of research design and analysis in Exercise Science. Introductory skills and knowledge for the conduct of research are developed. Fundamental principles underpinning qualitative and quantitative experimental design including the importance of following accepted processes in statistical analyses, sampling and the making of inferences are highlighted together with the ethical recruitment, treatment and confidentiality of participants. Informed consent as a moral framework for giving due regard and respect to the subject of the research and transparency and completeness in the dissemination of knowledge are emphasised in this unit.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students are expected to be able to:

- Locate, manage, read, and interpret scientific literature relevant to clinical exercise practice, exercise science and sports science;
- Explain the concepts and ideas associated with judgments about the use and validity of quantitative and qualitative methods;
- Identify the concepts affecting the ethical underpinning of different research designs;
- Work collaboratively with other students to jointly produce a presentation.

Class Contact:Lecture: 12 x 1.5 hours; Tutorial: 12 x 1 hour.

Required Reading:Weekly readings will be assigned by the unit co-ordinator, and presented online to students.

Assessment:Literature Review, Group presentation on specific topic., 20%. Report, Review of experimental design and data analysis from a journal article., 30%. Examination, Final comprehensive examination, 50%. Total effective word limit 3000 words.

AHE1127 AQUATICS

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit provides students with a sound theoretical knowledge of aquatics, water safety and aquatic related activities. Students are encouraged to obtain a high standard of personal excellence in competitive and lifesaving swimming

strokes. They become skilled in lifesaving principles and competencies, as well as swimming programs for specific populations. Students have the opportunity to fulfil the requirements of the AUSTSWIM Teacher of Swimming certificate, the Lifesaving Victoria Bronze Medallion and the Lifesaving Victoria CPR.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students are expected to be able to:

- Plan and prepare appropriate and safe aquatics-based lessons and games for school students, specific populations and the general community;
- Participate in practical learning in the workplace and community experiences in the area of aquatics;
- Improve their own personal aquatic skills to pass the practical requirements of the Bronze Medallion and AUSTSWIM certificates.

Class Contact:Lecture: 6 x 1 hour (every second week); Lab: 12 x 2 hours.

Required Reading:AUSTSWIM, 2005, Teaching swimming and water safety - the Australian way, Victoria: AUSTSWIM.

Assessment:Examination, Final written examination, 35%. Practicum, Practical laboratory examination, 20%. Project, Learning in the workplace and community project, 45%. Total effective word limit 3000 words.

AHE1202 BIOMECHANICS

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit introduces students to: biomechanical concepts and terminology associated with kinetics and kinematics; human motion and ways to measure it in biomechanical research; forces applied to humans and equipment during sport and exercise; and some biomechanical analysis techniques.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students are expected to be able to:

- Explain biomechanical concepts and terminology;
- Describe human motion and discuss ways to measure it;
- Explain the forces that are applied to humans and equipment during sport and exercise;
- Apply the basic concepts underpinning biomechanical analysis techniques in a prescribed situation;
- Independently select and apply the appropriate skills of biomechanics to measure and analyse techniques.

Class Contact:Lecture: 12 x 2 hours; Tutorial: 6 x 1.5 hours (students attend tutorial every second week).

Required Reading:No texts are formally required.

Assessment:Exercise, Short answer questions, 20%. Test, Short answer questions, 30%. Examination, Final exam, 50%. Total effective word limit 3000 words.

AHE1203 SOCIAL DIMENSIONS OF SPORT AND EXERCISE

Locations:Footscray Park.

Prerequisites:Nil

Description:Students will have the opportunity to investigate current social factors

that have a bearing on participation in exercise and sport and its potential health benefits. Factors that may enhance participation or those that may be barriers include: age, gender, sexual orientation, ability/disability, socioeconomic status, religion and race/ethnicity. Professionals in the fields of teaching, coaching, exercise prescription and therapy, as well as management and policy-making need to be sensitive and responsive to participants, 'clients' or employees from a number of different cultural backgrounds, with their respective attitudes and beliefs about the body, male/female relations, etc.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students are expected to be able to:

- Display an understanding of sociological perspectives of sport and exercise;
- Demonstrate knowledge of subject matter in sociology of sport, socialisation, media, gender, youth sports, race and ethnicity and globalisation;
- Critically use and analyse documents and other materials in the field of sport sociology;
- Critically discuss and research aspects of sport and exercise from a sociological perspective;
- Utilise sociological method and inquiry to inform individual practice and challenge the construction of one's own knowledge and logic in relation to sport and exercise in society.

Class Contact: One 1.5 hour lecture and one 1 hour tutorial.

Required Reading: Coakley, J, Hallinan, C & McDonald, B 2011, 2nd edn, Sports in society: issues and controversies in Australia and New Zealand, Australia: McGraw-Hill. All other class materials, including tutorial readings, tutorial questions and other information will be available on WebCT.

Assessment: Test, Quiz /short answer, 60%. Assignment, Fieldwork assignments, 25%. Presentation, Group presentation, 15%. Total effective word limit 3000 words.

AHE1206 SPORT PSYCHOLOGY

Locations: Footscray Park.

Prerequisites: Nil.

Description: This unit provides a grounding in a broad range of sport psychology themes by introducing students to concepts, theories, measurement techniques, and research in the field of sport psychology. The purpose is to learn about the effects of mental processes on sport performance and sport behaviour. Students are introduced to individual differences in sport behaviour; the role of personality in sport participation; the role of motivation in sport participation and performance; the role of arousal and anxiety in sport performance; and the influence of interpersonal and group interactions on sport performance.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students are expected to be able to:

- Contrast and explain the fundamentals of the main schools of psychology;
- Evaluate theoretical perspectives in sport psychology;

- Investigate how psychological interventions including goal setting, anxiety management, attention and imagery relate to performance in sport;
- Explore how social psychology affects leadership, attributions, team dynamics and aggression in sport;
- Explain the fundamental characteristics of experimental design and implementation in sport psychology;
- Engage in a hands-on experience of how sport psychologists carry out experiments and research.

Class Contact: Lecture: 12 x 1.5 hours; Tutorial: 12 x 1 hour.

Required Reading: Assigned readings.

Assessment: Test, Mid-semester exam- multiple choice, 25%. Examination, Final exam- multiple choice, 25%. Laboratory Work, Research experiment, 10%. Report, Tutorial workbooks- written research report that investigates tutorial work, 20%. Exercise, Tutorial quizzes, 20%. Total effective word limit 3000 words.

AHE1250 SPORT COACHING: APPLIED CONDITIONING

Locations: Footscray Park.

Prerequisites: Nil.

Description: This unit introduces students to the concept, theories and practical implications of physical conditioning for a range of athlete abilities across a broad spectrum of land-based sports. Critical to both lectures and tutorials are both the knowledge and practical application of speed training for athletes from beginner to advanced levels.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students are expected to be able to:

- Demonstrate understanding of current theory and research relating to speed training, including: reaction, acceleration, maximum speed, speed endurance;
- Appreciate the fundamentals of running mechanics and related drills;
- Appreciate the fundamentals of agility and related drills;
- Demonstrate understanding of the key features of aerobic endurance systems (eg. continuous, interval, Fartlek);
- Be familiar with a range of flexibility formats (ie. passive, static, dynamic, ballistic, PNF);
- Demonstrate understanding of the key features of mobility, warm-up/cool-down and recovery;
- Be conversant with energy system theory;
- Be familiar with appropriate use of water training as an integral component of speed development.

Class Contact: A 12 week unit comprising one weekly lecture (1 hr) and one weekly tutorial (2hrs), or equivalent.

Required Reading: Clark, MA & Lucett, SC (eds) 2010, NASM essentials of sports performance training, Philadelphia: Wolters Kluwer.

Assessment: Practicum, Practical application, 40%. Presentation, Tutorial, 30%. Examination, Final, 30%. Total effective word count 3000 words.

AHE1251 COACHING ACTIVE COMMUNITIES

Locations: Footscray Park.

Prerequisites: Nil.

Description: Community junior sport coaches play a critical role in providing opportunities for athletes/participants to develop motor skills, physical health and psychosocial skills. In particular, the junior sport coach can have a significant impact on young athletes' development and enjoyment of sport. Furthermore, the contemporary epidemic of inactivity and obesity in Australian children means there is potential for youth sports and their coaches to have a significant impact in this area in the future. This unit enables students to gain knowledge and experience working as a community coach. Students also gain skills in how to work with volunteers, parents, other coaches and sporting clubs/organisations.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students are expected to be able to:

- Demonstrate an understanding of the role of community junior sport coaches, and the significance of community sport programs in society;
- Work with diverse groups including children and adolescents, as well as parents, officials, volunteers, fellow coaches, sporting clubs and organisations, stakeholders and the community;
- Plan and deliver programs that focus on basic skill development (running, catching, kicking, throwing), psychosocial development, and physical activity;
- Plan and deliver programs that focus on participants' enjoyment and fun through social contact, games and skill development;
- Evaluate their own and others' sport coaching performance.

Class Contact: Lecture: 12 x 1 hour; Tutorial: 12 x 1.5 hours and 2 days (4 hours) of experiential sport coaching in the community.

Required Reading: No Required Texts.

Assessment: Exercise, Tutorial activities, quiz and resource folder, 20%. Practicum, Experiential coaching, 25%. Report, Reflective report, 25%. Assignment, Community junior sport coach in action, 30%. Total effective word limit of 3000 words.

AHE2000 CLINICAL BIOMECHANICS

Locations: Footscray Park.

Prerequisites: AHE1202 - BIOMECHANICS/AHE2016 - BIOMECHANICS FOR PHYSICAL EDUCATION Either/Or

Description: This unit investigates the biomechanics concepts and theories used to evaluate normal and pathological movement. The practical part of the unit provides students with useful experience in applying biomechanical techniques, measurement and assessment of human movement (mostly gait). This applied learning is used to assess unhealthy movement function and the prescription and evaluation of treatment methods.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students are expected to be able to:

- Utilise biomechanics principles, concepts and theory and relate them to the context of common movement tasks in normal and pathological conditions;
- Describe the phases of the gait cycle using kinesiology, kinematics and kinetics principles, concepts and theories;

- Analyse and evaluate gait data and synthesise the evidence in a service report to a client;
- Evaluate the benefits and limitations associated with different measurement equipment used in biomechanics;
- Contrast differences between two running conditions utilising biomechanical theory.

Class Contact: Lecture: 12 x 1.5 hours; Lab: 12 x 1.5 hours.

Required Reading: Richards, J 2008. 1st edn Biomechanics in clinic and research, Elsevier

Assessment: Test, Ten online quizzes throughout semester- multiple choice, 25%. Report, Client service report, 20%. Report, Research report, 20%. Examination, Final exam - short and long answer questions, 35%. Hurdle: To gain an overall pass in this unit students must attend and complete 80% of the laboratory sessions. Total effective word limit 3000 words.

AHE2001 CLINICAL EXERCISE PRACTICE 1

Locations: Footscray Park.

Prerequisites: Nil.

Description: This unit introduces students to the professional roles of clinical exercise physiologists and offers perspectives on the roles of other team members in rehabilitation processes. Students will have opportunities to observe clinical exercise professionals in the design, implementation and evaluation of exercise and physical activity programs, and to learn about equipment, facilities and program planning that are used in exercise delivery for clinical populations. Students will have opportunities to practise exercise science in the service of apparently healthy individuals or those with one or more of cardiopulmonary, metabolic, musculoskeletal, neurological, neuromuscular and/or other conditions such as cancer, depression and chronic fatigue syndrome.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students will be able to:

- Demonstrate their theoretical and/or practical understanding of the scope of professional roles available to clinical exercise practitioners, and how these intersect with the roles of other health professionals in the provision of services to people living with, or at risk of, chronic diseases, injuries or disabilities;
- Design/select assessment methods and protocols, including history taking of clinical, lifestyle and environmental factors, risk factor stratification and risk/benefit analyses, assessments of functional, physical activity and exercise capacities, monitoring of signs and symptoms before, during and following exercise and capacity to take timely and appropriate action, identification of indicated and contraindicated exercises from all of the above factors;
- Identify the technical challenges with providing a competent service in clinical exercise. This includes being able to collect and interpret data with high degrees of accuracy, reliability and validity, and to discriminate between clinical and functional (eg exercise capacity) outcomes;
- Demonstrate the use of evidence bases, particularly published research and practice models, in the design and provision of clinical exercise services;
- Design, lead and evaluate exercise and physical activity interventions in concordance with clients, including the knowledge and methods of

effecting behavioural change to promote better health through exercise participation, with an emphasis on the graduated transfer from dependence on the clinical exercise practitioner to self-management. This includes listening to, identification of different stages of change in order to match an intervention with the individual's stage of change (eg. transtheoretical model) and talking with clients to overcome barriers, set goals, and improve their knowledge of their medical conditions, treatments and prevention strategies;

- Identify the core issues concerning the ethical provision, business management, and legal responsibility issues regarding clinical exercise services.

Class Contact: Occasional classes; 140 hour industry placement, not necessarily in one block or at one institution.

Required Reading: American College of Sports Medicine 2003, ACSM's exercise management for persons with chronic diseases and disabilities, 2nd edn, Human Kinetics, Champaign, Illinois. ACSM 2006, Guidelines for exercise testing and prescription, 7th edn, Lippincott, Williams & Wilkins, Philadelphia, PA. ACSM 2007, Resource manual for guidelines for exercise testing and prescription, 5th edn, Lippincott, Williams & Wilkins, Philadelphia, PA. Howley, ET & Franks, BD 2007, Fitness professionals handbook, 5th edn, Human Kinetics, Champaign, IL.

Assessment: Placement CV (500 words) 15%; Placement log book (500 words) 10%; Case reports (500 words) 15%; Placement report (1500 words) 60%.

AHE2002 CLINICAL EXERCISE STUDIES 1

Locations: Footscray Park.

Prerequisites: Nil.

Description: In this unit, students are introduced to the field of clinical exercise therapy. The unit deals with professional and ethical issues such as: the role and limits of clinical exercise practitioners (including the Australian Association for Exercise and Sports Science (AAESS) Code of Ethics); the roles of other health professionals in chronic disease management; and the scope of practice available to clinical exercise practitioners within the two broad categories of chronic disease management (rehabilitation and prevention) and functional conditioning (incorporating both work conditioning and conditioning for daily living). The therapeutic and preventive value of exercise and physical activity is assessed for people living with, or at risk of, chronic diseases, injuries or disabilities. Students are introduced to key concepts of clinical epidemiology and are guided to uncover evidence bases concerning the benefits of exercise for people living with cardiopulmonary, metabolic, musculoskeletal and neurological pathologies.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students are expected to be able to:

- Distinguish the scopes and limitations of professional roles available to clinical exercise practitioners;
- Investigate the wide range of chronic diseases, specifically the core populations as identified by Exercise and Sport Science Australia (ESSA) and critically analyse their relationship to current lifestyle, including inactivity, nutrition and other lifestyle decisions;
- Use initiative to investigate the risk categories of the current lifestyle diseases and apply professional judgment to select appropriate testing, monitoring and exercise prescription protocols including the industry scope of practice;

- Critically analyse factors that lead to short and long term participation (adherence) in exercise and physical activity programs;
- Investigate the core ethical and practitioner behaviour issues concerning clinical exercise practice.

Class Contact: Lecture: 2 hours per week; Lab: 2 hours every fortnight.

Required Reading: Heyward VH 2010, 6th edn Advanced fitness assessment and exercise prescription Human Kinetics Champaign, IL ACSM 2014, 9th edn ACSM's guidelines for exercise testing and prescription. Lippincott Williams & Wilkins ACSM 2014, 4th ed ACSM's health-related physical fitness assessment manual Lippincott Williams & Wilkins

Assessment: Examination, Mid-semester exam - multiple choice questions and short answer questions, 25%. Examination, Clinical Readiness Skills Examination, 25%. Assignment, Case-based study, 25%. Examination, Final examination - clinical skills, 25%. Hurdle: To gain an overall pass in this unit students must successfully pass the Clinical Readiness Skills Examination Total effective word limit 3000 words.

AHE2003 CLINICAL EXERCISE STUDIES 2

Locations: Footscray Park.

Prerequisites: Nil.

Description: Students further explore fields of clinical exercise therapy in this unit. Students are introduced to the Occupational health and safety; the risks, regulations and interventions. The concepts of workplace design, ergonomics and assessment will be introduced. Occupational exercise interventions will be discussed from the perspectives of the worker, the exercise physiologist as well as safety environment/case management. Students will increase their understanding of the physical demands of work, and of occupational injuries and rehabilitation.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students are expected to be able to:

- Identify gaps in their knowledge of clinical cases of clients with particular occupational demands or work-related health conditions, and plan and apply strategies;
- Search out and use research and other literature relevant to clinical exercise practice;
- Select appropriate test and monitoring protocols for different work places and for the assessment of exercise and functional capacities for people with particular occupational demands or work-related health conditions; and
- Assess and design work places, plan exercise interventions for clients with varying occupational demands or work-related health conditions.

Class Contact: 1.5 hour lecture and 1.0 hour lab class each week

Required Reading: Students will be provided with reading material.

Assessment: Test, Midsemester test, 25%. Assignment, Written report - workplace assessment, 35%. Examination, Final exam, 40%. Total effective word limit 3000 words.

AHE2004 CLINICAL EXERCISE STUDIES 3

Locations: Footscray Park.

Prerequisites: Nil.

Description: Students further explore fields of clinical exercise therapy in this unit, namely, exercise as applied for its therapeutic and preventive benefits for people

living with, or at risk of, chronic diseases, injuries, or disabilities. The unit addresses the evidence bases regarding modes of exercise, intensity, duration, frequency, volume and progression for a range of ongoing (ie. chronic) cardiopulmonary, metabolic, musculoskeletal, neurological and multi-systemic pathologies that are known to respond positively to exercise. The unit also addresses, using a case-based method, chronic and complex health conditions, the effects of commonly used medications, surgery, and other interventions for the range of chronic cardiopulmonary, metabolic, musculoskeletal and neurological pathologies, and the effects of these interventions on expected acute and chronic exercise responses.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students are expected to be able to:

- Demonstrate knowledge of clinical cases of clients with chronic and complex health conditions, and plan and apply strategies to fill those knowledge gaps;
- Demonstrate knowledge of research and other literature relevant to clinical exercise practice;
- Identify appropriate test and monitoring protocols for the assessment of exercise and functional capacities for people with chronic health conditions;
- Plan and negotiate exercise interventions, for clients with chronic and complex health conditions, taking account of the full context of clients lives including concurrent interventions.

Class Contact: 1.5 hour lecture and 1.0 hour lab class each week

Required Reading: Williamson, Peggie 2011 1st edn Exercise for Special Populations Wolters Kluwer Health/Lippincott Williams & Wilkins, Philadelphia Kaminsky, Leonard, 2010 3rd edn. ACSM's Health related physical fitness assessment manual Wolters Kluwer Health/Lippincott Williams & Wilkins, Philadelphia Kettenbach, Ginge, 2009 4th edn. Writing patient/client notes F A Davis

Assessment: Examination, Mid semester exam, 20%. Case Study, Case study, 40%. Examination, Final exam, 40%. Total effective word limit 3000 words.

AHE2005 NUTRITION AND DIET FOR EXERCISE AND PHYSICAL EDUCATION

Locations: Footscray Park.

Prerequisites: Nil.

Description: This unit provides an introduction to nutrition for health, exercise and sports performance. It enables students to understand the roles of the main nutrient groups, as well as various vitamins, minerals and nutritional supplements and ergogenic aids for the promotion of healthy living, prevention of chronic lifestyle-related diseases and enhancement of exercise and sport performance and recovery. Students study the influences of various diets and eating patterns on conditions such as overweight/obesity, and a diverse range of lifestyle disease. Students will understand the inter-relationships between nutrition and exercise in terms of energy balance, disordered eating and body composition assessment methods.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students are expected to be able to:

- Apply theoretical knowledge of nutritional requirements for health, wellness, sport enhancement and exercise;

- Investigate current research of nutritional benefits for optimal health, wellness and sport performance enhancement within specific populations and socioeconomic determinants;
- Utilise research information to describe nutritional requirements for these population groups;
- Illustrate the relationships between calorie intake, energy output and body composition.

Class Contact: Lectures/tutorials: 12 x 2.5 hours or equivalent.

Required Reading: No texts prescribed.

Assessment: Test, Five web-based quizzes, 30%. Essay, Research paper submitted through Turnitin (1200-1500 words), 40%. Examination, Final exam (Multiple choice), 30%. Total effective word limit of 3000 words.

AHE2006 EXERCISE INTERVENTIONS FOR HEALTHY POPULATIONS

Locations: Footscray Park.

Prerequisites: AHE2104 - EXERCISE PHYSIOLOGY

Description: This unit covers/relates the design and delivery of exercise and physical activity services for apparently healthy individuals, including athletes. Students develop an understanding of client-focused exercise delivery, and the challenges of behaviour change that are often needed for long-term participation in exercise and physical activity. The unit investigates how variables including the client's history of exercise, physical activity and injury, the client's goals, likes and dislikes, barriers and opportunities (eg. sociocultural, socioeconomic factors, socio-psychological), and the client's current exercise and functional capacities affect program prescription and uptake. Students learn the importance of cultural competence in the design and delivery of services. Students also develop technical expertise in assessments of exercise programs and the functional capacities of clients and how both of these capabilities can be used to plan and evaluate exercise interventions. Students are exposed to the importance of developing a safe and effective demonstration and leadership of appropriate exercises and training regimes.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students are expected to be able to:

- Analyse participation risk for clients and conduct pre-participation screening;
- Devise appropriate exercise interventions that take account of clients' goals, physical activity preferences, barriers and motives for physical activity;
- Recommend and conduct exercise assessment methods and procedures that are appropriate to the client and monitor clients' signs and symptoms during physical activity;
- Select and apply safe, client-centred exercise limits and effective exercise ranges for physical activity;
- Design, implement and assess exercise and physical activity interventions that address the variables of mode, intensity, duration, frequency, volume and progression of exercise;
- Communicate all of the above to clients and other exercise and health practitioners, in appropriate language for each situation.

Class Contact: Lecture: 12 x 2 hours; Laboratory session: 6 x 3 hours.

Required Reading: American College of Sports Medicine 2014, 9th edn ACSM's

guidelines for exercise testing and exercise prescription, Baltimore: Lippincott Williams & Wilkins. ACSM 2014, ACSM's resources for the health fitness specialist, Lippincott Williams & Wilkins. ACSM 2014, ACSM's health-related physical fitness assessment manual, Lippincott Williams & Wilkins. Heyward, V 2010, 6th edn Advanced fitness assessment and exercise prescription, Champaign, Illinois: Human Kinetics. Nieman, D 2011, 7th edn Exercise testing and prescription: a health-related approach, New York City, NY: McGraw Hill.

Assessment:Case Study, Written report of a case study analysis, 30%. Examination, Final - written examination, 40%. Examination, Mid-semester examination, 20%. Test, Demonstration of practical skills, 10%. Hurdle 1: To gain an overall pass in this unit students must attend and complete 80% of the laboratory sessions. Hurdle 2: Successful completion of practical skills test. Total effective word limit 3000 words.

AHE2007 EXERCISE ASSESSMENTS FOR CARDIOPULMONARY AND METABOLIC CONDITIONS

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit will provide students with an understanding of the various effects of surgical, medical (pharmaceutical), and allied health interventions for people with cardiopulmonary and/or metabolic conditions on acute and chronic exercise capacity. Students will also gain an understanding of exercise training regimes and exercise tests that are contraindicated for each of these conditions, knowledge of, and ability to recognise, adverse signs and symptoms that may arise during exercise or recovery for people with cardiopulmonary and/or metabolic conditions. Topics will include history taking, physical examinations, and assessments of exercise capacities of people with any of (but not limited to) the following conditions: hypertension, coronary artery disease, peripheral vascular disease, myocardial infarction, chronic heart failure, asthma, chronic obstructive pulmonary disease (emphysema / chronic bronchitis), cystic fibrosis.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to:

- Select appropriate test and monitoring protocols for the assessment of exercise and functional capacities for people with cardiopulmonary and/or metabolic conditions;
- Take clinical histories and conduct physical examinations of clients with cardiopulmonary and/or metabolic conditions;
- Use information on the effects of common surgical, medical and allied health treatments on the expected acute and chronic exercise responses;
- Identify risks associated with exercise, and contraindications to exercise, for clients with cardiopulmonary and/or metabolic conditions;
- Monitor, interpret and take appropriate and timely action, based on the following observations during rest, exercise and/or recovery: self-report scales (eg RPE and fatigue, visual analogue scales [VAS], dyspnoea scales, pain, physical activity); heart rate, rhythm and oxygen saturation (eg palpation, heart rate monitor, ECG, pulse oximetry); blood pressure; breathing (eg visual observations, spirometry);
- Determine safe (client-centred) exercise limits and effective exercise ranges for exercise and physical activity for people with cardiopulmonary and/or metabolic conditions.

Class Contact:One hour tutorial plus one hour practical session per week for one semester.

Required Reading:American Association of Cardiovascular & Pulmonary Rehabilitation

2004, Guidelines for cardiac rehabilitation and secondary prevention programs, 4th edn, Human Kinetics, Champaign, IL. American Association of Cardiovascular & Pulmonary Rehabilitation 2005, Guidelines for pulmonary rehabilitation programs, 3rd edn, Human Kinetics, Champaign, IL. American College of Sports Medicine 2006, ACSM's guidelines for exercise testing and exercise prescription, 7th edn, Lippincott Williams & Wilkins, Baltimore. American College of Sports Medicine 2003, ACSM's exercise management for persons with chronic diseases and disabilities, 2nd edn, Human Kinetics, Champaign, Illinois. ECG interpretation made incredibly easy! 2008, 4th edn, Lippincott Williams & Wilkins, Ambler.

Assessment:Case study (500 words) 20%; Written examination (1000 word) 40%; Practical examination 40%. There is an 80% attendance requirement for the practical component of this unit.

AHE2008 RESEARCH IN EXERCISE SCIENCE

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit of study will examine key components of research in exercise and sport science. Topics include: measurement and evaluation techniques employed in exercise and sport science; designing an exercise and sport science research project; descriptive and inferential statistics; and critical evaluation of exercise and sports science research, including issues related to ethics, society and cultural relevance. This unit will provide students with basic skills in research, in preparation for professional practice, as well as Honours, postgraduate coursework or research degrees in exercise and sport science.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to:

- Demonstrate their understanding and use of the measurement and evaluation techniques employed in exercise and sport science, including the applicability of descriptive and inferential statistics to use when analysing quantitative research data;
- Design an exercise and sport science research project;
- Critically evaluate exercise and sport science research;
- Demonstrate their understanding of the statistical analysis of quantitative data using the computer package SPSS;
- Demonstrate their knowledge of a range of ethical issues and issues of social and cultural importance in exercise and sport science research.

Class Contact:2 hour lecture and 1.5 hour tutorial each week.

Required Reading:Specific journals/readings assigned by unit coordinator.

Assessment:Test, Test (600 words), 20%. Exercise, SPSS workbook exercises (1200 words), 40%. Examination, Examination (1200 words), 40%.

AHE2010 EXERCISE SCIENCE CAREER DEVELOPMENT

Locations:Footscray Park.

Prerequisites:AHE1102 - CAREER AND PROFESSIONAL DEVELOPMENT 1AHE2014 - PHYSICAL EDUCATION CAREER DEVELOPMENT either/OR

Description:This unit is designed to develop the knowledge and skills to help students obtain positive career outcomes on completion of their course. Students follow a career development model to bring them into career maturity before they graduate. They will be equipped with the knowledge and skills to enable them to be proactive and strategic in career planning, to be aware of the variety of career outcomes in the exercise and sport science and associated industry sectors, and to have self-understanding to enable them to target their career actions. Students also participate

in a relevant work integrated learning placement under supervision of appropriate industry and university supervisors. Students complete a formal business report based on their placement.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students are expected to be able to:

- Demonstrate their knowledge of career opportunities, the current job market, and how to establish and maintain employment networks in the exercise and sport science and associated industry sectors;
- Demonstrate their knowledge of personal attributes and transferable skills, and the written capacity to prepare an up-to-date personal skill / achievement focused resume;
- Establish a previously unknown contact in the exercise and sport science industry and conduct an information interview in order to better understand a job in which they are particularly interested;
- Use a range of career strategies and job hunting skills to find and establish a 140-hour work integrated career placement in a new and unfamiliar area in the exercise and sport science or associated industry sector in which they are interested;
- Complete a concise business formatted report on the work integrated placement experience.

Class Contact: Equivalent of 2.5 hours of tutorial per week for the semester.

Required Reading: Career and Professional Development Guidelines Career and Professional Development Report Writing Guidelines

Assessment: Assignment, Employment Application, 30%. Other, Information interview, 20%. Practicum, 140-hour career placement and report, 50%. Total effective word limit 3000 words. The 140-hour career placement must meet all requirements as set out on the placement contract as assessed by the supervisor. Students must also complete a business report regarding all aspects of the career placement, based on the CPD report writing guidelines.

AHE2011 QUANTITATIVE AND QUALITATIVE RESEARCH METHODS FOR EXERCISE PROFESSIONALS

Locations: Footscray Park.

Prerequisites: Nil.

Description: This unit aims to enable students to become proficient in the analysis of professional practice in clinical exercise science. The unit will cover evaluation of research designs of published papers; methods of literature searching and reference management; sampling and analysis methods for quantitative and qualitative research; questionnaire design, evaluation, and use; determination of validity and reliability of research designs; development of ethics applications; and the use of research-based computer software (eg. EndNote, SPSS).

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students will be able to:

- Design, conduct and evaluate, using both quantitative and qualitative methods, single case reports, case studies, case series, population-wide surveys, observational studies and single cohort designs, clinical trials, including active and placebo controlled, randomised trials;
- Locate, manage, read, and interpret scientific literature relevant to clinical exercise practice, exercise science and sports science.

Class Contact: 1.5 hour lecture and 1 hour tutorial each week.

Required Reading: American Psychological Association 2001, 5th edn, Publication manual of the American Psychological Association, Washington, DC. Aron, A & Aron, EN 2006, 4th edn, Statistics for psychology, Pearson Education, Upper Saddle River, NJ. Coakes, SJ & Steed, LG 2006, Version 14.0 for Windows, SPSS: analysis without anguish, John Wiley & Sons, Milton, Qld. National Health and Medical Research Council 2007, National statement on ethical conduct in human research, Commonwealth Government, Canberra.

Assessment: Assignment, Four approved assignments of up to 1000 words or equivalent 4 x 25% each., 100%. Each assignment will draw on quantitative and/or qualitative methods to analyse or critique one of the following: single case report or case study; population-wide survey; observational outcome study; and randomised trial.

AHE2012 ADOLESCENT HUMAN DEVELOPMENT

Locations: Footscray Park.

Prerequisites: Nil.

Description: This unit introduces students to concepts, issues and programs dealing with the personal and social wellbeing of adolescents. The unit will address the issues facing young adults, such as challenge, risk and safety, as well as global, national and school/community health issues including depression, suicide, stress, bullying, resilience, anxiety, body image, sexual identity, self esteem and self concept. The unit will also examine the role of harm minimisation in the development of drug education and sex education strategies, plus identify appropriate health programs at local, state, national and international levels.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students will be able to:

- Demonstrate in written form, their understanding of the major concepts of, and the physical, psychological and social factors that contribute to, health and well-being of adolescents;
- Demonstrate in written and verbal form, their understanding of: the causes and the prevention of mental illnesses; the cultural, social, personal and environmental factors affecting drug use and misuse, plus the current principles in relation to drug education; the notion of sexuality, and the major physical, mental, emotional and social influences on sexual health;
- Evaluate critically in written form, a local health program.

Class Contact: 1 hour lecture and 1.5 hour tutorial each week.

Required Reading: Resources Mind Matters 2000, A mental health promotion resource for secondary schools, Canberra. Commonwealth Department of Health and Aged Care National Mental Health Strategy 2000, Promotion, prevention and early intervention for mental health, AGPS, Canberra. Response Ability 2001, Risk and resilience: a teachers' guide to mental health, Hunter Institute of Mental Health. Rowling, L, Martin, G & Walker, L (eds) 2002, Mental health promotion and young people: concepts and practice, McGraw-Hill, Sydney. Sane Australia 2003, You're not alone: a SANE guide to mental illness for children, SANE, South Melbourne. Turner, LW, Sizer, FS, Whitney, EN & Wilks, BB 1992, Life choices, West Publishing, New York. Ali, R, Miller, M & Cormack, S (eds) 1992, Future directions for alcohol and other drug treatment in Australia, AGPS, Canberra.

Assessment: Project (1200 words) 40%; Health program evaluation (600 words) 20%; Exam (1200 words) 40%.

AHE2013 GYMNASTICS AND DANCE

Locations:Footscray Park.

Prerequisites:Nil.

Description:This introductory gymnastics and dance education unit provides students with the knowledge and skills to implement a gymnastics and dance curriculum for students in years 7-10. Students become familiar with the variety of gymnastics and dance forms and understand the place of gymnastics and dance in the physical education curriculum. They also explore the range of teaching approaches designed to motivate and engage secondary school students.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students are expected to be able to:

- Explain basic movement concepts, movement patterns and terminology specific to dance and gymnastics;
- Define the scope and sequence of gymnastics and dance programs within secondary schools;
- Employ teaching strategies and approaches that ensure safe, challenging and engaging learning environments;
- Show understanding of the building blocks and lead up activities essential to the process of skill development, teaching cues and ways to extend skills;
- Apply knowledge of movement patterns and concepts to create a movement sequence according to given criteria, provide peer instruction and appropriate feedback.

Class Contact:Workshop: 12 x 2.5 hours.

Required Reading:As advised by lecturer.

Assessment:Assignment, Gymnastics resource, 30%. Assignment, Practical instruction and reflection, 20%. Performance, Dance group performance, 20%. Examination, Gymnastics and Dance, 30%. Total effective word limit of 3,000 words.

AHE2014 PHYSICAL EDUCATION CAREER DEVELOPMENT

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit is designed to develop the knowledge and skills to help students obtain positive career outcomes on completion of their course. Students follow a career development model to bring them into career maturity before they graduate. They will be equipped with the knowledge and skills to enable them to be proactive and strategic in career planning, to be aware of the variety of career outcomes in the physical education and associated industry sectors, and to have self-understanding to enable them to target their career actions. Students also participate in a relevant work integrated learning placement that allows them to continue to develop practical teaching, coaching and related leadership skills.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students are expected to be able to:

- Demonstrate their knowledge of career opportunities, the current job market, and how to establish and maintain employment networks in the physical education and associated industry sectors;
- Demonstrate their knowledge of personal attributes and transferable skills which will guide the employment search;

- Establish a previously unknown contact in the physical education industry and conduct an information interview in order to better understand a job in which they are interested;
- Use a range of career strategies and job hunting skills to find and establish a 70-hour work integrated career placement in a new and unfamiliar area in the physical education or an associated industry sector in which they are interested;
- Complete a concise business report on the work integrated placement.

Class Contact:Equivalent to 2.5 hours of tutorials per week

Required Reading:Career and Professional Development Guidelines Career and Professional Development Report Writing Guidelines Howard, G 2008, You need a resume, Inkstone

Assessment:Other, Self-marketing for employment, 30%. Other, Information interview, 20%. Report, Career placement report, 50%. Total effective word limit 3000 words.

AHE2015 ADAPTED COACHING

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit is designed to develop the students' knowledge and ability to conduct sports coaching sessions for children with a physical or intellectual disability. The unit, conducted in partnership with Tennis Victoria, introduces students to models of coaching and coaching techniques, then provides an opportunity for students to plan, implement and evaluate sports coaching sessions with groups of children with physical or intellectual disabilities. All students gain a Tennis Victoria level O Coaching qualification when they successfully complete this unit.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students are expected to be able to:

- Demonstrate their understanding, in written form, of models and theories of coaching;
- Demonstrate their theoretical and practical understanding of lesson planning, implementation and review;
- Demonstrate their understanding of the theory of using modified games to coach athletes with a disability;
- Demonstrate the knowledge and skills to gain a level O coaching qualification.

Class Contact:1 hour lecture and 1.5 hour lab each week

Required Reading:(provided by Tennis Victoria). Orientation to coaching material,

Assessment:Review, Lesson plans and reviews (1000 words), 30%. Project, Coaching project (1000 words), 30%. Examination, Exam (1000 words), 40%. There is an 80% attendance requirement for the practical session in this unit.

AHE2016 BIOMECHANICS FOR PHYSICAL EDUCATION

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit introduces students to biomechanics, with a special application to physical education. The theoretical component of the unit focuses on important biomechanical principles and how these apply to human movement and sport. The practical part of the unit provides students with experience in calculating biomechanical parameters, plus hands on experience of biomechanical measurement

and analysis techniques and experience in developing practical analytical skills that help to assess human movement and sports activities.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students are expected to be able to:

- Show understanding of, in written form, the theoretical knowledge of biomechanical principles;
- Employ written and oral forms of communication to demonstrate understanding of the biomechanical techniques used to assess human movement in physical activity and sport;
- Assess and critically understand a range of physical activities and sports movements using quantitative tools (video and computer-based) and qualitative tools (field-based methods).

Class Contact: 1.5 hour lecture and 2 hour lab each week.

Required Reading: Bartlett, R 2010, 2nd edn, Introduction to sports biomechanics, Routledge

Assessment: Examination, Basic theory - mid-semester, 20%. Examination, Applied knowledge - end-of-semester, 30%. Project, Group project - analysis of a fundamental motor skill, 25%. Practicum, Provide qualitative feedback and conduct a quantitative biomechanical analysis of a student performing a fundamental motor skill, 25%. Total effective word limit 3000 words.

AHE2051 PHYSICAL ACTIVITY AND CHILDHOOD

Locations: Footscray Park.

Prerequisites: Nil.

Description: This unit of study will provide an understanding of developmental physical activity and the unique responses of this age group. Pre-service teachers will explore the design of learning experiences for young children in areas such as ball skills, gymnastics, and manipulative skills and further explore the potential of these activities in indoor and outdoor settings. Pre-service teachers will study the key learning areas of dance as a major focus in this unit of study. Critical debate will be encouraged on the role of spontaneous play in this age group, participation, co-operation, belonging, self esteem, winning, losing and an appreciation of the processes and production of games and team sports. Practical experiences will include a focus on skills development and refinement, individual, partner and group-based activities, and a strong emphasis on the teaching of creative, modified and traditional games or sports.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students will be able to:

- Identify key issues related to children's involvement in physical activity;
- Understand the roles, objectives, methods and procedures used to enhance physical activity in children;
- Know the fundamental motor skills required by children which enable them to participate in physical activity;
- Evaluate movement patterns in children during physical activity;
- Plan work and use time effectively;
- Demonstrate a capacity for independent, self-directed learning.

Class Contact: 1 hour lecture and 1.5 hour tutorial.

Required Reading: To be advised by lecturer.

Assessment: Project, Curriculum projects, 40%. Other, Progressive assessment, 40%. Other, Skill development, 20%. Total 3000 words.

AHE2052 PAEDIATRIC PHYSICAL ACTIVITY SCIENCES

Locations: Footscray Park.

Prerequisites: Nil.

Description: This unit of study will investigate: ethical considerations surrounding children and exercise; the role of activity in childhood and adolescence; health-related fitness in childhood and adolescence; implications for testing, prescribing and training; strength and power responses in childhood and adolescence; special consideration for children exposed to exercise under environmental stresses such as heat and humidity; nutrition; special populations; motivation and self-esteem; cardiovascular disease risk factors in childhood, retrospective and prospective research and implications. The unit of study will also initiate learning and teaching of the key area of health-related fitness programming and athletics.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students will be able to:

- Demonstrate sound knowledge of physical activity for children catering to a range of needs from childhood obesity to young elite sporting performers;
- Identify specific population-based focus on exercise stresses in children and adolescents;
- Investigate the underlying issues surrounding paediatric exercise science which contribute to its unique focus in areas such as sport science, education, coaching and public health
- Demonstrate competency in fitness programming and athletics

Class Contact: 1 hour lecture and 1.5 hour tutorial each week.

Required Reading: To be advised by lecturer.

Assessment: Project, Project, 30%. Other, Progressive assessment, 40%. Other, Skill development/reflective writing, 30%. Total effective word limit 3000 words.

AHE2053 HEALTH PROMOTION

Locations: Footscray Park.

Prerequisites: Nil.

Description: In this unit students examine theories of health promotion practices within Australia and international schools and communities. They also develop, implement and evaluate a health promotion event. Content includes: foundations of health promotion; reason for health promotion; social and cultural influence upon health needs; needs assessment; models and theories of health promotion; behaviour change through health promotion; planning, strategies, implementing and evaluating health promotion.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students are expected to be able to:

- Problem solve the complexities of planning a health promotion event with collaborative teamwork, research, and resource developments;
- Demonstrate theoretical and applied knowledge of health promotion foundations, theories, behaviour changes, strategies and implementation processes for future applications within the health industry;

- Critically reflect, using professional wording and content, self and peers' process of collaborative planning, implementation and evaluation of a health promotion event.

Class Contact:Lecture: 12 x 1 hour; Tutorial: 12 x 1.5 hours.

Required Reading:McKenzie, J, Neiger, B, Thackeray, R 2008, Planning, implementing, and evaluating health promotion programs, Pearson Books.

Assessment:Research Paper, Related to the health promotion of a physical activity (1000 words), 20%. Examination, Test - week 8, 30%. Project, Collaborative development of content, procedures, program and evaluation of the health promotion event, 50%. Total effective word limit 3000 words.

AHE2100 EXERCISE PSYCHOLOGY

Locations:Footscray Park.

Prerequisites:Nil.

Description:Considerable attention has been given to understanding how psychological factors influence performance in competitive sports, and into developing psychological strategies to enhance sporting performance. This unit of study considers the psychology of sport and exercise within a broader framework, addressing the more fundamental issues of why it is that people do or do not participate in sporting and exercise activities. It addresses a range of psychosocial factors (eg personality, motivation, personal identity and self-efficacy) that influence participation in physical activity across the lifespan, and in the context of the promotion of physical activity for health and wellbeing of the whole community. The unit also examines the relationship between physical activity and psychological wellbeing, with a focus on psychological development and wellbeing as consequences of physical exercise, in the general population, as well as in special populations such as children, the elderly, and people with physical and/or mental disabilities.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to:

- Demonstrate a thorough understanding of the psychological benefits of exercise and physical activity;
- Demonstrate a thorough understanding of theories of exercise behaviour and motivation for exercise and physical activity;
- Appreciate the potential psychological risks of exercise;
- Appreciate the psychological needs with respect to exercise of various special populations.

Class Contact:1.5 hour lecture and 1 hour tutorial each week.

Required Reading:Berger, BG, Pargman, D & Weinberg, RS 2002, Foundations of exercise psychology, Fitness Information Technology, Morgantown, WV.

Assessment:Other, Tutorial submissions, 25%. Examination, Mid-semester, 30%. Examination, End-semester, 45%.

AHE2101 SPORT PHYSIOLOGY

Locations:Footscray Park.

Prerequisites:AHE2104 - EXERCISE PHYSIOLOGY

Description:In this unit students apply their knowledge from the prerequisite units Human Physiology and Exercise Physiology, to understand the importance of exercise physiology in sport and exercise performance, including elite sports and recreational exercise. This unit focuses on: the physiological requirements of sport, the importance of physiological systems in athlete performance; the sport-specific

adaptations to physical training and comparisons of different forms of training. It also examines the principles underlying physiological exercise testing from both a theoretical and practical perspective, with an emphasis on sports specificity and field-based and laboratory-based testing. Practical sessions require students to administer and interpret exercise tests that are fundamental to exercise physiology including: maximal oxygen consumption, agility, speed, muscle strength and power testing. Students gain an understanding of how exercise training is monitored as well as practical experience using state-of-the-art technology (global positioning systems and accelerometers). This unit discusses the value of quality data collection, analysis and interpretation and how to communicate this information to coaching staff and athletes. It is designed to lead to more detailed mechanistic studies in the core unit Advanced Exercise Physiology and applied studies in the elective unit Applied Exercise Physiology.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students are expected to be able to:

- Demonstrate their understanding of the process to conduct exercise and performance exercise testing for sport;
- Select appropriate tests based on the type of sport and the principles of sport physiology;
- Conduct a range of sport specific tests;
- Interpret results from a range of sport specific tests and communicate this information to coaching staff and athletes.

Class Contact:Lectures: 24 x 1 hour (2 lectures per week); Laboratory: 12 x 1.5 hours.

Required Reading:Tanner, RK & Gore, CJ 2012, 2nd edn, Physiological tests for elite athletes, South Australia: Human Kinetics.

Assessment:Examination, Mid-semester examination, 25%. Assignment, Written assignment, 20%. Report, Lab report, 20%. Examination, Final examination, 35%. Laboratory Work, Practical assessment, 0%. Practical assessment is a hurdle requirement to satisfy Exercise and Sports Science Australia accreditation criteria. This will be conducted in practical classes. Total effective word limit 3000 words.

AHE2102 SPORTS BIOMECHANICS

Locations:Footscray Park, (Biomechanics Laboratory, Basement City Flinders) External sporting organisations as advised by lecturer or organised by students.

Prerequisites:AHE1202 - BIOMECHANICS

Description:In this unit, students further develop the biomechanical tools learned in first year and apply to real-world sporting applications. Using qualitative and quantitative biomechanical analysis skills and cameras and analysis software, biomechanical principles evaluate strengths and weaknesses of an individual's technique. Students perform a research-based analysis and a servicing-based report for an athlete to explore both the scientific aspect of sports biomechanics as well as the applied component where this data needs to be condensed and presented in coach/athlete friendly way. Students also explore high level lab-based technologies to explore the forces and motions in sports skills, balance and injury.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students are expected to be able to:

- Identify the role of sports biomechanics and recognise and distinguish its relationship with complementary roles;
- Using professional judgement, apply appropriate methods to set up, record, analyse and interpret sports skills;
- Examine and assess athletic performance of skills by applying biomechanical principles to provide servicing for the enhancement of technique;
- In collaboration with others, demonstrate responsibility and accountability for own learning and professional practice;
- Present a clear coherent and independent exposition of knowledge and ideas to differentiated audiences (specifically sporting and scientific).

Class Contact: Lectures: 12 x 1.5 hours; Laboratory sessions: 12 x 2 hours.

Required Reading: No texts are formally required. Each lecture is linked and/or supported by 2-3 text books. These are detailed in the lecture notes and unit guides

Assessment: Project, Report and powerpoint presentation, 55%. Test, Practical skills test, 20%. Examination, Final exam - short and long answers, 25%. Hurdle 1: To gain an overall pass in this unit students must attend and complete 80% of the laboratory sessions. Hurdle 2: Successful completion of practical skills test. Total effective word limit 3000 words.

AHE2103 GROWTH DEVELOPMENT AND AGEING

Locations: Footscray Park.

Prerequisites: Nil.

Description: This unit provides a basis for the applications of knowledge in healthy growth development and ageing in the fields of Physical Education and Exercise and Sport Science. It examines physical growth, the development of motor characteristics and the cognitive, social and emotional development of humans from childhood into adulthood, including the genetic and environmental factors that interact to influence these processes. The unit focuses on development across the lifespan to give a balanced perspective on age-related changes in human motor function including the deterioration in physical processes and motor characteristics of humans as they age.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students are expected to be able to:

- Analyse research-based knowledge of the physical growth, psychological maturation and motor characteristics of humans throughout the lifespan;
- Explain the genetic and environmental factors that interact to influence physical growth and motor development;
- Apply and adapt knowledge about growth and development in the fields of human movement, physical education and sport to advise on age specific programs
- In collaboration with others, clearly and coherently communicate the adaptation of concepts, principles or techniques to specific situations, demonstrating some intellectual independence.

Class Contact: Lecture: 12 x 1.5 hours; Tutorial: 12 x 2 hours.

Required Reading: Gallahue, DL, Ozmun, JC & Goodway JD 2012, 8th edn, Understanding motor development: infants, children, adolescents, adults Sydney: McGraw-Hill

Assessment: Assignment, Report, 20%. Presentation, Group presentation, 30%. Examination, Mid-term and final exams, 50%. Total effective word limit 3000 words.

AHE2104 EXERCISE PHYSIOLOGY

Locations: Footscray Park.

Prerequisites: RBM1174 - HUMAN PHYSIOLOGY

Description: In this unit students apply their knowledge to demonstrate an understanding of the acute and chronic physiological responses to exercise, as well as the physiological basis of exercise performance. The unit examines: the metabolic supply of energy to exercising muscle; the acute responses of the cardiovascular, respiratory, thermoregulatory, neural, endocrine and muscular systems to exercise; and the chronic physiological responses to exercise training. Students are introduced to practical aspects of exercise physiology through experiments and procedures in the exercise physiology laboratory. Practical sessions cover topics such as: cardiovascular and respiratory responses to exercise, metabolism at rest and during exercise and maximal oxygen consumption. This unit is taught from both a theoretical and practical perspective to enhance students' understanding of exercise physiology principles.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students are expected to be able to:

- Identify and describe concepts associated with the acute physiological responses to exercise;
- Explain the process of the interaction between muscle metabolism, the endocrine and cardiorespiratory systems;
- Describe the chronic physiological responses to exercise training;
- Apply practical skills required in exercise physiology laboratory work and research.

Class Contact: Lectures: 24 x 1 hour (2 lectures per week); Laboratory class / tutorial: 6 x 2 hours.

Required Reading: Powers & Howley 2012, 8th edn, Exercise physiology: theory and application to fitness and performance, Boston: McGraw-Hill

Assessment: Laboratory Work, Demonstration of practical laboratory skills, 10%. Test, A series of short answer and multiple choice tests covering practical and theoretical knowledge, 40%. Examination, Final examination - short answer and multiple choice questions, 50%. Hurdle 1: To gain an overall pass in this unit students must attend and complete 80% of laboratory sessions. Hurdle 2: Successful completion of practical laboratory skills test. Total effective word limit 3000 words.

AHE2111 PRACTITIONER HEALTH 1

Locations: St Albans.

Prerequisites: RBM1208 - BIOSCIENCE FOR PARAMEDICS 2 RBM1211 - BIOSCIENCE 2

Description: This unit of study aims to develop the students' understanding of health and exercise. The unit introduces students to elements of physical fitness and exercise physiology to allow them to assess their own health and fitness, develop training and rehabilitation programs and evaluate the outcomes.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students will be able to:

- Develop the core graduate attributes of problem solving, using information, communication and working as a professional.

- Apply the skills and knowledge they have developed in their university studies by actively and confidently integrating theory and practice to the development of thorough understanding of health and exercise.
- Use modern technology and multiple resources to locate, retrieve and process a range of information for critical analysis.
- Communicate information effectively in both written and oral modes for a variety of purposes and audiences, skills developed through tutorial presentations, group projects and submission of complex assessment tasks.
- Exercise critical and reflective judgement through the completion and evaluation of a training diary, and participation in collective and individual tasks with feedback following these sessions.

Class Contact:Forty-eight hours over one 12-week semester comprising two (2) hours per week delivered as lectures and two hours per week practical class delivered as laboratories or tutorials.

Required Reading:Maud, PJ & Foster, C 2006, Physiological assessment of human fitness, 2nd edn, Human Kinetics, USA.

Assessment:This unit has three assessment items. Knowledge skills and values developed will be assessed through group discussion, problems solving exercises and completion of a two thousand (2000) word assignment (20%); and the completion of a Laboratory Workbook (2000 words) (30%). Students are required to complete a written training diary with analysis (2000 words) (50%). To obtain a pass or higher in this graded unit, normally all components of assessment must be passed.

AHE2112 HISTORY OF SPORT

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit of study aims to trace the history of physical education and sport from ancient to modern times. Its purpose is to assist students in developing an understanding of the historical foundations of physical education and sport so that they will be equipped to undertake further work in the sociocultural study of human movement. Students will be encouraged to seek out the meanings that sport and physical education held for people during different historical periods, and to identify the linkages between modern sports and physical education and their earlier counterparts. Special emphasis will be given to: the origins of the Olympic Games; the modernisation of sport; the diffusion of the games ethic through the British Empire; and the inception of the modern Olympic Games. The unit also aims to assist students in gaining an appreciation of the different theoretical and methodological approaches related to the history of sport and physical activity in society.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students are expected to be able to:

- Demonstrate in written form, an appreciation and understanding of the development of sport as a significant social force in western civilisations;
- Demonstrate in written form, the use and analysis of primary and secondary source documents in the field of sports history;
- Critically research, interpret, and then verbally discuss historical aspects of sport and physical activity in the western world;
- Bring historical knowledge to bear upon written understandings of current issues associated with sport;

- Display in written and verbal form, an appreciation of different theoretical and methodological approaches to the study of sport and physical activity in society.

Class Contact:1.5 hours of lectures and 1 hour tutorial each week.

Required Reading:Hess, R & Klugman, M, 1st edn, A history of sport and physical education: ancient and modern perspectives, North Ryde: McGraw-Hill Australia, 2010.

Assessment:Essay, Two essays on the history of sport (total 2,000 words), 50%. Journal, Five reading diaries (total 250 words), 10%. Examination, Final examination (2.5 hours), 40%. Total effective word limit 3000 words.

AHE2127 MOTOR LEARNING

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit aims to develop an integrated understanding of the wide range of factors that affect the process of motor skill learning and motor performance and provide an introduction to theoretical and practical aspects of experimental design and procedures used in motor learning research.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students are expected to be able to:

- Apply a psychological and constraints-led approach to explain the way in which motor skills are acquired;
- Create solutions to common motor skill deficiencies by applying principles related to optimal learning of motor skills;
- Assess motor skill teaching and integrate empirical findings to develop evidence-based approaches to teaching;
- Collect and report results from applied motor learning experiments and evaluate findings.

Class Contact:Lectures: 12 x 2 hours; Labs: 12 x 1 hour.

Required Reading:Magil, R 2011, 9th edn, Motor learning: concepts and applications, New York: McGraw-Hill.

Assessment:Assignment, Lesson plan development and critical evaluation of skill teaching performance, 20%. Report, Teaching skill intervention - skill analysis and development of an evidence-based teaching guide, 60%. Exercise, Laboratory worksheets & covering conceptual and applied questions, 10%. Test, Online - quizzes covering lecture material, 10%. Total effective word limit 3000 words.

AHE2151 HUMAN SEXUALITY AND SOCIETY

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit examines the sexual health of individuals and populations. Students use a lifespan model to review theories from relevant sociological, cultural, biological, psychological and legal areas of study. The organisational focus of this review enables students to develop a greater understanding of the dimensions of human sexual health and wellbeing. This unit is recommended for those wishing to enter the teaching profession.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students are expected to be able to:

- Collaboratively investigate and present a critical analysis of a human sexuality program;
- Explain in written and verbal form, the application of the lifespan model to late childhood and adolescent sexual identity, health and wellbeing;
- Collate and assemble appropriate teaching and learning resources for sexual health education within schools and community education settings.

Class Contact:Lecture: 12 x 1 hour; Tutorial/seminar: 12 x 1.5 hours.

Required Reading:To be advised by lecturer.

Assessment:Review, A collaborative critical review of human sexuality programs, 20%. Project, Research project/paper , 40%. Portfolio, Teaching and learning resource file, 40%. Total effective word limit of 3,000 words.

AHE2200 MOTOR CONTROL

Locations:Footscray Park, City Flinders.

Prerequisites:Nil.

Description:This unit of study introduces students to the neuro-mechanical basis of the control of human movement as it relates to exercise and sport, at the central, spinal and peripheral levels of the nervous system. Areas to be covered are: brain centres controlling movement; descending and ascending pathways; receptors and reflexes; motor units, muscle mechanics and contraction control; balance; locomotion; proprioception; training; fatigue; disuse.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to:

- Understand the basic mechanisms by which human movement is controlled by the central and peripheral nervous system;
- Apply this knowledge to exercise, sports and clinical contexts;
- Integrate their knowledge of motor control with their current knowledge of anatomy, physiology and biomechanics.

Class Contact:3.5 hours per week for one semester: 1.5 hours lecture, 2 hours practical/tutorial.

Required Reading:To be advised by lecturer.

Assessment:Lab work 30%; Quizzes and assignments 20%; Final exam 50%.

AHE2202 FUNCTIONAL KINESIOLOGY

Locations:Footscray Park.

Prerequisites:AHE1101 - STRUCTURAL KINESIOLOGYNil.

Description:This unit covers the structure and function of the major joints of the human body, muscle actions and some of the causes and consequences of impairment to the musculoskeletal system.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students are expected to be able to:

- Classify and describe the structure and function of the components of the major joints of the human body;
- Identify and describe the causes and consequences of various impairments to the musculoskeletal system;
- Demonstrate an understanding of the techniques used for kinesiological analysis and identify applications and limitations;

- Analyse the findings of functional kinesiology research;
- Develop the ability to qualitatively analyse movement patterns and describe joint and muscle actions.

Class Contact:Lecture: 12 x 1 hour; Practical: 12 x 2 hours.

Required Reading:No required text.

Assessment:Exercise, Practical / tutorial assessment involving written and oral presentation on topic questions,, 25%. Test, Short answer tests, 25%. Examination, Final examination, 50%. Hurdle: To gain an overall pass in this unit students must attend and complete 80% of the laboratory sessions. Total effective word limit 3000 words.

AHE2213 CAREER AND PROFESSIONAL DEVELOPMENT 2

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit is designed to improve employability in the industry and focuses on self-marketing skills, communication, becoming a reflective practitioner and workplace etiquette. It further develops students' confidence, professionalism, workplace skills and expands on individual networks and achievements in the workplace. This unit equips students to become proactive and strategic in their career development in the fields of sport and exercise and sport science.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students are expected to be able to:

- Demonstrate knowledge about career opportunities for the current and future job market;
- Establish and advance employment opportunities through application of a range of career strategies and lifelong job hunting skills;
- Devise and evaluate effective and personal self-marketing strategies;
- Exercise critical thinking, practices and judgements and reflect within the career placement at the workplace setting;
- Utilise current business communication skills and practices to become an effective professional communicator;
- Relate theoretical knowledge and skills to the workplace by undertaking a career placement in a responsible, accountable and collaborative manner.

Class Contact:The unit provides for the equivalent contact of 2.5 hours per week for twelve weeks comprising one pre-semester career seminar, tutorials each week and a 70 hour career placement.

Required Reading:Career and Professional Development Guidelines Career and Professional Development Report Writing Guidelines

Assessment:Assignment, Analysis of position description to produce a targeted cover letter and achievement - focused resume, 30%. Case Study, Interview a new network professional and present findings through an oral presentation and report, 20%. Report, Completion of a 70 hour career placement and professional report, 50%. Total effective word limit 3000 words.

AHE2214 SPORT AND FITNESS DELIVERY SYSTEMS

Locations:Footscray Park.

Prerequisites:Nil.

Description:The content of this unit assists students in developing an understanding of contemporary Australian sport and fitness delivery systems. The unit undertakes

an in-depth examination and comparative analysis of models highlighting local, state and national structures and how they link into the Australia-Pacific region and the international structure of sport. The unit material includes: theoretical principles and methodologies associated with public policy, nationalism, and globalisation using a case study approach and analysis of key issues, organisations and events; a thorough examination of the Australian sport system including peak governing bodies in sport; major multi-sport events and their relationship to Australia (ie. bidding, hosting, event organisation, performance review, etc); a comparative analysis of club versus school-based sport and elite versus community-based models for sport and recreation; and a review and critique of fitness, exercise and physical education delivery systems with an emphasis on training, research, accreditation and employment opportunities.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students are expected to be able to:

- Analyse the structure and function of the Australian sport and fitness delivery system and how it is affected by public policy;
- Use theoretical perspectives associated with nationalism and globalisation to analyse how these things have affected the development of a unique model for sport and fitness within the Australian context;
- Demonstrate comparative research skills through analysing the Australian sport and fitness model and comparing this model to others around the world;
- In collaboration with others, demonstrate responsibility and accountability for own learning through a coherent oral presentation.

Class Contact: 2.5 hours per week for one semester, comprising 1.5 hour lecture and 1 hour lecture designed to permit adequate time for field trips, logbook assignments, and special guest lectures.

Required Reading: Shilbury, D & Kellett, P 2010, 4th edn Sport management in Australia: an organisational overview, Crows Nest, N.S.W: Allen & Unwin

Assessment: Test, Tests (two during the semester), 45%. Presentation, Final group oral presentation, 15%. Other, Sport and fitness delivery system logbook, 40%. Total effective word limit 3000 words.

AHE2250 SPORT COACHING PRINCIPLES

Locations: Footscray Park.

Prerequisites: Nil.

Description: This unit positions students to more capably respond to local, national and international sport coaching trends. Students are required to take a broad holistic stance in developing their understanding of what constitutes sport coaching and related theories and methods. Students acquire relevant knowledge of national and international trends in coaching principles and intentionally apply this knowledge to the development of their own micro (local) coaching perspectives, philosophies, goals and behaviours. Students are familiarised with the scope and depth of the Australian and International sport coaching landscape including significant benchmark organisations such as UK Sport Coach, European Sport Union and Canada Sport Coach. Similarly the unit examines the roles of national stakeholders and pillar organisations. These include: Government involvement, Australian Sports Commission (ASC), National Sporting Organisations, the Community Club System, Universities/TAFE providers and External Agencies. Furthermore, in terms of equipping students to meet the expected career challenges, foundational knowledge and theory of sport coaching is strongly emphasised. Attention is also be paid to the

historical roots of sport coaching and historical trends that have shaped contemporary sport coaching. In helping to establish students as reflective practitioners overarching issues that inform coach knowledge and practice are investigated and viewed from a holistic perspective. As such, trends in sport science, communication, professionalisation of coaching, professional development, diversity, excellence, community coaching, and coaching ethics are examined.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students are expected to be able to:

- Explore, develop and consolidate their knowledge of what sport coaching is and the history of sport coaching;
- Demonstrate understanding of current benchmark trends and state-of-the-art coaching nationally and internationally;
- Demonstrate understanding of the governing structure and mandatory requirements of sport coaching in Australia;
- Demonstrate awareness of sport coaching theories and how these apply to coaching practice;
- Appreciate fundamental coaching issues that shape coaching thinking and behaviour including: sport science, communication, professional development, diversity, excellence, professionalisation of coaching and coaching ethics. .

Class Contact: A 12 week unit comprising one weekly lecture (1.5 hours) and one weekly tutorial (1 hour).

Required Reading: Jones, R, Armour, K & Potrac, P 2004, Sports coaching cultures: from practice to theory, London, UK: Routledge

Assessment: Portfolio, Coaching principles portfolio, 25%. Report, Professional observation and report (LiWC related), 25%. Presentation, Tutorial presentation, 25%. Examination, Examination final, 25%. Total effective word limit 3000 words.

AHE2251 SPORT COACHING ENVIRONMENT, PLANNING AND DELIVERY

Locations: Footscray Park.

Prerequisites: Nil.

Description: In this unit, students are encouraged to engage with the many challenges that confront sport coaches at all levels, with a particular focus on professional and performance coaching. Because sport coaching is largely action based, students are challenged to deconstruct the lived experience of coaching. Ongoing professional development, critical thinking, and working with others are themes threaded throughout the unit. In relation to the pragmatics of coaching, this unit will help coaches to actively build their professional competence. Hence a specific focus is placed on program planning, communication skills and delivery style, management skills, ethical and legal obligations, business and financial considerations, and research and computer skills.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students are expected to be able to:

- Articulate the underlying principles of periodised planning and create their own periodised plan using Visual Coaching Pro computer software;
- Demonstrate an ability to locate, understand, and critically evaluate sport coaching research;

- Create and deliver a professional oral presentation to an audience of their peers using Powerpoint;
- Demonstrate an ability to communicate and work professionally with athletes, coaching peers, and others;
- Critically evaluate their own and others' sport coaching performance and professional practice;
- Demonstrate a working knowledge of safe coaching principles and legal obligations.

Class Contact:Lecture: 12 x 1 hour; Tutorial: 12 x 1.5 hour.

Required Reading:No required text

Assessment:Examination, Exam, 20%. Assignment, Program development and planning assignment, 25%. Presentation, Tutorial presentation, 25%. Assignment, Professional/performance sport coach in action Assignment, 30%. Total effective word limit 3000 words.

AHE2252 COACH DEVELOPMENT AND APPLIED PRACTICE

Locations:Footscray Park.

Prerequisites:Nil.

Description:Current trends in higher education dictate that learning and education be closely linked with workplace related learning (LiWC). This unit is designed specifically to bridge the gap between the educational (science) and practical (art) of sport coaching. Using a combination of traditional face-to-face learning and online-distance learning, students are given the unique opportunity to learn from experienced coaches from a diverse range of settings. An integral part of this unit is the interactive career development presentations from exemplar coaches. These presentations are geared specifically around the broad theme of career and professional development in sport coaching. In parallel with exemplar coach presentations students are given the opportunity to immediately reflect and critically discuss the 'stories' of presenters in adjoining seminars. The seminar series is designed to expose students to a broad range of approaches to career development in coaching. Each presenter in the seminar series will be asked to address both central themes and sub-themes in career and professional development. A reflective practice approach is adopted as an overriding theme.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students are expected to be able to:

- Develop an appreciation for the diversity of pathways that elite coaches have pursued;
- Locate themselves in relation to stages of coach development theories/models;
- Appreciate the career challenges applicable to coaching in the Australian context;
- Reinforce listening, interviewing and communication skills;
- Develop a realistic intentional career plan.

Class Contact:All presentations and related tutorial seminars will be delivered in live evening sessions or facilitated through 'Elluminate' online learning software.

Required Reading:Lyle, J & Cushion, C 2010, Sport coaching: professionalisation and practice, USA: Elsevier.

Assessment:Review, Book review: autobiography, 25%. Tutorial Participation, Tutorial activities, 25%. Presentation, Tutorial self-development reflective

presentation (LiWC), 25%. Examination, Examination final, 25%. Total effective word count 3000 words.

AHE2253 ADVANCED SPORT COACHING: RESEARCH, KNOWLEDGE AND EXPERTISE

Locations:Footscray Park.

Prerequisites:Nil.

Description:Contemporary state-of-the-art coaching in many sports has embraced sport science and, to an extent, success in coaching is reliant on cutting edge sport science research, knowledge and application. The application of sport science is not restricted to coach and athlete performance objectives but can be broadly related to coach and athlete health and wellbeing. In this unit, students explore the 'sport science revolution' and in so doing build a framework for the implementation of sport science in coaching. The unit also serves as an initial primer for helping students appreciate the breadth and depth of sport science and ensuing specific units related to each of the key sport science disciplines (eg. sport biomechanics, exercise prescription, strength and conditioning, ethical behaviour, sport psychology, skill acquisition). To establish current knowledge and attitudes to research, knowledge and expertise, students discuss perceived advantages and disadvantages (eg. SWOT) in the application of sport science in coaching. To equip students as consumers of sport science a number of strategies are incorporated in the unit to build the necessary skills. First, participation in this unit will help students develop basic research skills and methods of analyses. Second, students will be capable of assessing research trends and publications. Third, the unit will expose students to specialised knowledge of recognised experts in various sport science disciplines. Broadly, the unit is aimed at assisting students to convert published research, knowledge and expertise into everyday coaching practice.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students are expected to be able to:

- Explore, develop and consolidate their knowledge of sport science sub-disciplines;
- Demonstrate increased awareness of the capacity of sport science and knowledge to change coaching practices and behaviour;
- Demonstrate understanding of the interdisciplinary nature of sport science;
- Make connections between trends in sport science and practical application of these trends;
- Demonstrate fundamental research skills.

Class Contact:A 12 week unit comprising one weekly lecture (1.5 hours) and one weekly tutorial (1 hour).

Required Reading:Farrow, D, Baker, J & MacMahon, C 2008, Developing sport expertise: researchers and coaches put theory into practice, London, UK: Routledge.

Assessment:Other, Exploratory research design (LiWC related), 25%. Report, Tutorial lab reports, 30%. Assignment, Research methods and statistics assignment, 25%. Other, Debate, 20%. Total effective word limit 3000 words.

AHE2254 PSYCHOLOGY OF SPORT COACHING

Locations:Footscray Park.

Prerequisites:Nil.

Description:Sport coaches need to understand, manage and develop skills related to both the mental skills of athletes and their own development in leading,

communicating and self-development. This unit is delivered to assist coaches in their own development and equips them with fundamental skills to assist athletes in developing their psychological/mental skills.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students are expected to be able to:

- Outline and explain the communication process and apply this knowledge to areas such as active listening, delivering presentations, interviewing, formal and informal assessment, aural aspects, barriers and facilitators of communication;
- Demonstrate an understanding of fundamental theories of motivation and personality, particularly in relation to individual differences;
- Acquire knowledge and assessment skills in learning styles;
- Develop basic knowledge in social psychology areas including: conflict resolution, leadership, team building skills and aggression;
- Gain a fundamental knowledge of mental skills, including, but not restricted to: arousal-anxiety control, concentration, imagery, goal setting, routines and competition preparation;
- Demonstrate understanding of the ethical concepts of working with competencies/boundaries and the referral process.

Class Contact: One hour lecture and 1.5 hour lab/tutorial per week for twelve weeks, or equivalent.

Required Reading: Burton, D & Raedeke, TD 2008, Sport psychology for coaches, Champaign, IL: Human Kinetics.

Assessment: Portfolio, Mental skills portfolio, 40%. Presentation, Reflective, 20%. Report, Case study reports, 20%. Examination, Final, 20%. Total effective word count 3000 words.

AHE2255 APPLIED PHYSIOLOGY: SPORT COACHING

Locations: Footscray Park.

Prerequisites: Nil.

Description: This unit introduces students to the concepts of planning, implementing, monitoring and reviewing team and athlete performance from a physiological perspective.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students are expected to be able to:

- Demonstrate understanding of current theory and research relating to physiological testing for athlete monitoring;
- Appreciate the fundamentals of the physiological testing of athletes;
- Demonstrate understanding of specific testing procedures in the areas of: anthropometry, flexibility, peak power and anaerobic capacity, lactate threshold, maximal aerobic power, strength and power, speed and agility;
- Demonstrate understanding of the theory underlying physiological tests, administration protocols and norms;
- Demonstrate understanding of how to apply testing results in a practical setting to enhance athlete performance.

Class Contact: A 12 week unit comprising one weekly lecture (1 hr) and one weekly tutorial (1.5hrs), or equivalent.

Required Reading: Sharkey, BJ & Gaskill, SE 2006, Sport physiology for coaches, Champaign, IL: Human Kinetics.

Assessment: Practicum, Practical application, 30%. Presentation, Tutorial presentation, 30%. Examination, Final examination, 40%. Total effective word count 3000 words.

AHE2256 SPORT COACHING: TALENT IDENTIFICATION AND DEVELOPMENT

Locations: Footscray Park.

Prerequisites: Nil.

Description: The search for sport talent is almost as old as competitive sport. The modern advent of talent identification in sport (TID) dates back to the programs developed in the former Soviet and Eastern bloc countries in the 1960s and 1970s and was responsible for many Olympic successes. Now, some 40 years on, few areas in sport are as contentious as the ongoing debate of TID. While some experts argue that TID potentially provides talented players with opportunities possible to develop their potential, other experts argue that TID science lacks credibility and practice, is often flawed scientifically and/or ethically. It has also been said that, 'The best form of TID is mass participation.' This unit introduces students to TID and how it has historically been used, and at times misused. Students learn about TID theory and practices but also importantly underlying philosophical questions relevant to TID. There is also a focus on reconciling the dual objectives of mass participation and talent developed.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students are expected to be able to:

- Demonstrate understanding of giftedness and talent in a range of contexts;
- Distinguish between what is talent identification (and what isn't talent identification) from a multi-disciplinary perspective;
- Demonstrate knowledge based on current theoretical understandings of talent identification in sport relating to natural selection and scientific selection methods;
- Demonstrate understanding of the ethical implications and potential concerns, challenges and dilemmas relating to TID;
- Undertake research at the Australian Institute of Sport Model of TID;
- Demonstrate understanding of the typical stages of long term athlete development (LTAD);
- Demonstrate understanding of 'hot-housing' and 'fast tracking';
- Work effectively with parents of talented children;
- Deconstruct case examples of functional and dysfunctional TID.

Class Contact: A 12 week unit comprising one weekly lecture (1 hr) and one weekly tutorial (1.5 hr), or equivalent.

Required Reading: Brown, J 2001, Sports talent: how to identify and develop outstanding athletes, Champaign, IL: Human Kinetics.

Assessment: Laboratory Work, Tutorial laboratories, 30%. Report, Sports specific report including interview, 50%. Other, Tutorial debates, 20%. Total effective word count 3000 words.

AHE2257 SPORT COACHING: SKILL ACQUISITION, EXPERTISE AND LEARNING

Locations:Footscray Park.

Prerequisites:Nil.

Description:Students are introduced to motor learning and skill acquisition for sport coaching. Lecture and tutorial sessions introduce students to the major topic areas, measurement techniques and interventions that are relevant to teaching, learning, and performing complex movement skills. There is an emphasis on practical application of concepts, as students are asked to design training sessions that make use of the theories, and demonstrate their knowledge of concepts.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students are expected to be able to:

- Outline the basic principles and concepts of motor learning and skill acquisition that apply to sport coaching;
- Demonstrate knowledge of motor learning and skill acquisition through the design of practical activities (eg. drills, training interventions);
- Evaluate and assess the value of instructional sets and activities in maximising skill learning and performance;
- Apply knowledge of motor learning and skill acquisition to design and run training sessions adapted specifically for the particular needs of a diverse range of populations;
- Develop and deliver basic, medium and advanced level tactical skills suitable for the particular needs of a diverse range of populations;
- Demonstrate the ability to research contemporary knowledge development in the areas of motor learning, skill acquisition and tactics.

Class Contact:A 12 week unit comprising one weekly lecture (1.5 hrs) and one weekly tutorial (1 hr), or equivalent.

Required Reading:Farrow, D, Baker, J & MacMahon, C (eds) 2008, Developing sport expertise: researchers and coaches put theory into practice, London: Routledge.

Assessment:Report, Application lab reports, 50%. Practicum, Practical application: peer and instructor review, 30%. Other, Two quizzes (10% each), 20%. Total effective word count 3000 words.

AHE3040 VISION AND ATTENTION IN HUMAN MOVEMENT

Locations:Footscray Park.

Prerequisites:AHE2127 - MOTOR LEARNING

Description:This unit introduces students to advanced concepts and issues surrounding the role attention and visual perception play in the planning, initiation and control of movement. Using problem-based inquiry and practical approaches, students explore how vision and attention influence action across a wide range of activities including aiming, interception, stability and locomotion. A theoretical and empirical framework is established throughout the unit and serves as a backdrop for the development of a hands-on applied project.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students are expected to be able to:

- Identify and distinguish theoretical explanations of attentional control;
- Explain the link between attentional control and eye movements;

- Demonstrate an understanding of how eye movements and gaze control contribute to our understanding of cognition and learning during natural tasks;
- Compare the gaze control strategies used in different motor skill classifications, including: aiming tasks, interceptive timing tasks and locomotor tasks;
- Apply their understanding of gaze control to real world situations and problems.

Class Contact:1.5 hour lecture and 1.5 hour lab

Required Reading:Required reading consists of peer reviewed journal articles for each section.

Assessment:Report, Information discovery activity and article critique, 15%.

Laboratory Work, Data analysis and interpretation, 20%. Project, Applied project, 65%.

AHE3051 PHYSICAL ACTIVITY, HEALTH AND ADOLESCENCE

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit of study will examine the following areas: defining physical activity and adolescence; the nature of physical activity in adolescence; participation patterns; positive and negative outcomes of physical activity; values, identity and self-esteem in adolescence; motivation, ability, effort, and ego in physical activity through adolescence; socialisation through physical activity during adolescence; cultural/gender issues for adolescents in relation to physical activity; physical activity programs in schools and the community – Victoria and beyond; refinement of skill and excellence and the role of the physical educator; relationship between physical activity and health; health outcomes as a result of involvement in physical activity; overview of critical issues associated with physical activity during adolescence; adolescence, community health and physical inactivity.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to: Understand the key terminologies in the areas of physical activity, health, and adolescence; Comprehend the main physical, social and emotional changes occurring at the adolescent phase of human development; Demonstrate an awareness of the key health issues affecting adolescents; Demonstrate their understanding of the critical association between adolescent physical behaviours and their health; Acknowledge the role that physical activity plays during adolescence in facilitating community health; Undertake practical experiences that will expose them to common team pursuits appropriate for adolescents.

Class Contact:2 hour lecture and 1.5 hour tutorial weekly

Required Reading:Literature specified by the lecturer representative of knowledge and issues associated with the relationship between physical activity, health, adolescence and the teaching of physical education.

Assessment:Project, Curriculum project, 35%. Presentation, Skill development presentation, 10%. Essay, Essay, 35%. Report, Research review report, 20%.

AHE3052 CONTEMPORARY ISSUES IN PHYSICAL EDUCATION AND HEALTH

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit of study will examine the following areas: the concept of equality in physical education; valuing cultural diversity: the challenge for physical educators; models and terminology in the field of health; how does health education fit into the curriculum?; theories and practice in preventing disease; breadth and balance in the physical education curriculum; progression and continuity in physical

education between primary and secondary school; formal and informal modes of assessment in physical education; working with the community: positive or negative for schools; incorporating technology in the teaching of physical education and health; individual sports and adventure activities suitable for the school setting. Are all professional bodies on the same page?

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students will be able to: Developed an understanding of contemporary language, terminology and models in the teaching areas of physical education and health Comprehend current methodologies associated with the development, presentation, and assessment of curriculum in the areas of physical education and health; Demonstrate an awareness of socially responsible policies and practices in physical education and health in relation to equity and cultural diversity; Critically analyse the relevance and understanding of health and illness on the learning of school students in relation to their own development into adulthood; Have undertaken practical experiences that will expose them to common individual sports and adventure activities appropriate for children and adolescents.

Class Contact: 2 hour lecture and 1.5 hour tutorial each week

Required Reading: Literature specified by the lecturer representative of knowledge and issues associated with the current frameworks of teaching of physical education and health.

Assessment: Project, Research/data collection project, 30%. Other, Three exercises involving the reviewing of professional literature (incorporates progressive peer-based assessment), 15%. Essay, Essay assignment, 40%. Other, Lesson development activity, 10%. Other, Review activities and peer evaluation tasks, 5%.

AHE3100 ADVANCED EXERCISE PHYSIOLOGY

Locations: Footscray Park.

Prerequisites: AHE2104 - EXERCISE PHYSIOLOGY

Description: In this unit students gain an in-depth understanding of the physiological responses to exercise and training. The unit focuses on the regulation of the cardiovascular, respiratory, metabolic, endocrine, neural and muscular responses to acute exercise. The unit also examines peripheral and central fatigue during exercise and the role of exercise in metabolic rate and its associated impact on human health, including major metabolic diseases such as diabetes and cardiovascular disease. Students are introduced to advances in exercise physiology in the area of molecular responses and adaptations to exercise. Practical classes investigate topics such as: the measurement of metabolism and electrolyte regulation during intense and prolonged exercise; factors influencing muscle fatigue and the physiological responses to exercise in adverse conditions (heat and hypoxic). Students are familiarised with the Environmental Exercise Laboratory. They also learn how to administer lung function tests and use an ECG at rest and during graded exercise.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students are expected to be able to:

- Apply their understanding of the acute physiological responses to exercise and how they are regulated;
- Explain and justify the interaction between muscle metabolism, the neural, endocrine and cardiorespiratory systems and the molecular events that promote muscle adaptation and health;
- Analyse and report results from exercise physiology experiments;
- Apply advanced practical skills required in an exercise physiology laboratory;

- Critically analyse the scientific literature in the area of exercise physiology.

Class Contact: Lectures: 24 x 1 hour (2 lectures per week); Labs: 12 x 2 hours.

Required Reading: Powers, S & Howley, E 2011, 8th edn, Exercise physiology: theory and application to fitness and performance, New York: McGraw Hill. Farrell, P, Joyner, M & Caiozzo, V 2011, 2nd edn, ACSM's advanced exercise physiology, Baltimore: Lippincott Williams & Wilkins.

Assessment: Test, A series of short answer and multiple choice tests covering practical and theoretical knowledge, 25%. Assignment, Critical analysis of a debated topic in exercise physiology, 20%. Laboratory Work, 1 x lab report based on laboratory work & 1 x demonstration of practical skills, 20%. Examination, Final examination - short answer and multiple choice questions, 35%. Hurdle 1: To gain an overall pass in this unit students must attend and complete 80% of the laboratory sessions. Hurdle 2: Successful completion of laboratory work test. Total effective word limit 3000 words.

AHE3101 ADVANCED BIOMECHANICS

Locations: Footscray Park, (Biomechanics Laboratory) ..

Prerequisites: AHE1202 - BIOMECHANICS

Description: This unit aims to develop an understanding of advanced biomechanics topics and methods with a focus on gait and posture control in adults, children and specific populations (eg ageing). Using interfaced forces plates, digital video cameras and 3D movement analysis systems, experience is gained in the collection and analysis of external and internal forces, angular and linear kinematics, and muscle activation. Other advanced analysis techniques are integration using digital methods, inverse dynamics from ground reaction forces and anthropometric constants, centre of pressure, friction and slipping. Impulse momentum relationships and leverage are studied using high-impact activities such as running, jumping and lifting.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students are expected to be able to:

- Analyse advanced biomechanical principles and evaluate applications in different domains;
- Analyse and assess the forces acting on the body during movements to design programs for individuals and/or specific populations;
- Using professional judgement evaluate the scope and limitations of different experimental and analytical techniques used to quantify human movement to recommend appropriate experimental and analytical techniques;
- Interpret motion data to evaluate studies of human movement;
- Use analytical skills to construct and perform a biomechanical analysis of human movement;
- In collaboration with others demonstrate responsibility and accountability for own learning and professional practice;
- Present a clear, coherent and independent exposition of biomechanical knowledge and ideas.

Class Contact: Lecture: 12 x 1.5 hours; Lab: 12 x 2 hours.

Required Reading: To be advised by lecturer.

Assessment: Test, Class test (2 x 10%), 20%. Report, Laboratory report based on the experimental results and associated literature for kinematic and kinetic analysis., 25%. Project, Group research project - write a report and present to the class utilising own experiment to gather quantitative biomechanical data., 25%. Examination, End

of semester - multiple choice, 30%. Hurdle: To gain an overall pass in this unit students must attend and complete 80% of the laboratory sessions. Total effective word limit 3000 words.

AHE3111 SPORT AND SOCIAL ANALYSIS

Locations:Footscray Park.

Prerequisites:Nil

Description:This unit takes as its major focus the nature of sport, leisure, human movement and sport science in Australia. Analysis of these is informed by poststructuralism, feminism, cultural studies and social history. These approaches are linked by a common concern to adopt a critical perspective in which the inequalities of class, gender, sexuality, race, ethnicity, disability and age are revealed to be central to any attempt to understand sport. In terms of implementing change, it is argued that these fields represent an arena for struggle as they occupy a contradictory position in Australia. This provides the opportunity to reinterpret and reformulate the positioning, meanings and opportunities available in sport and leisure.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students are expected to be able to:

- Employ poststructuralism, feminism, cultural studies and social history to analyse subject matter in violence, gender, race / ethnicity and economy in sports;
- Critically review, in writing, both current sociologically informed, and popular, perspectives related to violence, gender, race / ethnicity and economy in sports;
- Apply critical thinking and professional judgement to assess discourses about major sociological topics;
- Present a clear, coherent oral exposition critiquing current understanding on a topic utilising an identified theoretical approach from sociology

Class Contact:Lecture: 12 x 1.5 hours; Tutorial: 12 x 1 hour.

Required Reading:Coakley, J, Hallinan, C, Jackson, S & Mewett, P 2011, 2nd edn, Sport in society: issues and controversies in Australia and New Zealand, Australia: McGraw-Hill.

Assessment:Test, Quiz 1, 20%. Test, Quiz 2, 20%. Assignment, Fieldwork assignment, 30%. Presentation, Class presentation, 30%. Total effective word limit 3000 words.

AHE3112 CAREER AND PROFESSIONAL DEVELOPMENT 3

Locations:Footscray Park.

Prerequisites:The prerequisite for students in HBEM and ABHP is AHE2213 - CAREER AND PROFESSIONAL DEVELOPMENT 2. The prerequisite for students in ABHR is AHS1207 - SPORT AND RECREATION CAREER DEVELOPMENT 1

Description:This unit develops an integrated understanding of using self-understanding activities, goal setting, networking, interview techniques, generating a professional image and employment opportunities to equip students towards graduate employment.It develops critical understanding of how to identify their strengths and competencies through education, employment experiences, work integrated learning and extracurricular experiences. It advances job hunting strategies to establish a work integrated learning placement that will provide a pathway into their chosen career and employment in the fields of sport and recreation

management and exercise and sport science.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students are expected to be able to:

- Analyse skills, career values and personality to gain a clear career direction;
- Advance self-marketing skills for lifelong career development focussing on communicating achievements during job interviews and professional image management;
- Adapt and synthesise theoretical knowledge and skills to the workplace by undertaking a career placement in a responsible, accountable and collaborative manner;
- Build on existing business communication skills and practices to enhance capability to be an effective professional communicator;
- Exercise independent critical thinking, practices and judgements and reflect within the career placement at the workplace setting.

Class Contact:Equivalent to three hours per week over one semester - comprising a 2 day workshop and a 140 hour career placement.

Required Reading:SES CPD Guidelines SES CPD Report Writing Guidelines

Assessment:Case Study, Analysis of personal data to gain clearer career directions, 50%. Report, Completion of a 140 hour career placement and professional report, 50%. Total effective word limit 3000 words.

AHE3113 EXPERTISE IN SPORT

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit of study will cover the following topics through lectures and student presentations: introduction to expertise in sport; practice and the development of expertise; coaching; organisation practice; characteristics of experts; automat city; perceptual skill; chrematics of experts: decision-making and tactics; skill maintenance and masters athletes; and other related performance domains for expertise research (eg. medicine, law).

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to:

- Demonstrate their understanding of research into sport expertise;
- Identify the typical questions researchers ask, the paradigms that are used and the basic findings across studies;
- Demonstrate their ability to synthesise empirical journal articles and communicate the findings to their peers;
- Demonstrate their ability to select independently a research topic, generate a research question, and undertake an in-depth study on a subtopic by researching current findings.

Class Contact:1.5 hour lecture and 1 hour seminar each week

Required Reading:Readings from Farrow, Baker & MacMahon 2008, Developing expertise: researchers and coaches put theory into practice, researchers and coaches put theory into practice, provided readings.

Assessment:Project, Project proposal/outline, 10%. Presentation, Article presentation, 15%. Test, Test, 30%. Project, Paper/Project, 45%.

AHE3121 ATHLETICS

Locations:Footscray Park.

Prerequisites:Nil

Description:This unit introduces students to the basic theoretical and practical components of athletics. The unit aims to develop a theoretical knowledge of the basic principles of movement and technique, skill acquisition in a range of athletic events, plus the practical knowledge involved in both instruction and management. All students undertake hands on coaching in a work integrated environment under supervision of a VU tutor.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students are expected to be able to: Demonstrate a sound theoretical knowledge of the basic principles involved in performing athletic events; Demonstrate knowledge and practical skills in athletics organisation and management. (LiWC); Develop ability and performance levels in a range of track and field skills and events; Establish coaching skills and techniques necessary for the organisation and administration of athletic programs for school aged clients (LiWC); Demonstrate professional etiquette in completion of work integrated coaching.

Class Contact:1 hour lecture and 1.5 hour practical each week.

Required Reading:2006 ATFC Coaching Manual, Carr, GA, Fundamentals of track and field

Assessment:Examination, Formal, 30%. Practicum, LiWC - Sportstrak and practical coaching, 50%. Practicum, Practical skills assessment, 20%. Since acquisition of personal and coaching athletics skills is reliant upon practice, attendance by students at a minimum of 80% of practical sessions is required. Total effective word limit 3000 words.

AHE3200 PROFESSIONAL ETHICS

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit is designed to develop students' awareness and appreciation of the ethical dimensions of the educator's, the practitioner's and the administrator's role within sport, exercise science and physical education. It develops students' ability to critically analyse the ethical components of the many interventions, issues, practices and relationships within the sport / exercise science / physical education profession so that students' function within those roles will be ethically informed.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students are expected to be able to:

- Evaluate and determine the ethical implications of professional practice in the fields of physical education, sports management, sports science/research, exercise science, fitness instruction and coaching;
- Adapt the concepts of ethical inquiry to the construction of professional policy in these workplaces;
- Utilise the concepts of "rights" and "paternalism" as they relate to various practices/approaches within the field of physical education, sport and exercise science;
- Critically assess the ethical implications of the globalisation of various sports and its effects on the workplace and the local community;
- Create and defend logically coherent positions with respect to ethical issues;

- Derive ethical positions and through the production of written research reports or assignments, clearly, coherently justify your position.

Class Contact:Lectures / seminars: 10 weeks x 3 hours per week. Equivalent of 30 face-to-face contact hours per semester.

Required Reading:As advised in lectures.

Assessment:Examination, Mid-semester examination - extended answer responses to two questions., 60%. Assignment, Written response to seminar paper from weeks 1-5, 10%. Other, Note text below* for choices in final assessment, 30%. *Students select one of the following: - Final test (30%) - Collaborative research paper (30%) - Two seminar assignments (2 x 15% each) Total effective word limit 3000 words.

AHE3219 ADAPTED PHYSICAL EDUCATION

Locations:Footscray Park.

Prerequisites:Nil.

Description:The content of this unit of study includes: policy affecting people with a disability; learning, social and physical characteristics of people with a disability; instructional techniques to enhance skills of people with a disability; normalisation and integration; community-based sport for people with a disability.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students are expected to be able to:

- Understand the field of adapted physical education;
- Plan and prepare appropriate and safe sessions to meet the individual needs of participants with disabilities;
- Coach adults and children with an intellectual disability;
- Design and modify the game environment for all participants;
- Apply practical professional experiences in the area of adapted physical education;
- Understand the essential theoretical skills of adapted physical education;
- Analyse and change (if required) ineffective coaching/teaching behaviors in a variety of settings;
- Recognise the opportunities and resources available to physical education specialists working with people who have a disability.

Class Contact:1 hour lecture and 1.5 hour laboratory each week.

Required Reading:Sherrill, C 2004, Adapted physical activity, recreation and sport, 6th edn, McGraw-Hill, Boston.

Assessment:Practicum, Lesson plans and reviews, 30%. Case Study, One on one, 20%. Examination, Lecture and readings, 50%. Total effective word limit 3000 words.

AHE3250 SOCIO-HISTORICAL SPORT COACHING

Locations:Footscray Park.

Prerequisites:Nil.

Description:The 'evolution' of the modern coach has occurred in unison with the development of modern sport and within the context of broader developments and changes in society. This realisation is important as it locates coaching as constructed practice. As such, this unit investigates key historical, social and cultural moments that have contributed to coaching practice within the Australian and international sporting landscapes. Specifically, indepth case studies are utilised to explore and understand some of the key coaching figures (both successes and failures) over the last 100 years. In many instances dominant coaching practices and models can be

regarded as reflective of broader ideological issues within the cultural context in which they occur. The key outcome for students in this unit is to utilise sociological and historical tools with which to become reflexive of their own coaching practices and philosophies. The reflexive coach is one who considers her own action within a more critical framework whereby she challenges her own assumptions and commonsense regarding her coaching practices. The skills embedded in the sociological and historical method are therefore crucial in the capacity to develop successful, flexible and diverse coaching strategies.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students are expected to be able to:

- Interpret and discuss the history of modern sport coaching;
- Interpret and discuss sport coaching theories and how these apply to coaching practice;
- Demonstrate knowledge of various coaching models and methods;
- Recognise how sport coaching may reflect a broader cultural context;
- Demonstrate a reflexive and critical approach to coaching practice and evaluate their current practices based on this approach.

Class Contact: This unit comprises a one hour lecture and 1.5 hour lab/tutorial per week for twelve weeks, or equivalent.

Required Reading: Phillips, M 2000, *From sidelines to centre field: a history of sports coaching in Australia*, Sydney: UNSW Press.

Assessment: Presentation, Tutorial presentation, 30%. Essay, Final essay, 40%. Other, Individual coaching evaluation, 30%. Total effective word count 3000 words.

AHE3251 PREVENTION, MANAGEMENT AND RECOVERY FROM INJURY

Locations: Footscray Park.

Prerequisites: Nil.

Description: Injuries are the unwanted side effects of active engagement in sport. It is estimated that annually one in six Australians suffer a sports related injury. Sport coaches often witness injuries first hand and are often responsible for initial injury management until professional help is sought when major injuries occur, and the ongoing management when minor injuries occur. Hence, sport coaches play an important role in the overall management of injuries, and the development of knowledge and expertise of injuries, illness and recovery are vitally important for sport coaches. Coaches who possess at least a fundamental knowledge of injury, illness and recovery will not only feel more competent and confident but importantly, will be able to reduce the stress and overall prognosis for athletes.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students are expected to be able to:

- Identify common sporting injuries and differentiate between acute versus chronic; soft tissue versus hard tissue; and extrinsic versus intrinsic etiology;
- Demonstrate understanding of the importance and place of musculoskeletal screening and injury prevention;
- Demonstrate understanding of the immune response to exercise, and identify strategies to minimise illness;
- Demonstrate understanding of the psychosocial drivers of injury and illness;

- Acquire knowledge of current best practice in recovery strategies from an evidence-based perspective, as well as best practice in program modification for training and competition, to manage injuries;
- Complete a recognised two-day first aid course (eg. St John's Ambulance).

Class Contact: This unit comprises a one hour lecture and 1.5 hour lab/tutorial per week for twelve weeks, or equivalent.

Required Reading: To be provided Gotlin, RS (ed) 2008, *Sports injuries guidebook: athletes' and coaches' resource for identification, treatment and recovery*, Champaign, IL: Human Kinetics

Assessment: Students must complete an approved 2-day first aid course.

Presentation, Class presentation, 25%. Examination, Mid semester exam, 25%. Laboratory Work, Case studies, 25%. Examination, Final, 25%. Total effective word count 3000 words.

AHE3252 ETHICAL BEHAVIOUR IN SPORT COACHING

Locations: Footscray Park.

Prerequisites: Nil.

Description: The lectures/seminars/tutorials in this unit are designed to develop the student's awareness and appreciation of the ethical dimensions of the coach's role within sport, fitness services and physical education. They also develop the student's ability to critically analyse the ethical components of the many issues, practices and relationships within the sport/physical education profession so that the student's functioning within those roles will be ethically informed. The core lecture topic areas include: the foundations of, and skills required in, ethical inquiry; ethics of western liberal (sporting) societies; the social construction of knowledge and the ethics of instruction and the ethics of relationships, paternalism and informed consent. The specific topic areas include: equal opportunity legislation, including anti-harassment laws, cheating and fair play, drug use and abuse, violence, children's rights, sexual abuse and harassment. The class will be interactive, and include discussion 'roundtables', 'hypotheticals', and 'mock cases', as well as guest speakers. Additional practical learning will occur through practical and fieldwork.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students are expected to be able to:

- Demonstrate knowledge of the ethical implications of professional practice in the fields of physical education, sports coaching and fitness instruction;
- Demonstrate knowledge of the nature and significance of ethical inquiry, and a capacity to use this knowledge in the production of professional coaching policy;
- Demonstrate knowledge of the nature and significance of 'rights' and 'paternalism' as they relate to various practices/approaches within the field of sport coaching and physical education;
- Demonstrate the capacity to mount and defend (in oral and written forms) their own well reasoned positions with respect to the issues dealt with in the lectures/seminars and to develop a personal coaching philosophy that is grounded in ethical principles;
- Demonstrate an understanding of, and tolerance for, socially, culturally and linguistically diverse communities.

Class Contact: This unit comprises a one hour lecture and 1.5 hour lab/tutorial per week for twelve weeks, or equivalent.

Required Reading: McNamee, MJ & Parry, SJ 1998, Ethics & Sport, London: Routledge.

Assessment: Test, Progressive tests, 40%. Presentation, Tutorial presentation, 30%. Report, Final paper, 30%. Total effective word count 3000 words.

AHE3280 TEAM SPORTS

Locations: Footscray Park.

Prerequisites: Nil.

Description: This unit is designed to develop the students' knowledge and ability to conduct physical education classes involving team sports and games. This unit adopts a sport education model and Game Sense approach when providing students with an opportunity to plan, implement and evaluate group sessions related to team sports and games. The activities will include invasion games, racquet sports and ball games.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students are expected to be able to:

- Demonstrate their understanding of the field of team sports and group games;
- Demonstrate their understanding of the essential theoretical skills to teach team sports;
- Demonstrate their ability to plan, implement and evaluate group sessions using models of Game Sense and Sports Education;
- Demonstrate their ability to coach adults and children in a wide variety of group sports and games;
- Demonstrate their ability to design and modify the game environment for all participants.

Class Contact: 1 hour lecture and 1.5 hour lab each week for one semester.

Required Reading: As advised by lecturer

Assessment: Workshop, Teaching session, 50%. Assignment, Research assignment, 20%. Other, Resources file, 30%. Total effective word limit 3000 words.

AHE4101 CASE MANAGEMENT FOR CLINICAL EXERCISE

Locations: Footscray Park.

Prerequisites: Nil.

Description: This unit enables students to continue to develop knowledge and skills related to the professional roles of clinical exercise physiologists. Students will explore professional requirements for case management in occupational rehabilitation, industry, and insurance sectors. Students will learn to plan and document clinical exercise service delivery to apparently healthy individuals, notably people seeking functional conditioning to meet the physical demands of work, and also people with occupational injuries seeking rehabilitation. Using a case-based learning model, particular attention will be given to the role, importance, and difficulties posed by various health systems (eg: insurance caps of health care costs) and co-morbid disease (eg: depression, chronic fatigue syndrome).

Credit Points: 12

Learning Outcomes: On successful completion of this unit students are expected to be able to:

- Comprehend, analyse and apply knowledge to the scope of professional roles available to clinical exercise practitioners and how these intersect with the roles of other health professionals;
- Compare and contrast the Australian health systems in the occupational, private industry and insurance sectors;
- Design and evaluate exercise and physical activity interventions;
- Critically evaluate the technical challenges of providing a competent service in clinical exercise in the occupational rehabilitation, industry and insurance sectors;
- Critically examine and appraise the core issues concerning ethical provision, business management, and legal responsibility.

Class Contact: One two-hour practical case-based lecture per week for one semester.

Required Reading: American College of Sports Medicine 2003, 3rd edn, ACSM's exercise management for persons with chronic diseases and disabilities, Champaign, Illinois: Human Kinetics.

Assessment: Portfolio, Compilation of case-based assessment assessing primarily report-writing skills, 50%. Examination, End of semester final written examination, 50%. Minimum effective word limit 5000 words.

AHE4102 EXERCISE ASSESSMENTS AND INTERVENTIONS FOR METABOLIC CONDITIONS

Locations: Footscray Park.

Prerequisites: Nil.

Description: This unit of study will include exercise testing and prescription for a range of conditions, including (but not limited to) obesity, diabetes, chronic fatigue syndrome, anaemias, and end-stage renal disease.

Credit Points: 12

Learning Outcomes: On successful completion of this unit students are expected to be able to:

- Comprehend, analyse and apply knowledge of exercise prescription for metabolic conditions;
- Critically evaluate and apply knowledge of clinical exercise testing and exercise prescription for metabolic conditions;
- Appraise, design and apply knowledge of exercise prescription for metabolic conditions.
- Critically apply clinical exercise testing and exercise prescription skills for patients presenting with metabolic conditions;
- Research, evaluate, and critically appraise the literature relating to clinical exercise testing and exercise prescription for metabolic diseases.

Class Contact: One one-hour lecture plus one two-hour practical per week and approximately 70 hours of clinical placements.

Required Reading: American College of Sports Medicine 2009, 3rd edn, ACSM's Exercise Management for Persons with Chronic Diseases and Disabilities, Champaign, IL: Human Kinetics. e-book available through the publisher.

Assessment: Review, Case-related review of literature, 20%. Report, Written reports of case studies, 15%. Presentation, Oral case presentation, 15%. Test, 10 * weekly test (@5% each), 50%. Minimum effective word limit 5000 words.

AHE4103 EXERCISE ASSESSMENTS AND INTERVENTIONS FOR CARDIORESPIRATORY CONDITIONS

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit of study will include exercise prescription for the following conditions: cardiac pathophysiology and rehabilitation including ischemic, myocardial, pericardial and valvular disease, heart failure, and hypertension; pulmonary diseases including asthma, chronic bronchitis and emphysema, pneumonia, bronchiectasis, cystic fibrosis, tuberculosis, respiratory distress syndrome, and acute respiratory tract infections.

Credit Points:12

Learning Outcomes:On successful completion of this unit students are expected to be able to:

- Comprehend, analyse and apply knowledge of exercise prescription for cardiac pathophysiology;
- Critically evaluate and apply knowledge of clinical exercise testing and exercise prescription for pulmonary diseases;
- Appraise, design and apply knowledge of exercise prescription for cardiac pathophysiology and rehabilitation;
- Critically apply clinical exercise testing and exercise prescription skills for patients presenting with cardiac pathophysiology;
- Research, evaluate and critically appraise the literature relating to clinical exercise testing and exercise prescription for cardiac pathophysiology.

Class Contact:One one-hour lecture plus one two-hour practical per week and approximately 70 hours of clinical placements.

Required Reading:American College of Sports Medicine 2010, 6th edn, ACSM's resource manual for guidelines for exercise testing and exercise prescription, Baltimore: Williams and Wilkins. Hampton JR, 2003, 6th edn, The ECG made easy, New York: Churchill Livingstone.

Assessment:Review, Case-related review of literature, 20%. Report, Written reports of case studies, 15%. Presentation, Oral case presentation, 15%. Test, 10 * weekly test (@5% each), 50%. Minimum effective word limit 5000 words.

AHE4104 CLINICAL EXERCISE PRACTICE

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit of study meets the National University Course Accreditation (NUCAP) core knowledge and skills criteria for professional education in clinical exercise practice. Students will be introduced to a range of professional roles undertaken by clinical exercise physiologists and be offered perspectives on the roles of other team members in the interdisciplinary rehabilitation processes. Students will have opportunities to observe clinical exercise professionals in the design, implementation and evaluation of exercise and physical activity programs, and to learn about equipment, facilities and program planning that are used in exercise delivery for clinical populations. Learning will be conducted in a practical case-based clinical setting under supervision whilst working with clients carrying a range of chronic conditions. Students will be supervised in the workplace by an approved supervisor, with additional mentoring by university staff. Under supervision, students will practise with real clients and document their learned experiences working as student practitioners with clients.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students are expected to be able to:

- Comprehend, analyse and apply knowledge to operate within the scopes of professional roles available to clinical exercise practitioners, and how these intersect with the roles of other health professionals;
- Evaluate, assess and design assessment methods and protocols;
- Critically analyse and interpret data with high degrees of accuracy to discriminate between clinical and functional (eg exercise capacity) outcomes;
- Appraise, recommend and deliver exercise interventions;
- Integrate and evaluate the use of evidence-based medicine in the design and provision of clinical exercise services.

Class Contact:Occasional classes and approximately 180 hours of clinical placements plus an additional 10 case conference hours.

Required Reading:American College of Sports Medicine 2003, 3rd edn, ACSM's exercise management for persons with chronic diseases and disabilities, Human Kinetics, Champaign, Illinois

Assessment:Examination, Exit examination (practical), 60%. Practicum, Supervisor evaluation, 40%. Minimum effective word limit 5000 words.

AHE4105 PSYCHOLOGY FOR REHABILITATION

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit of study aims to develop in students a basic understanding of the psychological aspects of rehabilitation. It is not intended that graduates of the unit will be equipped to provide the primary psychological care of rehabilitation clients because in most instances they are part of a team which includes clinical and neuro-psychologists. However, they should have an understanding of the psychological aspects of the rehabilitation process. The unit will include the following topics: counselling and interviewing skills - verbal and non-verbal, listening skills, body language, human interaction; human behaviour and development, lifestyle, life-cycle, life crisis, life development; coping with injury; dealing with grief and loss; coping with chronic pain; stress management, anxiety and depression; self-confidence, development and maintenance, particularly in the transitions which occur during rehabilitation; motivation, intrinsic-extrinsic, goal orientations, self-efficacy, goal setting, physical, psychological and technical.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students are expected to be able to:

- Comprehend, compare and contrast the psychological processes in rehabilitation;
- Critically evaluate the importance and influence of client-practitioner relationships in rehabilitation;
- Practise, test, revise and learn to use mental skills in applied settings;
- Evaluate, assess and develop strategies to improve client self-management, adherence and compliance to rehabilitation programs;
- Critically analyse the importance of counselling and support for clients during the rehabilitation process; when to refer to other appropriate allied health professionals.

Class Contact:Two hour lecture per week for one semester.

Required Reading:Kolt & Andersen 2004, 1st edn, Psychology in the physical and manual therapies, Edinburgh, Scotland: Churchill Livingstone.

Assessment: Assignment, Review paper, 50%. Examination, Take-home final examination, 50%. Total minimum effective word limit 5000 words.

AHE4106 EXERCISE ASSESSMENTS AND INTERVENTIONS FOR MUSCULOSKELETAL CONDITIONS

Locations: Footscray Park.

Prerequisites: Nil.

Description: This unit of study will cover a range of topics relating to acute, sub-acute, and chronic musculoskeletal conditions in practice. The theory component of this unit will cover the pathophysiology and presentation of a wide range of conditions throughout the musculoskeletal system. The practical component will cover a range of assessment procedures, including tests relating to posture and gait assessment; palpation & surface anatomy; manual muscle testing, goniometry; passive/resisted muscle testing and special tests.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students are expected to be able to:

- Comprehend, explain and apply a comprehensive knowledge of a range of acute, sub-acute and chronic musculoskeletal conditions;
- Critically evaluate research relating to a range of assessment procedures and techniques to allow for competent assessment of acute, sub-acute and chronic musculoskeletal conditions;
- Assess, understand and summarise clinical statuses, stages of rehabilitation and relevant testing procedures for musculoskeletal conditions;
- Critically understand and evaluate evidence relating to test results for acute, sub-acute and chronic musculoskeletal conditions;
- Integrate, discriminate and apply a thorough understanding of the ethical and professional elements of client management.

Class Contact: One one-hour tutorial plus one two-hour practical per week and approximately 70 hours of clinical placements.

Required Reading: Magee, D, 4th edn (or Enhanced edn), Orthopedic physical assessment, Saunders

Assessment: Test, In class test, 20%. Examination, Mid-semester examination, 15%. Examination, End of semester practical examination (HURDLE), 25%. Examination, End of semester written examination, 40%. Minimum effective word limit 5000.

AHE4107 EXERCISE ASSESSMENTS AND INTERVENTIONS FOR NEUROLOGICAL CONDITIONS

Locations: Footscray Park.

Prerequisites: Nil.

Description: This unit of study will give students information on exercise methods and their applications for clientele with a range of neurological pathologies. The unit will cover the exercise assessment and exercise prescription for a range of neurological conditions including (but not limited to): back pain and spinal surgeries; neural impingement syndromes, stroke and acquired brain injury, spinal cord injury, multiple sclerosis, Parkinson's disease, and muscular dystrophy.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students are expected to be able to:

- Comprehend, explain and apply a comprehensive knowledge to a range of acute, sub-acute and chronic neurological and neuromuscular conditions;
- Critically evaluate research relating to a range of assessment procedures and techniques to facilitate competent assessment of acute, sub-acute and chronic neurological and neuromuscular conditions;
- Assess, understand and summarise clinical statuses, stages of rehabilitation and relevant testing procedures for acute, sub-acute and chronic neurological and neuromuscular conditions;
- Critically understand and evaluate evidence relating to test results for acute, sub-acute and chronic neurological and neuromuscular conditions
- Integrate, discriminate and apply a thorough understanding of the ethical and professional elements of client management.

Class Contact: Four hours per week and approximately 70 hours of clinical placements.

Required Reading: Brukner & Khan 2007, 3rd edn, Clinical sports medicine, Sydney, Australia: McGraw Hill.

Assessment: Case Study, Neurological case study, 20%. Examination, In class tests, 20%. Examination, End of semester practical exam (hurdle), 20%. Examination, End of semester theory exam, 40%. Minimum effective word limit 5000 words.

AHE4108 OCCUPATIONAL HEALTH AND EXERCISE REHABILITATION

Locations: Footscray Park.

Prerequisites: Nil.

Description: This unit of study meets the National University Course Accreditation (NUCAP) core knowledge and skills criteria for professional education in occupational health and exercise rehabilitation. Students will practice the measurement, interpretation and communication of physiological data of workers and how these interrelate to workers' exposure to environmental and occupational stressors. Students will explore the role of exercise conditioning for manual processes and office/home workers in managing risk factors (including lifestyle factors) and/or current or past injuries and preventable illnesses/diseases. They will also practise the prescription of both individual and group work-orientated exercise programmes involving workers in simulated or actual work tasks. Students will develop awareness of cultural and socio-economic issues that might affect the workplace, and the assessment of workers for workplace injuries and recommended therapies/exercise management and rehabilitation.

Credit Points: 12

Learning Outcomes: On successful completion of this unit students are expected to be able to:

- Research, evaluate and critically appraise the clinical exercise testing literature relating to the measurement and interpretation of physiological/psychological data obtained from the workplace/home environment;
- Critically examine and appraise cultural and socio-economic issues that might affect clinical exercise testing and prescription in the workplace;
- Compare and contrast medicinal effects of prescription/non-prescription medicine for conditions relevant to the workplace/home environment;
- Critically evaluate, design and implement clinical exercise programs appropriate for the workplace/home environment;

- Research, evaluate and critically apply skills that identify modes, frequencies, intensities and volumes of exercise that are contraindicated for clients in the workplace/home environment.

Class Contact: One one-hour tutorial plus one two-hour practical per week and approximately 60 hours of clinical placements.

Required Reading: King, P. 1998, 1st edn, Sourcebook of Occupational Rehabilitation, Plenum Press, New York.

Assessment: Workshop, Application of clinical exercise testing and prescription knowledge and skills for the home and workplace environment, 10%. Assignment, Theoretical investigation of clinical exercise testing and prescription for the home and workplace environment, 40%. Practicum, Practical examination, 50%. Minimum effective word limit 5000 words.

AHE4580 APPLIED SPORT PSYCHOLOGY

Locations: Footscray Park.

Prerequisites: AHE1206 - SPORT PSYCHOLOGY

Description: This unit of study introduces students to models used in the application of sport psychology. It familiarises students with a range of assessment and skill training techniques in applied sport psychology. The unit introduces students to basic interviewing and counselling techniques and encourages students to apply these techniques in their chosen sports. Students will discuss their experiences in sport from a psychological perspective.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students will be able to:

- Understand what psychology is, the history of psychology, and the fundamentals of the main schools of psychology;
- Understand how psychological phenomena influences behaviour in sport and physical activity settings;
- Understand how psychology affects performance in sport;
- Understand how participation in sport influences the psychological characteristics of the individual;
- Deconstruct the attributes, characteristics and behaviours of successful coaching;
- Understand issues in applied sport psychology, including psychology of coaching, imagery and goal setting.

Class Contact: 1 hour lecture and 1.5 hour tutorial/workshop.

Required Reading: Selected readings will be assigned by the lecturer.

Assessment: Other, Newspaper scrapbook, 20%. Other, Book review, 30%. Journal, Reflective journal, 30%. Other, Participation and attendance (inc readings), 20%.

AHE5901 MINOR THESIS (FULL-TIME)

Locations: Footscray Park, Via clinical placements.

Prerequisites: Nil.

Description: This unit enables students to critically analyse and reflect on knowledge and skills gained in previous studies to research, investigate and develop new knowledge. Students work independently to introduce a topic, formulate an investigation, draw conclusions and submit a suitably formatted thesis or performance. The thesis would normally be assessed by at least two expert examiners from an appropriate area of expertise. At the beginning of semester students may be required to attend some lectures.

Credit Points: 48

Learning Outcomes: On successful completion of this unit students are expected to be able to:

- Demonstrate an integrated and comprehensive understanding of literature relating to an approved topic;
- Critically analyse and reflect on information and research with the aim of contributing to a new body of knowledge or practice;
- Interpret and disseminate research information to a range of informed and lay audiences;
- Utilise specialised cognitive and technical skills to independently plan, design and produce a minor research thesis.

Class Contact: Independent research in addition to regular meetings with the student's supervisor(s).

Required Reading: To be advised by supervisor.

Assessment: Thesis, The thesis will normally be assessed by at least two expert examiners from an appropriate area of expertise (10-12,000 word limit), 100%.

AHE5902 MINOR THESIS (PART-TIME)

Locations: Footscray Park, Via clinical placements..

Prerequisites: Nil.

Description: This unit enables students to critically analyse and reflect on knowledge and skills gained in previous studies to research, investigate and develop new knowledge. Students work independently to introduce a topic, formulate an investigation, draw conclusions and submit a suitably formatted thesis or performance. The thesis would normally be assessed by at least two expert examiners from an appropriate area of expertise. At the beginning of semester students may be required to attend some lectures.

Credit Points: 24

Learning Outcomes: On successful completion of this unit students are expected to be able to:

- Demonstrate an integrated and comprehensive understanding of literature relating to an approved topic;
- Critically analyse and reflect on information and research with the aim of contributing to a new body of knowledge or practice;
- Interpret and disseminate research information to a range of informed and lay audiences; and
- Utilise specialised cognitive and technical skills to independently plan, design and produce a minor research thesis.

Class Contact: Independent research in addition to regular meetings with the student's supervisor(s).

Required Reading: To be advised by supervisor.

Assessment: The thesis will normally be assessed by at least two expert examiners from an appropriate area of expertise. Thesis, The thesis will normally be assessed by at least two expert examiners from an appropriate area of expertise (10-12,000 word limit), 100%.

AHE5903 RESEARCH FOR PRACTITIONERS

Locations: Footscray Park.

Prerequisites: Nil.

Description: This unit provides students with the ability to 'consume research'. The focus of the unit is on presenting principles of the research process from conception

of a research question through to design, method, and quantitative/qualitative techniques for data collection, analysis, and interpretation. Students will not be collecting data or conducting research per se, but will by the end of the unit be able to critically appraise, interpret, and disseminate research information to various audiences in a process considered an example of best practice in the profession for which the student is being trained.

Credit Points:24

Learning Outcomes:On successful completion of this unit students are expected to be able to: Critically appraise the sourcing of research information. Compare and contrast quantitative and qualitative approaches to research methods. Distinguish hypothesis testing from the development of a research question. Critically appraise the distinction between the magnitude of effect from the magnitude of the P value. Critically interpret and disseminate typical research outcomes in both a verbal and written medium.

Class Contact:Two, one hour lectures and one, one hour tutorial per week

Required Reading:Thomas, J, Nelson, J & Silverman, S 2011, 6th edn, Research methods in physical activity. Champaign, ILL: Human Kinetics.

Assessment:Annotated Bibliography, Theoretical appraisal of key identified literature, 70%. Presentation, Oral presentation to class (up to 10min), 30%. Minimum effective word limit 8000 words.

AHE5904 ADVANCED INTEGRATED CASE MANAGEMENT

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit is the culmination of the course-work within the Master of Clinical Exercise Science and Rehabilitation. It draws upon all the knowledge and skills required of a professionally qualified and accredited Clinical Exercise Physiologist. Students are presented with an array of case studies covering the NUCAP criteria in such a way that requires critical interpretation and dissemination of the information. By the end of this unit, students will be fully prepared for employment in the field of Clinical Exercise Science and Rehabilitation.

Credit Points:24

Learning Outcomes:On successful completion of this unit students are expected to be able to:

- Critically appraise research relating to the assessment of clients with cardiorespiratory, metabolic, neuro-muscular, and/or psychological pathologies for every day living.
- Critically appraise current best practice research of interventions for clients with cardiorespiratory, metabolic, neuro-muscular, and/or psychological pathologies for every day living.

Class Contact:Two, one hour lectures per week

Required Reading:Cameron, M, Selig, S & Hemphill, D (2011) 1st edn, Clinical Exercise: a case-based approach, Churchill Livingstone, Elsevier

Assessment:Annotated Bibliography, Comparison of key information in a mini-review of literature (5000 word limit), 70%. Presentation, Oral presentation of case study literature (up to 15mins), 30%. Minimum effective word limit 8000 words.

AHH0421 HONOURS THESIS

Locations:Footscray Park.

Prerequisites:Nil.

Description:The Honours Thesis is designed to be an educational experience that gives students the opportunity to conceptualise, design, implement and evaluate a

specific research project related to human movement. Unlike a Masters or Doctoral thesis, the Honours thesis is not expected to, although it may, contribute to a discipline's body of knowledge. The broad aim of the Honours thesis is to promote the development of the student as an independent researcher. The specific aims are to develop and use the knowledge and skills necessary to conduct a research project and present a formal written thesis. The student should generally be able to display the resourcefulness and academic rigour required of an independent researcher.

Credit Points:48

Learning Outcomes:On successful completion of this unit, students will be able to:

- Identify/construct a research problem or issue;
- Review the relevant literature;
- Determine appropriate methods (including ethics) to study the problem;
- Collect and analyse data, using suitable quantitative, qualitative or other appropriate methods and techniques;
- Report and discuss the results in the context of the review of literature, draw conclusions, evaluate the process undertaken and make recommendations for future research and for practice;
- Present the whole process clearly and accurately in a formal thesis, normally between 7000 and 15,000 words.

Class Contact:The research process will be monitored by regular meetings with the supervisor in light of the agreed-upon thesis proposal. On the advice of the supervisor, students may be required to undertake coursework studies to acquire or develop the knowledge and skills required to successfully complete the thesis.

Required Reading:To be advised by lecturer.

Assessment:The final thesis will be examined by two academics with expertise in the specific area of the research. These may be internal or external to the School and will not include the supervisor. This examination will constitute 100% of the assessment. Each examiner will independently recommend one of the following outcomes to his/her assessment of the thesis: pass without further examination; pass unit of study with corrections to the satisfaction of the School's Honours Courses Committee; deferred for resubmission after major revision; fail. In the event that there is a major disagreement between the examiners, a third examiner will be appointed.

AHH5010 EXERCISE PHYSIOLOGY THEORY AND PRACTICE

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit of study applies students' knowledge of human physiology to an understanding of the acute and chronic responses to exercise, as well as the physiological bases of exercise performance. The unit examines: the acute effects of exercise on the cardiovascular, respiratory and thermoregulatory systems; the metabolic supply of energy to exercising muscles, both nutritional and biochemical; and neural mechanisms controlling movement and associated exercise responses. Practical sessions will complement topics covered in lectures and will include topics such as: energy metabolism at rest and during exercise; maximal oxygen consumption; cardiovascular and respiratory responses to exercise and indirect measurement of body fat. The unit will include both descriptive and mechanistic approaches to enhance student understanding of exercise physiology principles. This study unit forms the basis for advanced core and elective studies in the Exercise and Sport Science stream. Tools used include: WebCT, powerpoint, multimedia, intranet and internet.

Credit Points:12

Learning Outcomes: On successful completion of this unit, students will be able to:

- Apply both theoretical knowledge and practical skills regarding the acute responses to exercise and performance;
- Understand the acute physiological responses to exercise and exercise performance in normal, healthy populations;
- Apply this knowledge to the physiological measurement of exercise performance.

Class Contact: Three hours per week for one semester comprising two one-hour lectures and one two-hour laboratory class every second week.

Required Reading: Powers, SK & Howley, ET (eds) 2006, Exercise physiology: the theory and application to fitness and performance, 6th edn, McGraw Hill, Boston.

Assessment: Final examination (two hours) 40%; Mid-semester examination (one hour) 25%; Laboratory quizzes (5 x quizzes @ 7% each) 35%.

AHH5012 MOTOR CONTROL AND SKILL IN EXERCISE

Locations: Footscray Park.

Prerequisites: Nil.

Description: This unit of study is designed to introduce students to the knowledge bases and skills to understand how humans control movement, and how movement skill is acquired. Students are introduced to: functional neuroanatomy; the neuro-mechanical basis of the control of human movement as it relates to exercise and sport, at the central, spinal and peripheral levels of the nervous system. Students also gain knowledge and understanding of the wide range of factors affecting the process of motor skill learning and motor performance such as practice structure and the development of automaticity in skills. Students will be introduced to theoretical and practical aspects of experimental design and procedures used in motor learning research. Tools used include: WebCT, powerpoint, multimedia, intranet and internet

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students will be able to:

- Apply both theoretical knowledge and practical skills in motor control and skill acquisition;
- Understand how humans control movement, and how movement skill is acquired;
- Use basic observations to assess the control of movement and skill acquisition in normal, healthy populations.

Class Contact: Three hours per week for one semester: two hours lecture/tutorial per week; two hours practical/tutorial (one per fortnight).

Required Reading: Magill RA 1997, Motor learning and control: concepts and applications, WCB Brown and Benchmark, Madison. Starkes, JL & Ericsson, KA (eds) 2003, Expert performance in sports: advances in research on sport expertise, Human Kinetics, Champaign, Illinois. Leonard, CT 1998, The neuroscience of human movement, Mosby, St Louis. Specific journal articles and other research-based reference material to be advised.

Assessment: Lab work 30%; Quizzes and assignments 20%, Final examination 50%.

AHH5014 BIOMECHANICS THEORY AND PRACTICE

Locations: City Flinders.

Prerequisites: Nil.

Description: This unit of study will include: biomechanical concepts and terminology; human motion and techniques to measure motion; forces applied to the human and

the various equipments used during sport and exercise analyses; and standard biomechanical analysis techniques. Tutorials and laboratory practicals conducted will complement theoretical knowledge gained during the lectures, and will involve standard equipment used in biomechanics such as video and motion analysis systems, force platforms, etc. Tools used include: WebCT, powerpoint, multimedia, intranet and internet.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students will be able to:

- Understand biomechanical concepts, principles and terminology;
- Observe, measure and analyse human motion in normal, healthy populations;
- Apply both theoretical knowledge and practical skills to observe, measure and analyse human motion.

Class Contact: Three hours per week for one semester: One two-hour lecture weekly and one two-hour practical/tutorial session every two weeks.

Required Reading: Specific journal articles and other research-based reference material to be advised.

Assessment: Mid-semester exam/class tests 40%; Final exam 60%.

AHH5080 BIOMECHANICS OF HUMAN MOVEMENT

Locations: Footscray Park.

Prerequisites: Nil.

Description: This unit of study aims to: develop in students an understanding of the biomechanical basis of fitness and sports performance; familiarise students with the use of biomechanical, laboratory and field techniques for assessing fitness and sports performance. The unit will include the following topics: performance assessment in both fitness and sport by means of 2D and 3D video techniques, EMG, foot pressure sensing. Iso-kinetic dynamometry and force platforms are an integral part of the unit.

Credit Points: 12

Class Contact: Two hours of lectures per week for one semester.

Required Reading: To be advised by lecturer.

Assessment: Examination 50%; Coursework 50%.

AHH5081 BIOMECHANICS TESTING AND EVALUATION

Locations: Footscray Park.

Prerequisites: Nil.

Description: This unit of study aims to: promote an understanding of the variety of laboratory and field skills used in the biomechanical assessment of the exercising human; promote the capacity to develop original laboratory and field skills to be used in the assessment of the exercising human. The unit will include the following topics: iso-kinetic dynamometry; electromyography; anthropometric techniques; force platform analysis; videography; and goniometry.

Credit Points: 12

Class Contact: Two hours of practicals per week for one semester.

Required Reading: To be advised by lecturer.

Assessment: Laboratory handbook 40%; Laboratory theory examination 30%; Laboratory practical examination 30%.

AHH5100 APPLIED PSYCHOLOGY OF SPORT AND EXERCISE

Locations: Footscray Park.

Prerequisites: Nil.

Description: This unit of study aims to: introduce students to a model of the

application of sport psychology; familiarise students with a range of assessment and skill training techniques in applied sport psychology; encourage students to apply these techniques to their chosen sporting contexts; invite students to critically consider the underlying theoretical base and research support for these procedures. The unit will include the following topics: introduction to unit: A model of psychological skills training in sport; initial psychological skills assessment. Goal setting: technical, tactical, physical, psychological. Stress management: stress, anxiety and arousal; arousal and performance. Stress management: anxiety and its measurement. Stress management: cognitive and somatic stress management techniques. Imagery: theory and research on mental practice and imagery. Imagery: measurement, techniques and uses. Self-confidence: theory and research on self-confidence and self-efficacy. Self-confidence: measurement and enhancement techniques. Attention and concentration: theory and research, including attention style. Attention and concentration: measurement and techniques to develop attention capacities. Energisation: theory, research and techniques. Construction of sport specific and individualised psychological skills routines; ongoing review and modification of the program. Issues and problems in applied sport psychology (eg. adherence, crisis intervention, ethics).

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students will be able to:

- Understand a model relating to the application of sport psychology;
- Understand a range of assessment and skill training techniques in applied sport psychology;
- Apply these techniques to their chosen sporting contexts;
- Critically consider the underlying theoretical base and research support for these procedures.

Class Contact: Two hours of lectures per week for one semester.

Required Reading: Anshel, M 1990, Sport psychology: theory and applications, Reed Books, New South Wales. May, JR & Asken, MJ (eds) 1987, Sport psychology: the psychological health of the athlete, PMA Publications, New York. Nideffer, RM 1981, The ethics and practice of applied sport psychology, Movement Publications, Ithaca, New York. Weinberg, RS 1988, The mental advantage, Leisure Press, Champaign, Illinois. Zaichkowsky, LD & Sime, WE (eds) 1982, Stress management for sport, AAHPERD, Reston, Virginia.

Assessment: Essay 50%; Final examination 50%.

AHH5113 RESISTANCE TRAINING

Locations: Footscray Park.

Prerequisites: Nil.

Description: This unit of study introduces students to the principles and practices of resistance training. The unit deals with systems of resistance training and exercises for the various body parts. An understanding of muscle actions is fostered throughout the unit. Resistance training for the general population will be covered. Students will be encouraged to critically evaluate past and current practices in the field and to develop their own models of resistance training for general fitness, strength, hypertrophy and muscular endurance.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students will be able to: Design, implement, lead, demonstrate and evaluate resistance training programs in normal, healthy populations; Understand how systems of resistance training promote general fitness, strength, hypertrophy and muscular endurance; Understand the design, implementation and evaluation of resistance training programs in normal,

healthy populations, based on kinesiological approaches.

Class Contact: Three hours per week for one semester comprising one one-hour lecture and one two-hour practical.

Required Reading: Nil.

Assessment: Tests 30%; Participation/training diary 20%; Practical examination 25%; Written examination 25%.

AHH5120 NUTRITION AND DIET FOR PERFORMANCE

Locations: Footscray Park.

Prerequisites: Nil.

Description: This unit aims to: provide students with the theoretical knowledge underlying sound nutritional practices for exercising individuals; and to enable students to give sound advice and guidance to athletes and exercising individuals regarding diet and their performance. The unit of study will include the following topics. The basic diet. Energy for performance: substrate and the anaerobic production of energy; substrate and the aerobic production of energy; energy requirements for activities and sport. The training diet: athlete's requirements; ideal training diet. Fluids: fluid loss during exercise. Competition diets: endurance activities and sports; short duration events; intermittent exercise; "loading". Ergogenic aids. Alternative diet approaches: vegetarian; fad diets. Special groups and special needs: children and adolescents; women; veterans; injured athletes; heart disease; diabetes. Special problems: food psychology; anorexia; bulimia; other eating disorders; nutritional "fables".

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students will be able to:

- Demonstrate their understanding of the nutritional requirements for sport performance and exercise.
- Demonstrate their understanding of dietary prescription for sport performance and exercise.
- Demonstrate their understanding of the issues of control and measurement in weight management/body composition.

Class Contact: Two hours of lectures per week for one semester.

Required Reading: McArdle, WD Katch, FI & Katch, VL 2009 3rd edn, Sport & Exercise Nutrition Lippincott Williams & Wilkins Philadelphia

Assessment: Report, Written - 1500 words, 30%. Case Study, Written - 1500 words, 30%. Examination, Written - 2000 words, 40%.

AHH5140 EXERCISE PRESCRIPTION

Locations: Footscray Park.

Prerequisites: Nil.

Description: This unit of study aims to provide students with: an understanding of the theoretical knowledge and practical skills necessary for the task of prescribing exercise; the opportunity to develop the capacity to prescribe theoretically sound exercise programs for a variety of sporting populations and exercising individuals. The unit will include the following topics: theory of exercise prescription; review of laboratory-based assessment procedures; adherence to exercise: myths and realities; fundamentals of prescription; review of field-oriented assessment procedures; the metabolic basis of prescription; low back care and prescription; flexibility and prescription; soft tissue rehabilitation; weight control; nutrition and prescription; resistance training prescription; prescription in the pre- and postnatal environment; prescription for the elite athlete, the cardiovascularly impaired, the aged, the disabled

and the child.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students are expected to be able to:

- Understand the theoretical knowledge and practical skills necessary to the task of prescribing exercise;
- Prescribe theoretically sound exercise programs for a variety of sporting populations and exercising individuals;
- Demonstrate the ability to identify and correct unsafe exercise techniques and exercises when executed by clients/patients;
- Demonstrate the competency to conduct pre-screening, informed consent, medical history taking and safe exercise assessment of clients prior to safe exercise programme implementation;
- Apply and translate the science of exercise prescription into the art of practicing clinical exercise physiology to clients/patients in the work placement and eventually the work force.

Class Contact: Two hours of practical labs per week One hour of lecture per week One hour of tutorial per week

Required Reading: American College of Sports Medicine 1986, 3rd edn, Guidelines for graded exercise testing and prescription, Philadelphia: Lea and Febiger. Landers, DM (ed) 1986, Sport and elite performers, Champaign, Illinois: Human Kinetics. MacDougall, JD, Wenger, HA & Green, HJ 1982, Physiological testing of the elite athlete, Ithaca: Movement.

Assessment: Exercise, Oral test review of anatomy/physiology of exercise, 10%. Case Study, Child 20%, sub-elite 20%, elite 20%, 60%. Examination, Final examination, 30%. Total effective word limit 5000 words.

AHH5160 EXERCISE AND SPORT SCIENCES FIELDWORK

Locations: Footscray Park.

Prerequisites: Nil.

Description: The aims of this unit of study are to: provide students with the opportunity to apply sport and exercise theory and practice in a practical setting; introduce students to the range of career options within the field; and extend the professional networks of students.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students are expected to be able to:

- Demonstrate experience in exercise prescription, design, conduct and evaluation of exercise and sport science programs;
- Demonstrate practical knowledge of differing organisational models, the roles of other health professionals, referral and communication pathways and medical record systems;
- Identify incorrect execution of exercises;
- Discuss exercise progression with exercise practitioner and client.

Class Contact: Eight hours of seminars in total for one semester in addition to 160 hours of field contact.

Required Reading: To be advised by lecturer.

Assessment: Due to the individual nature of this unit of study assessment is graded on a satisfactory/unsatisfactory basis. All components of assessment must be

completed and passed in order to receive a satisfactory grade. Practicum, Fieldwork (160 hours minimum) & field supervisor's evaluation, Pass/Fail. Report, Completion of a satisfactory placement report, Pass/Fail. Other, Class readings, Pass/Fail. Assignment, Class assignments, Pass/Fail. Total effective word limit 5000 words.

AHR4431 HONOURS THESIS (FULL-TIME)

Locations: Footscray Park.

Prerequisites: Nil.

Description: The Honours thesis is designed to be an educational experience that gives the student the opportunity to conceptualise, design, implement and evaluate a specific research project related to recreation management. Unlike a Masters or Doctoral thesis, the Honours thesis is not expected to, although it may, contribute to a discipline's body of knowledge. The broad aim of the unit is to promote the development of the student as an independent researcher. The specific aims are to develop and use the skills necessary to conduct a research project and present a formal written thesis. The student should be able to generally display the resourcefulness and academic rigour required of an independent researcher. More specifically, the student should be able to: identify/construct a research problem or issue; review the relevant literature; determine appropriate methods (including ethics) to study the problem; collect and analyse data, using suitable quantitative, qualitative or other appropriate methods and techniques; report the results, discuss the results in the context of the review of literature, draw conclusions, evaluate the process undertaken and make recommendations for future research and for practice; and present the whole process clearly and accurately in a formal thesis normally between 7000 and 15,000 words.

Credit Points: 48

Learning Outcomes: On successful completion of this unit, students will be able to:

- Conduct a research project;
- Present a formal written thesis.

Class Contact: The research process will be monitored by regular meetings with the supervisor in light of the agreed-upon research proposal. On the advice of the supervisor, students may be required to undertake coursework studies to acquire or develop the knowledge and skills required to successfully complete the thesis.

Required Reading: To be advised by lecturer.

Assessment: The final thesis will be examined by two academics with expertise in the specific area of the research. These may be internal or external to the School or the University and will not include the supervisor. This examination will constitute 100% of the assessment. Each examiner will independently recommend one of the following outcomes to her/his assessment of the thesis: pass (with an appropriate letter grade) without further examination; pass (with an appropriate letter grade) subject to corrections to the satisfaction of the School's Honours Courses Committee; deferred for resubmission after major revision; or fail. In the event that there is a major disagreement between the examiners, a third examiner will be appointed.

AHR4432 HONOURS THESIS (PART-TIME)

Locations: Footscray Park.

Prerequisites: Nil.

Description: The Honours thesis is designed to be an educational experience that gives the student the opportunity to conceptualise, design, implement and evaluate a specific research project related to recreation management. Unlike a Masters or Doctoral thesis, the Honours thesis is not expected to, although it may, contribute to a discipline's body of knowledge. The broad aim of the unit is to promote the

development of the student as an independent researcher. The specific aims are to develop and use the skills necessary to conduct a research project and present a formal written thesis. The student should be able to generally display the resourcefulness and academic rigour required of an independent researcher. More specifically, the student should be able to: identify/construct a research problem or issue; review the relevant literature; determine appropriate methods (including ethics) to study the problem; collect and analyse data, using suitable quantitative, qualitative or other appropriate methods and techniques; report the results, discuss the results in the context of the review of literature, draw conclusions, evaluate the process undertaken and make recommendations for future research and for practice; and present the whole process clearly and accurately in a formal thesis normally between 7000 and 15,000 words.

Credit Points:24

Learning Outcomes:On successful completion of this unit, students will be able to:

- Conduct a research project;
- Present a formal written thesis.

Class Contact:The research process will be monitored by regular meetings with the supervisor in light of the agreed-upon research proposal. On the advice of the supervisor, students may be required to undertake coursework studies to acquire or develop the knowledge and skills required to successfully complete the thesis.

Required Reading:To be advised by lecturer.

Assessment:The final thesis will be examined by two academics with expertise in the specific area of the research. These may be internal or external to the School or the University and will not include the supervisor. This examination will constitute 100% of the assessment. Each examiner will independently recommend one of the following outcomes to her/his assessment of the thesis: a pass (with an appropriate letter grade) without further examination; pass (with an appropriate letter grade) subject to corrections to the satisfaction of the School's Honours Courses Committee; deferred for resubmission after major revision; or fail. In the event that there is a major disagreement between the examiners, a third examiner will be appointed.

AHS0051 MANAGING SPORT FUTURES

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit of study begins with a consideration of the rapid and fundamental changes confronting the individual and society and the likely impact on work and leisure. A range of theoretical perspectives will be used to analyse these changes: postfeminism, postcolonialism and postmodernism. The implications for sport will be central to the unit. Topics include: sport technologies and design innovation; genetic manipulation; body monitoring; electronic sport; tele-realistic sport; tele-robotics; e-commerce for sport retailing; multimedia; interactivity; digital venues; simulators; the information society; electronic sport; virtual sport; cybersport; virtual fitness; virtual billboards and post-electronic advertising; artificial intelligence; and the challenge of new disabilities. Finally, practices for managing the postmodern scene will be developed for athletes, spectators, coaches and others working and playing in the postmodern sport arena.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to: Demonstrate written and verbal understanding of postmodern theories of the person, society, technology and sporting communities and practices; Identify management opportunities and perspectives within the postmodern, technologically and environmentally challenged and changing global sports context.

Class Contact:1.5 hour lecture and 1 hour tutorial each week

Required Reading:Rail, G 1998, Sport and post-modern times, SUNY, New York,
Assessment:Project, A major project ,, 50%. Participation, Participation in workshop activities,, 30%. Other, Submission of issues paper,, 20%.

AHS0052 SPORT TOURS AND TEAM ITINERARY PLANNING

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit of study begins with an analysis of frameworks and classifications for understanding the nature of sport team itinerary planning, and the leading of sport tours. It then details the major supply and demand descriptors. The characteristics of the sport tour and team itinerary experience are described and analysed. The major social, economic, ecological, health and political issues related to team travel and sport tours are submitted for critical analysis. Attention then falls on the Australian scene wherein sport tours and team itinerary planning is placed in historical context. A special focus is put on the role of government in supporting and promoting team travel and sport tours. Management, marketing, planning and policy development strategies and skills are detailed. Case studies will be used throughout. Local cases include: national championships, the Australian Tennis Open, AFL Grand Final, Melbourne Cup, Olympic and Commonwealth Games, World Masters Games and the Melbourne Festival. Overseas cases include: World Championships, Wimbledon Tennis Open, Tour De France, the Gay and Lesbian Games, World University Games, the Superbowl, and selected sport sites of historical significance.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students should be able to:

- Understand the increase in sport tourism and the growing attention of industry, government and research in this field;
- Define understand the concepts of sport, tourism and sport tourism;
- Highlight the major segments of sport tourism, including active, event and nostalgia sport tourism, as well as the capacity to provide specific examples of each;
- Understand how interdisciplinary research can advance the understanding of sport tourism as an academic subsequent and an industry sector.

Class Contact:1.5 hour lecture and 1 hour tutorial each week

Required Reading:Hinch, T & Higham, J 2004, Sport tourism development, Channel View Publications, Cleveland, McDonnell, I 1999, Festival and special event management, Jacaranda Wiley, Sydney,

Assessment:Project, A major project, 60%. Other, Seminar paper, 20%. Presentation, Class presentation, 20%.

AHS0053 BUSINESS TOPICS IN SPORT ADMINISTRATION

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit of study will cover specific sport management competencies that will enhance the professional skills of students. Topics will be rotated to take into account student interest, current problems facing the sport industry, and emerging skill requirements. Topics will include: statistics packages for sport managers; consumer behaviour in sport; stadium design for sport leagues and mega-sport events; managing sport crowds; and strategies for community sport development.

Credit Points:12

Learning Outcomes: On successful completion of this unit, students will be able to:

- Identify key trends in global sport management;
- Understand the emerging skill requirements in the commercial and community sport sectors;
- Demonstrate new found proficiency in a specific field of sport management;
- Explain how this proficiency can improve the overall effectiveness and efficiency of sport events, facilities, associations and leagues.

Class Contact: Lectures: 12 x 1.5 hours; Tutorials: 12 x 1 hour; Field visits: 10 hours.

Required Reading: Foster, G, Greyser, S & Walsh, B 2006, The business of sports: texts, cases and strategies, Thomson, Stamford.

Assessment: Test, Mid-semester quiz on global trends in sport management (200 words), 20%. Report, Individual report that analyses a current problem in sport management (800 words), 30%. Case Study, Uses observations and interviews to examine how a specific management skill was applied to a sport organisation's operations (2000 words), 50%.

AHS0054 SPORT GAMING AND GAMBLING

Locations: Footscray Park.

Prerequisites: Nil.

Description: This unit of study aims to provide students with a social, cultural, historical and commercial framework within which the development of sport, gaming and gambling in Australian culture may be understood. It begins with an historical overview of sport and gambling and then examines a number of themes and issues such as: the social impact of gambling; electronic gaming and betting; match fixing; and bribery and corruption in sport. Special attention is given to gaming and gambling as they relate to the horse racing industry, Australian Rules football and international cricket. Theories and models of ethnographic research are also discussed, and as part of the unit requirements, students will be expected to undertake a fieldwork/observation project.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students are expected to be able to:

- Display an understanding of the development of gambling and gaming as a major factor in Australian sport;
- Critically discuss and research (with a particular emphasis on ethnography) aspects of sport, gaming and gambling in an Australian context (ie. communicate effectively as a professional and a citizen, and be able to locate, evaluate, manage and use information effectively);
- Bring historical knowledge to bear upon the understanding of current issues associated with sport, gaming and gambling from a global perspective (ie. be an effective problem-solver in a range of settings, including professional practice and work, both autonomously and collaboratively as a professional).

Class Contact: Lectures: 12 x 1.5 hours; Tutorials: 12 x 1 hour for one semester.

Required Reading: Costello, T & Millar, R 2000, Wanna bet? Winners and losers in gambling's luck myth, Allen and Unwin, St Leonards, New South Wales,

Assessment: Project, Group tutorial project/presentation (45 minutes; 1000 words), 38%. Research Paper, Research paper (2000 words), 32%. Examination, Final examination (2 hours;), 30%.

AHS0055 COMPARATIVE STUDIES IN SPORT AND PUBLIC POLICY

Locations: Footscray Park.

Prerequisites: Nil.

Description: This unit of study begins with a consideration of the transformation of Australian sport over the last 50 years. A range of theoretical perspectives will be used to analyse these changes. These perspectives involve a neo-Marxist approach, a pluralist approach, and a managerialist approach. The unit will then discuss and explain a number of the turning points in Australian sport policy. Current government policies on sport will be reviewed, and the impact of these policies on sport development will be analysed. Australian sport policy will be contrasted with sport policy in Great Britain, New Zealand, North America and Europe. The unit will end with a detailed discussion of how changes in policy can be used to manufacture/engineer different forms of sport development and sport structures.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students will be able to:

- Explain how government policy is formulated and implemented within a sport context;
- Identify the benefits that arise from government involvement in sport;
- Explain how different political ideologies influence sport policy;
- Provide a detailed history of Commonwealth Government sport policy;
- Critically review current Commonwealth Government sport policy;
- Compare and contrast Australian sport policy with the sport policy of other countries.

Class Contact: 1.5 hour lecture and 1 hour tutorial each week

Required Reading: Houlihan, B 1997, Sport, policy and politics, Routledge, London,

Assessment: Project, Major project (3000-4000 words), 50%. Workshop, Participation in workshop and online activities, 30%. Other, Submission of issues paper, 20%.

AHS0071 ADMINISTRATION OF AQUATIC PROGRAMS

Locations: Footscray Park.

Prerequisites: Nil.

Description: The overall aim of this unit of study is to give students knowledge and practical expertise in the administration of an aquatic recreation facility. It will also qualify them for the Royal Life Saving Society Pool Lifeguard Award. The practical and theoretical parts of the unit include: water chemistry; Health Department regulations; microbiology and disease in the aquatic environment; and an overview of the operation of pool treatment plants. Overall facility administration, aquatic recreation programming and safety issues in this environment will also be covered. The Pool Lifeguard award covers the major areas of safety and risk management, pool surveillance and life guarding and aquatic emergency care. Students will be given the option of taking out the RLSSA Pool Lifeguard Award if they are holders of the Bronze Medallion. Students will meet the cost of obtaining these awards.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students will be able to:

- Understand and use knowledge of pool operations, water treatment, aquatic facility administration, aquatic programming, risk management and emergency procedures within an aquatic leisure facility;
- Fulfil professional lifeguard duties including the overseeing of safety and emergency procedures within an aquatic leisure facility.

Class Contact:This unit is delivered intensively over one week, usually during the summer school period. Equivalent to 30 contact hours.

Required Reading:RLSSA, nd, Lifeguarding: the manual, RLSSA, Australia, RLSSA, nd, RLSSA, nd, RLSSA, Australia.

Assessment:Examination, Practical (in the water and testing scenarios), examinations (for the Pool Lifeguard Award) ,, 45%. Examination, Theory examination (2 hours, short answer) (for the Pool Lifeguard Award) (800 words) ,, 25%. Research Paper, Research paper (on a central aspect of management of an aquatic leisure facility) (2000 words),, 30%.

AHS0072 SPORT AND PUBLIC POLICY

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit of study will introduce students to the Australian government sport policy and the ways in which it impacts on the structure and operation of organisations in the field of sport. It addresses both elite and community sport and takes a global perspective by making international comparisons and linkages.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to:

- Understand how government policy is formulated and implemented within a sport and recreation context;
- Identify the benefits that may arise from government involvement in sport;
- Explain how different political ideologies influence sport policy;
- Provide a detailed history of Commonwealth Government sport policy;
- Critically review current Commonwealth Government sport policy, particularly the balance between elite and community sport development;
- Understand the ways in which Commonwealth policies connect with state and local government sport policies;
- Compare and contrast Australian sport policy with the sport policy of other countries.

Class Contact:Lectures: 12 x 1.5 hours; Tutorials: 12 x 1 hour; Field work: 10 hours.

Required Reading:Stewart, B, Nicholson, M, Smith, A & Westerbeek, H 2004, Australian sport: better by design, Routledge, London,

Assessment:Other, Briefing paper on the justification for government support for sport (500 words) ,, 20%. Assignment, Assignment that examines the formation and implementation of a policy initiative (500 words),, 30%. Assignment, Major assignment that provides international policy evaluation (2000 words),, 50%.

AHS0113 SOCIAL ISSUES IN SPORT ADMINISTRATION

Locations:Footscray Park.

Prerequisites:Nil.

Description:The aim of this unit of study is for students to develop an understanding of how sociological forces impact on the sport administration process. The unit focuses on some of the major issues facing Australian sport including: drugs; on-field violence; crowd violence and riots; injuries and accidents; player welfare and retirement; sexual harassment; body image and gender identity; crime, corruption and match fixing. These issues are considered in the broader social context, and subsequently linked to appropriate management strategies. The policy implications of these issues are also explored.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to:

- Understand current issues confronting sport: drugs, on-field violence, crowd violence and riots, injuries and accidents, retirement, sexual harassment, misdemeanours, crime and corruption, environmental impacts, body image and so on;
- Place the above in the broader social (sociological) context;
- Have the capacity to develop specific management strategies, both extra-organisational and intra-organisational to address issues in sport;
- Provide relevant sport policy initiatives.

Class Contact:1.5 hour lecture and 1 hour tutorial each week

Required Reading:Kell, P 2000, Good sports: Australian sport and the myth of the fair go, Pluto Press, Sydney,

Assessment:Tutorial Participation, Tutorial participation and presentation,, 50%. Other, Major term paper,, 50%.

AHS0114 FOOTBALL STUDIES

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit of study adopts a multidisciplinary approach to the study of various codes of football. Particular attention is given to the political, historical, economic and cultural dimensions of the sport at local, national and international levels. The unit also seeks to contextualise the increasing globalisation and commercialisation of football through a cross-code analysis of a number of related themes, namely gender, identity, ethnicity, fandom and community. A number of methodologies for undertaking football-related research are also considered. In this unit of study, special attention is given to the academic skills of reading, writing and research, complementing the instruction provided in other units.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students are expected to be able to:

- Understand the origins, development and diffusion of various football codes;
- Critically discuss and apply various research methods to the various football codes and the football industry in specific Australian contexts (ie. communicate effectively as a professional and citizen and locate, evaluate, manage and use information effectively);
- Bring historical knowledge to bear upon the understanding of current issues and themes associated with the football industry from a global perspective (ie. be an effective problem-solver in a range of settings, including professional practice, and work both autonomously and collaboratively as a professional).

Class Contact:Lectures: 12 x 1.5 hours; Tutorials: 12 x 1 hour for one semester.

Required Reading:Hess, R, Nicholson, M, Stewart, B & de Moore, G, A national game: the history of Australian Rules Football, Camberwell, Victoria: Penguin, 2008. Klugman, M, Passion play: love, hope and heartbreak at the footy, Melbourne: Hunter Publishers, 2009.

Assessment:Exercise, Archival field trip report (250 words), 15%. Research Paper, Research paper (2,000 words),, 60%. Examination, Final examination (1.5 hours), 25%. Total effective word limit 3000 words.

AHS0131 RECREATION ENTREPRENEURSHIP

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit of study outlines the application of management techniques in a small recreation business environment. The operational issues involved in establishing and starting a small business in recreation are presented. Students will become familiar with community-based resources and networks applicable to small business in recreation. Understanding the processes and application of Australian taxation laws, with particular emphasis upon the GST, is important in the unit. Students will learn how to develop a sound business proposal that sets out a strategic plan and fundamental operational strategies and to prepare and submit tender documents for recreation services.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to:

- Apply small business management principles in a recreation setting;
- Demonstrate an awareness of the community networks and resources available to support small business in recreation;
- Apply basic legal and taxation principles for a small business in recreation;
- Develop a tender document to undertake a recreation-based project.

Class Contact:Lectures: 12 x 1.5 hours; Tutorials: 12 x 1 hour; Field work: 10 hours.

Required Reading:A Book of Readings distributed by lecturer.

Assessment:Other, Individual small business proposal (1500 words),, 40%. Report, Individual report on an issue in small business development in recreation (1000 words),, 30%. Project, Syndicate project tender proposal for real recreation project (WIL) (1000 words per syndicate member),, 30%.

AHS0134 INCLUSIVE RECREATION STRATEGIES

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit includes an overview of contemporary inclusive practices in the sport and recreation industry and how they comply to government policies and legislation. It provides an insight into the diverse needs of underrepresented marginalised communities/peoples in sport and recreation, and how to evaluate the effectiveness of industry policies and practices for the meaningful inclusion of these groups. Underrepresented communities/peoples include:ethnically diverse and CALD communities, Indigenous peoples, people with disabilities, the homeless, refugees, and the lesbian, gay, bisexual, transgender and intersex (LGBTI) communities.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students are expected to be able to:

- Demonstrate an understanding of the diverse needs of population groups that are underrepresented in sport and recreation;
- Analyse and evaluate inclusive sport and recreation industry policies and practices;
- Articulate their personal and professional philosophy of sport and recreation within an inclusive context.

Class Contact:Lectures: 12 x 1.5 hours; Tutorials 12 x 1 hour.

Required Reading:Patterson, I & Taylor, T (eds) 2001, Celebrating inclusion and

diversity in leisure, Williamstown, Victoria: HM Leisure Planning.

Assessment:Report, Online training session/analysis report, 10%. Presentation, Group presentation, 20%. Assignment, Written report from group presentation, 30%. Test, Quiz, 40%. Total effective word limit 3000 words.

AHS0141 BUSHWALKING LEADERSHIP

Locations:Footscray Park.

Prerequisites:AHS1012 - THEORIES OF OUTDOOR EDUCATION

Description:This unit of study complies with industry standards and requirements as established by the Adventure Activity Standards and administered by the Outdoor Recreation Centre. In this unit students will develop: lightweight camping skills, planning and logistics, facilitation and leadership skills to participate in and conduct day and extended overnight bushwalks. They will gain sound knowledge of the theories and modes of instruction of bushwalking and an understanding of the physical, mental and social demands of bushwalking and lightweight camping. Caring for, and appreciation of, the bush environment through the utilisation of minimal impact practices and industry-accepted standards will be emphasised.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to:

- Plan, implement and review day and extended overnight bushwalks;
- Effectively manage groups in a range of environments through an understanding and application of leadership and group interaction theories;
- Demonstrate effective minimum impact approaches to bushwalking and the importance of sustainable practices in the bush environment;
- Select appropriate equipment for each bushwalk, and provide appropriate instructional techniques to ensure safe outcomes.

Class Contact:Lectures: 12 x 1 hour; Tutorials: 12 x 2.5 hours; Camp-based: 200 hours.

Required Reading:Victorian Bushwalking and Mountaineering Leadership Training Advisory Board 2002, Bushwalking and mountaineering leadership, Department of Sport and Recreation, Melbourne,

Assessment:Practicum, Practical skills and fieldwork (WIL) (1500 words),, 50%. Assignment, Written assignments/presentations (1500 words),, 50%.

AHS0144 THEORY AND APPLICATION OF ROCK CLIMBING

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit complies with industry standards and requirements as established by the Adventure Activity Standards and administered by the Outdoor Recreation Centre. This unit will introduce students to the activity of rock climbing covering a brief history of its development and explaining the different styles of climbing that exist today. The unit focuses on the use of rock climbing and abseiling as a recreational activity and educational tool for groups within the community.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to:

- Appreciate the theoretical, educational, environmental and recreational outcomes of climbing and abseiling;
- Identify potential hazards in climbing environments and develop risk management strategies to counter these hazards;

- Safely manage groups through an understanding of effective leadership theory and planning practices;
- Examine the implications of Department of Education Safety Guidelines in development of rock climbing and abseiling activities;
- Demonstrate the required skills to assist in the successful facilitation of climbing experiences, with the opportunity to satisfy the Artificial Surface Climbing Guide qualification.

Class Contact:Lectures: 12 x 1 hour; Tutorials: 12 x 2.5 hours; Field trips: 168 hours.

Required Reading:Dickson, T & Tungwell, M 2000, The risk management document: strategies for risk management in outdoor and experiential learning, ORIC, Sydney, Priest, S & Gass, M 2005, 2nd edn, Effective leadership in adventure programming Venture Publishing, State College PE,

Assessment:Practicum, Practical skills and field work (WIL equivalent) (1500 words),, 50%. Assignment, Written assignments/presentations (1500 words),, 50%.

AHS0232 PARK MANAGEMENT

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit of study considers issues related to the management and provision of natural environments for quality outdoor experiences. Planning and management of parks to meet the sometimes competing economic, environmental and leisure goals of a changing society present a challenge for the recreation professional. This unit seeks to address the issues that arise from conflicting demands by providing an historical and cultural perspective of parks by presenting an overview of current park management concepts and techniques, and by encouraging a critical assessment of current management practices.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to:

- Understand the ways in which urban, regional and national park systems in Australia evolved to meet the changing demands of society for nature-based leisure opportunities;
- Understand the major concepts underlying parks and park systems;
- Understand competing demands on a diminishing natural resource base in a climate of environmental and economic accountability;
- Better manage parks and park systems;
- Evaluate the appropriateness of strategies that are being implemented by park management.

Class Contact:Lectures: 12 x 1.5 hours; Tutorials: 12 x 1 hour; Field work: 10 hours.

Required Reading:Worboys, G, Lockwood, M & De Lacy, T 2001, Protected area management: principles and practice, Oxford University Press, Melbourne, Victoria, Online resources associated with city, state and national parks in Australia,

Assessment:Presentation, Group park analysis: report and presentation (WIL) (1000 words per student),, 35%. Essay, Individual issue essay (WIL) (1200 words),, 25%. Examination, Mid-semester test and final examination (1200 words),, 40%.

AHS0242 THEORY AND INSTRUCTION OF RIVER CRAFT

Locations:Footscray Park.

Prerequisites:AHS1013 - OUTDOOR SAFETY SKILLSOr equivalent unit or experience.

Description:This unit of study complies with industry standards and requirements as

established by the Adventure Activity Standards and administered by the Outdoor Recreation Centre. This unit aims to impart theoretical, practical and instructional skills in kayaks and open Canadian canoes on still water and down river. Leadership theories, safety and risk management issues (eg. rescue) and procedures for day trips and extended trips with diverse groups will be covered. Students will develop theoretical understandings of river and water flow dynamics and their implication for river travel. As well, they will extend their appreciation of the relationships between rivers and surrounding land, flora and fauna and the need for conservation. The value of river trips in educational and recreational settings will be explored.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to:

- Understand the industry context of river craft and have the opportunity to gain their Flat Water Instructor Level 1 and White Water Guide Level 2;
- Understand the safety issues and risk management of aquatic environments through the exploration of risk management theory and practice;
- Apply appropriate planning and facilitation strategies to plan and lead trips on Grade 2 rivers;
- Facilitate and teach specific learning outcomes for diverse groups;
- Appreciate the environmental issues surrounding inland waterways and utilise minimal impact practices to assist in maintaining the sustainability of this environment;
- Appreciate the value of river trips as recreational experiences and educational tools.

Class Contact:Lectures: 12 x 1 hour; Tutorials: 12 x 1.5 hours; Field trips: 140 hours.

Required Reading:Whiting, K & Varette, K 2004, The ultimate guide to white water kayaking, The Heliconia Press, Beachburg, Ontario, Ray, S 2002, Swiftwater rescue field guide, CFS Publishers, Ashville, NC,

Assessment:Practicum, Practical skills and field work (WIL equivalent) (1500 words),, 50%. Assignment, Written assignments/presentations (1500 words),, 50%.

AHS0246 THEORY AND APPLICATION OF SKI TOURING

Locations:Footscray Park.

Prerequisites:AHS0141 - BUSHWALKING LEADERSHIP

Description:This unit of study complies with industry standards and requirements as established by the Adventure Activity Standards and administered by the Outdoor Recreation Centre. This unit will enable students to apply their understandings of winter alpine environments and theories associated with travel, living and safety experientially. They will gain skills in ski touring and snow camping based on biomechanical analysis of techniques and theories of heat loss and retention. Understanding of the unique alpine environment and the sciences of the complex weather and geological patterns that create it will be applied. Minimal impact practices to ensure sustainability will also be a major focus of this unit. As well, students will develop an appreciation of the physical, mental and social demands and benefits of these activities.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to:

- Demonstrate a theoretical and practical knowledge of alpine environments and the skills required to travel and camp safely in remote locations;
- Demonstrate strategies to manage and lead groups in remote and extreme environments through an exploration of leadership and group management theory;
- Explain experiences of a range of survival techniques and risk management processes for alpine environments;
- Demonstrate the development of cross-country skiing skills towards gaining an Assistant Instructors qualification.

Class Contact:Lectures: 12 x 1 hour; Tutorials: 12 x 1.5 hours; Camp-based field work: 60 hours.

Required Reading:VBMCLTAB 2002, 2nd edn, Bushwalking and mountaineering leadership, Victorian Bushwalking and Mountaineering Leadership Training Advisory Board, Melbourne, Priest, S & Gass, M 2005, 2nd edn, Effective leadership in adventure programming, Venture Publishing, State College, PE,

Assessment:Practicum, Practical skills and field work (WIL equivalent) (1500 words), 50%. Assignment, Written assignments/presentations (1500 words), 50%. Students will be required to demonstrate a range of skills that relate to self and group maintenance in the outdoors and will display a sound understanding of leadership and group management theories as they relate to the adventure programming experience. Written assignments and presentations are developed in conjunction with practical skills and fieldwork. Students will negotiate an area of research and a literature review that relate to an aspect of their studies. The findings of their research will be presented to their peers.

AHS0247 THEORY AND PRACTICE OF ACTIVITY BASED COASTAL INTERPRETATION

Locations:Melton, Footscray Park.

Prerequisites:Nil.

Description:This unit of study is designed to provide students with a thorough and comprehensive understanding of the requirements of facilitating experiential activities in a coastal environment. Students will encounter a range of specific coastal-based activities and through consideration of the theories, experiential nature and application of these activities develop appropriate leadership, planning and facilitating techniques. Students will gain an appreciation of the coastal environment and be able to apply appropriate minimal impact and risk management techniques in their facilitation. Students will also develop an appreciation of the physical, mental and social demands and benefits of these activities.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to:

- Plan, implement and instruct coastal experiences for a variety of specific populations, including primary and secondary school students and community groups;
- Demonstrate appropriate instructional skills through an exploration of instructional techniques and theories;
- Appreciate the flora and fauna of the coastal environment, environmental issues and minimal impact practices required to ensure sustainability;
- Identify risks and implement effective strategies to manage these risks, through an understanding of risk management theory and practice;

- Understand the use of the coastal experience for a range of educational and recreational outcomes.

Students will also have the opportunity to gain their Community Surf Lifesaving qualification through undertaking this unit.

Class Contact:Lectures: 12 x 1 hour; Tutorials: 12 x 1.5 hours; Camps and field time: 60 hours.

Required Reading:Students will be supplied with required readings upon commencement of the unit.

Assessment:Practicum, Practical skills and fieldwork (WIL equivalent) (1500 words), 50%. Assignment, Written assignments/presentations (1500 words), 50%.

AHS0248 THEORY AND APPLICATION OF MOUNTAIN BIKE LEADERSHIP

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit of study complies with industry standards and requirements as established by the Adventure Activity Standards and administered by the Outdoor Recreation Centre. It also provides students with the opportunity to satisfy the Department of Education and Training requirements for Bike Ed and Cycle On qualifications. This unit will develop the students' ability to safely lead cycling trips of various kinds in a variety of environments. The unit will, after consideration of the mechanical and biomechanical principles of cycling, present students with a range of opportunities to develop their cycling skills both on and off road. They will develop an understanding of relevant cycling rules and regulations (based on state and local laws) and common industry best practice which takes into account environmental issues. Students will be presented with a range of situations through which they will be able to explore safe group leadership, risk management and the facilitation of safe mountain biking trips. The unit focus is the use of mountain biking as a recreational activity and educational tool for groups within the community.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to:

- Demonstrate practical teaching and facilitation strategies in relation to leading groups in a variety of environments;
- Apply leadership and group management theories related to mountain bike leadership;
- Understand risk management theory and practice related to the safe conduct of mountain biking experiences;
- Perform basic safety checks and maintenance on bicycles;
- Ensure the safe management of groups and individuals;
- Demonstrate enhanced cycling skills and experience, and develop an understanding of the efficient biomechanics of cycling;
- Express an appreciation for the bush environment, environmental issues and sustainability practices related to mountain biking;
- Understand cycling common practice and the law.

Class Contact:Lectures: 12 x 1 hour; Tutorials: 12 x 1.5 hours; Field time and camps: 60 hours.

Required Reading:Ryan, K 2002, Off road cycling adventures, ORCA Publications, Melbourne, Priest, S & Gass, M 2005, 2nd edn, Effective leadership in adventure programming, Venture Publishing, State College, PE,

Assessment:Practicum, Practical skills and field work (WIL equivalent) (1500 words) ,, 50%. Assignment, Written assignments/presentations (1500 words) ,, 50%.

AHS0249 THEORY AND PRACTICE OF ADVENTURE PROGRAMMING

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit of study complies with industry standards and requirements as established by the National Outdoor Leadership Registration Scheme and the Adventure Activity Standards. In this unit emphasis will be on developing specific leadership experience with adventure/recreation programs, as well as examining critical leadership and program design elements. Personal leadership skills and styles will be developed. The unit will integrate adventure-based experiential learning theories, models and concepts with the skills of adventure programming and implementation and the safety procedures necessary to lead the activities. Specific areas of the application of adventure therapy will also be considered.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to:

- Apply skills in the selection and facilitation of adventure-based learning activities;
- Utilise specific leadership theories and techniques in adventure-based learning;
- Utilise debriefing, transference and processing theories and skills;
- Appropriately apply the processes and theories of providing feedback;
- Conduct a needs assessment for successful adventure-based program design;
- Employ techniques in managing group safety during activity participation.

Class Contact:Lectures: 12 x 1.5 hour; Tutorial: 12 x 2 hours; Camps: 90 hours.

Required Reading:Schoel, J & Maizell, R 2002, Exploring islands of healing: new perspectives on adventure based counselling, Project Adventure, Beverly, MA.

Assessment:Practicum, Practical skills and fieldwork (WIL equivalent) (1500 words), 50%. Assignment, Written assignments/presentations (1500 words), 50%.

AHS0283 FIELD EXPERIENCE

Locations:Footscray Park.

Prerequisites:Nil.

Description:Field experience aims to provide students with the opportunity to place their acquired theory and knowledge into a relevant and practical context through application.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to:

- Provide students with valuable practical experience in sport that can be recorded in their resume and discussed during future job interviews;
- Enhance the employability of students in the sports industry through experience gained, and skills developed, during a 105-hour placement;
- Further develop each student's network of sport industry contacts;
- Reinforce or add to each student's prior knowledge of online learning and communication techniques.

Class Contact:1 hour seminar

Required Reading:To be advised by lecturer

Assessment:Report, Placement Report, 100%.

AHS0290 DIRECTED STUDY

Locations:Melton, Footscray Park.

Prerequisites:Nil.

Description:This unit of study will cover a range of areas in the field of recreation, sport or education negotiated by the students and the supervisor. Examples of likely ways in which study may be directed include the following: critical reviews/papers; annotated bibliography; instrumentation design; pilot projects; performance pieces; facility or program development; facility or program critique; policy analysis etc.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students are expected to be able to:

- Negotiate their topic with an appropriate lecturer/supervisor to develop a formal written contract detailing the scope of their proposal for directed study
- Theoretical outcomes and practical outcomes, will be specified in this contract, the regular contact requirements and the progressive assessment.

Class Contact:Regular contact must be negotiated in the contract with the individual student.

Required Reading:To be negotiated with supervisor.

Assessment:Contracted progressively, submitted and assessed educational exercises (eg. annotated bibliography, review paper(s), program critique, etc) of various weightings 100% (Total Effective Word Limit 3000).

AHS0441 READING UNIT

Locations:Footscray Park.

Prerequisites:Nil.

Description:The Reading Unit is designed so that students are able to immerse themselves in a body of literature in a specific field related to sport administration. Students develop the requisite skills to review, analyse, synthesise and summarise academic literature.

Credit Points:24

Class Contact:The Reading Unit research process will be monitored by regular meetings with the supervisor in light of the agreed-upon Reading Unit proposal.

Required Reading:To be advised by the supervisor in consultation with the student.

Assessment:5000 word critical review of literature 100%.

AHS1012 THEORIES OF OUTDOOR EDUCATION

Locations:Melton, Footscray Park.

Prerequisites:Nil.

Description:This unit of study will consider the history, philosophy and theoretical applications of outdoor education. It will explore the relationship between humans and nature, and the opportunities for personal growth through outdoor education programs. The concepts of leadership, safety, group management, program design and organisation will be introduced.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to:

- Critically analyse the past and future direction of outdoor education;
- Consider by application, the role of adventure in developing human potential and environmental understanding;

- Demonstrate knowledge and skills of lightweight camping;
- Interpret experiences of a range of outdoor education activities.

Class Contact:Lectures: 12 x 1.5 hours; Tutorials: 12 x 1 hour; Field time: 48 hours.

Required Reading:Victorian Bushwalking and Mountain Craft Training Advisory Board 2000, Bushwalking and mountain craft leadership, Department of Sport and Recreation, Melbourne, Victoria.

Assessment:Practicum, Practical skills and field work (1000 words), 30%. Assignment, Written assignments/presentations (2000 words), 70%. Students will demonstrate a range of skills that relate to self and group maintenance in the outdoors. Written assignments and presentations are developed in conjunction with practical skills and fieldwork. Students will negotiate an area of research and a literature review that relate to an aspect of their studies. The findings of their research will be presented to their peers..

AHS1013 OUTDOOR SAFETY SKILLS

Locations:Footscray Park.

Prerequisites:AHS1012 - THEORIES OF OUTDOOR EDUCATIONOr equivalent unit or experience.

Description:This unit of study will examine issues relating to the safe conduct of outdoor education experiences from a range of perspectives. Students will develop their understanding of group management in dynamic environments, documentation, review procedures and the implementation of appropriate safety skills, as applied to a variety of environments and settings.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to:

- Use processes to identify and manage potential risks for individuals and groups in the outdoors;
- Complete pre-trip planning and evaluation of potential risks;
- Understand personal risk assessment;
- Apply and evaluate risk assessment procedures to a range of outdoor educational and recreational activities.

Class Contact:Seminars: 12 x 2.5 hour; Camps: 120 hours.

Required Reading:Dickson. T & Tungwell, M 2000, The risk management document: strategies for risk management in outdoor and experiential learning, ORIC, Sydney.

Assessment:Practicum, Practical skills and field work (WIL equivalent) (1500 words), 50%. Assignment, Students will demonstrate a range of skills that relate to self and group maintenance in the outdoors. Written assignments/presentations (1500 words, 50%.

AHS1015 ENVIRONMENTAL INQUIRY

Locations:Footscray Park.

Prerequisites:AHS1012 - THEORIES OF OUTDOOR EDUCATIONOr equivalent unit or experience.

Description:This unit of study will explore the interdependent relationship between humans and the environment with the focus on education for the environment. The aim is to foster a deeper understanding of the concepts of ecological sustainability and the conservation of natural and urban environments through inquiry and practical application.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to:

- Further explore, through analysis, their personal relationship with urban and non-urban environments;
- Further explore, through analysis, the broad human relationships with urban and non-urban environments;
- Investigate ecological relationships within different environments;
- Apply their understandings of environmental interpretation in practical situations;
- Understand different ecological cycles.

Class Contact:Seminars: 12 x 2.5 hour; Field days: 16 hours.

Required Reading:Current articles as specified by the lecturer.

Assessment:Practicum, Practical skills and field work (1000 words), 30%. Assignment, Written assignments/presentations (2000 words), 70%. Practical skills and field work - Students will demonstrate a range of skills that relate to self and group maintenance in the outdoors. Written assignments and presentations are developed in conjunction with fieldwork investigations. Students will negotiate an area of environmental inquiry that relates to an aspect of the fieldwork. The findings of their research will be presented to their peers.

AHS1016 LEADERSHIP IN THE OUTDOORS

Locations:Footscray Park.

Prerequisites:AHS1013 - OUTDOOR SAFETY SKILLS

Description:This unit of study aims to increase students' understanding of the complexities of leadership, and to develop their skills with sound judgement, empathy and knowledge. Development of the students' skills in processing, facilitating and debriefing experiential activities will also be a major focus as the successful application of these skills will enhance the learning outcomes of group experiences and individual experiences in outdoor education programs.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to:

- Explore, evaluate and implement different styles of leadership and develop strategies for effective leadership and teaching;
- Better understand their own identity, personal strengths and weaknesses in relation to leadership issues;
- Identify theories of group management and group dynamics within the outdoor environment and developed more confidence in managing group communication, interaction and conflict resolution;
- Recognise a range of leadership approaches to crisis management;
- Apply experiential learning theory;
- Understand how to develop appropriate programs for the diverse needs of clients such as youth at risk.

Class Contact:Lectures: 12 x 1 hour; Tutorials: 12 x 1.5 hours; Field time: 100 hours.

Required Reading:Priest, S & Gass, M 2005, 2nd edn, Effective leadership in adventure programming, Venture, State College, PE. New Zealand. Mountain Safety Council 2003, Risk management for outdoor leaders, New Zealand Mountain Safety Council, New Zealand.

Assessment:Other, Practical skills and field work (1500 words), 50%. Assignment, Written assignments/presentations (1500 words), 50%. Students will demonstrate a range of skills that relate to self and group maintenance in the outdoors. .

AHS1017 CONTEMPORARY OUTDOOR RECREATION ISSUES AND TRENDS

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit of study will introduce students to outdoor recreation/adventure tourism and the role of outdoor adventure pursuits in meeting the diverse needs of the community. Students will further develop their understanding of the principles of leadership, legal liability, planning and programming, clothing and equipment, and skills development in the outdoor adventure context. The unit will also touch on the breadth of outdoor recreation activities and opportunities available in today's society. Students will consider current trends, the development of an outdoor recreation-related philosophy, and how outdoor recreation/adventure tourism can be used in shaping people's values and attitudes.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to:

- Demonstrate satisfactorily, the skills and techniques involved in participating in, and planning, safe, responsible and meaningful outdoor adventure programs;
- Compile appropriate industry-related information to make sound planning decisions;
- Understand, through analysis, the current social, political and environmental trends that influence outdoor recreation planning and adventure tourism decisions;
- Apply appropriate theoretical models to generate suitable outcomes for diverse client groups.

Class Contact:Lectures: 12 x 1 hour; Tutorials: 12 x 1.5 hours; Field time: 48 hours.

Required Reading:Swarbrooke, J, Beard, C, Leckie, S & Pomfret, G 2003, Adventure tourism: the new frontier, Butterworth-Heinemann, Burlington, MA. Gartner, W & Lime, D 2000, Trends in outdoor recreation, leisure and tourism, CABI Publishing, London.

Assessment:Assignment, Detailed plan and post-trip report for one outdoor activity (1200 words), 40%. Report, Participant trip log/report for two activities (800 words), 20%. Essay, Philosophy and values of outdoor recreation (1200 words), 40%.

AHS1018 EXPEDITION LEADERSHIP

Locations:Footscray Park.

Prerequisites:AHS0141 - BUSHWALKING LEADERSHIP/AHS1016 - LEADERSHIP IN THE OUTDOORS

Description:This unit complies with industry standards and requirements as established by the Adventure Activity Standards administered by the Outdoor Recreation Centre. In this unit students will develop and apply leadership skills developed in other core and stream units to extended outdoor expeditions. There will be a focus on the theory and practice of expeditioning. Comprehensive risk management planning and implementation will be a feature of the studies. The relevance of expeditioning as an educational and recreational activity will be investigated with particular reference to the development of self-confidence and basic social skills such as trust. The unit will allow students to explore leadership and group management theories and understandings experientially. An extended expedition is considered to be a minimum of eight days in duration.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to:

- Understand the theories and purposes of expeditions;
- Demonstrate planning and leadership skills for an expedition;
- Safely implement an appropriate risk management plan for an expedition;
- Complete an expedition of a minimum of eight days duration;
- Review, reflect and analyse the learning outcomes of the expedition;
- Report on an expedition and its outcomes to their peers.

Class Contact:Seminars: 12 x 3.5 hours; Camps: 184 hours.

Required Reading:Lindblade, A 2001, Expeditions, Hardi Grant Books, Melbourne.

Assessment:Other, Expedition planning proposal and practical preparation (WIL equivalent) (600 words), 20%. Other, Expedition plan (WIL equivalent) (1800 words), 60%. Presentation, Review seminar/presentation (600 words), 20%.

AHS1019 OUTDOOR AND ENVIRONMENTAL PHILOSOPHY

Locations:Footscray Park.

Prerequisites:AHS0141 - BUSHWALKING LEADERSHIP/AHS1016 - LEADERSHIP IN THE OUTDOORS

Description:This unit of study aims to challenge students' understanding of their world and to compare western philosophies with a range of other philosophical approaches. Eco-psychology, social ecology and adventure therapy approaches to the outdoors experience will also be discussed. Students will explore the evolution of environmental consciousness, including the consequences of urbanisation. Issues of social justice, gender and accessibility to outdoor education will be explored. This unit of study also aims to encourage students to develop a philosophical understanding of the implementation of outdoor education programs.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to:

- Understand philosophical perspectives relating to outdoor and environmental education;
- Construct a personal and professional commitment and philosophy which reflects values, ethics and morality in relation to experiences in the outdoors;
- Address issues relating to society and the environment in a socially critical manner;
- Understand current ethical issues in outdoor education/recreation;
- Plan and implement practical outdoor programs based on a sound theoretical basis.

Class Contact:Lectures: 12 x 1 hour; Tutorials: 12 x 1.5 hours; Field time: 60 hours.

Required Reading:Tracey, D 2000, Re-enchantment: the new Australian spirituality, Harper Collins, New York.

Assessment:Other, Practical skills and field work (1500 words), 50%. Assignment, Written assignments/presentations (1500 words), 50%. Practical skills and field work - students will demonstrate a range of skills that relate to self and group maintenance in the outdoors. Written assignments and presentations are developed in conjunction with practical skills and fieldwork. Students will negotiate an area of research and a literature review that relate to an aspect of their studies. The findings of their research will be presented to their peers.

AHS1100 INTRODUCTION TO SPORT AND RECREATION

Locations:Footscray Park.

Prerequisites:Nil.

Description: This unit provides students with knowledge and information that are important for all professionals in the sport and recreation industries. It creates a foundation for much of what is covered in other units and applied throughout the graduates' careers. This unit aims to provide students with an understanding of the breadth and depth of the field of sport and recreation. It assists students to develop a personal and professional philosophy about sport and recreation service delivery. Students gain an understanding of the structure and role of government, community organisations and businesses in sport and recreation service delivery, leisure theory, and the role of sport and recreation in the context of current issues in the field.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students are expected to be able to:

- Explain the range of sport and recreation services in Australia and how these services fit within the wider political, governmental and community context;
- Identify selected definitions, theories and philosophical concepts related to sport and recreation;
- Recognise the role of government and its agencies in influencing the structure and development of sport and recreation in Australia;
- Locate credible references and use this information to write a report about a contemporary sport or recreation issue;
- Undertake a group project that increases appreciation of the breadth and depth of sport and recreation services available;
- Prepare a report that summarises, critically reflects upon and relates to students' direct experiences.

Class Contact: Lectures: 12 x 1 hour; Tutorials: 12 x 1.5 hour.

Required Reading: Veal, AJ, Darcy, S & Lynch, R 2012, 4th edn, Australian leisure, French's Forest, NSW: Pearson.

Assessment: Literature Review, Review contemporary sport and recreation literature on a specific topic of interest to the student (2000 words), 35%. Project, Community sport and recreation delivery group project (600 words per student), 25%. Test, Quizzes and final exam: to demonstrate understanding of key concepts (500 words), 40%.

AHS1101 DISABILITY AWARENESS IN SPORT AND RECREATION

Locations: Footscray Park.

Prerequisites: Nil.

Description: This unit of study will promote an awareness and understanding of disability and recreation. Students will have the opportunity to explore personal and community attitudes toward, and behaviours dealing with, disabilities. Students will also acquire an understanding of the sociological, psychological and physiological traits of various groups of people with disabilities and the implications these have on the provision of recreation services. It will present students with the opportunity to build on the skills, knowledge and abilities they have acquired in Introduction to Recreation, and Recreation Activity Leadership. The unit will serve as a foundation unit for inclusive recreation strategies and leisure and ageing and will provide students with the ability to enlarge the concepts they are exposed to in units such as Sport and Recreation Programming, Sport and Recreation Planning and Community Development.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students will be able to:

- Demonstrate sensitivity and concern for diverse populations;
- Understand personal attitudes and behaviours toward diverse populations;
- Understand the sociological, psychological and physiological characteristics of various special groups and how these relate to recreation;
- Understand the value of the provision of recreation for diverse populations;
- Demonstrate knowledge of various settings for the delivery of recreation to diverse populations;
- Identify potential community resources that may be of assistance in working with diverse populations;
- Understand the concepts of inclusion, integration, mainstreaming and normalisation;
- Demonstrate specific recreation skills, abilities and knowledge that may be utilised in working with diverse populations.

Class Contact: Lectures: 12 x 1 hour; Tutorials: 12 x 1.5 hours; Field work: 25 hours.

Required Reading: Prepared Book of Readings

Assessment: Test, Quizzes (750 words), 50%. Project, Group project (WIL) (1000 words per student), 25%. Project, Individual project (WIL) (1000 words), 25%.

AHS1102 COMPUTERS IN SPORT AND RECREATION MANAGEMENT

Locations: Footscray Park.

Prerequisites: Nil.

Description: This unit of study seeks to provide students with understandings and skills in the application of basic computer programs to sport and recreation administration and leadership tasks. The unit will demonstrate to students the benefits of computing to the management of recreation and its impact on society. Students will develop an electronic portfolio of recreation-oriented computer application files that will facilitate the storage, manipulation and presentation of information. Skills acquired in the unit will assist in the study of most units of the course (eg. wordprocessing and slide presentations) but particularly studies of financial and research aspects of sport and recreation through spreadsheet skills.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students will be able to:

- Understand the basic components and processes of computer technology;
- Use computer file management processes;
- Use wordprocessing to produce documents appropriate to the sport and recreation industry;
- Apply spreadsheet programs to information storage and manipulation problems appropriate to the sport and recreation industry;
- Understand the application of database management programs to store information;
- Apply presentation programs to develop presentation slides;
- Use computer-based communication systems to distribute and gather information;
- Understand the impact of computer technology on modern life including recreation.

Class Contact:Lectures: 12 x 1 hour; Computer laboratory: 12 x 1.5 hours; Field work: 10 hours.

Required Reading:Manuals and help systems of Microsoft Office programs.

Assessment:Other, Collection of wordprocessing, 25%. Other, Spreadsheet, 25%. Other, Other software, 15%. Other, WebCT based discussions (750 words), 15%. Test, Competency test applications and file management (500 words), 20%.

AHS1103 RECREATION AND SPORT FOR CHILDREN AND YOUTH

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit of study provides students with skills that are important for recreation and sport leaders and administrators. For example, students will learn how to use demographic information to target specific age groups for programming. In addition, they will learn about the developmental milestones for each age group and issues that are relevant in regards to programming. Finally, they will examine different approaches to programming and learn how they are beneficial to the various age groups. This unit builds on the ideas that were presented in Introduction to Recreation, Programming in Recreation, Leadership in Recreation and Human Resource Management in Recreation. This unit provides students with skills to develop programs and initiatives that meet the changing needs of young people and the society at large.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to:

- Understand current issues relating to programming for children and young people;
- Appreciate the value of inclusive programming;
- Demonstrate clear strategies for achieving inclusive programming;
- Understand different program structures that can be employed in working with children and young people;
- Understand the ethical and moral considerations involved in working with children and young people.

Class Contact:Lectures: 12 x 1 hours; Tutorials: 12 x 1.5 hour; Field work: 3 hours.

Required Reading:Witt, PA & Caldwell, LL 2005, Recreation and youth development, Venture, State College, PA. PA. Reading Packet available at the bookshop. A selection of tutorial readings and internet searches will also be prescribed.

Assessment:Assignment, Child development case study individual assignment (1000 words), 20%. Report, Program observation reports (WIL) partner assignment (1500 words), 35%. Presentation, Programming paper and presentation partner assignment (1000 words), 25%. Examination, Final examination (500 words), 20%.

AHS1106 RECREATION ACTIVITY LEADERSHIP

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit provides students with a basic understanding of the concepts, theories and practice of leadership as it applies to the recreation setting. It presents students with the opportunities to select, create, modify and lead recreation activities and serves as a foundation for recreation programming. This unit introduces students to recreation activity leadership. The content includes: leadership concepts and theories; activity selection; activity analysis; activity modification; risk management and safety considerations; activity leadership guidelines; cultural, age and gender factors; and introduction to dance, drama, music, low-organised games, social

recreation, recreational sport, art and craft, nature, and outdoor adventure activities.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students are expected to be able to:

- Describe the concepts of leaderships, team building, effective communication, problem solving and recreation activities plan and design;
- Demonstrate effective leadership style for diverse recreation activities and participant attendees;
- Analyse activities and provide constructive feedback, and design evaluations plans for recreation activities and leadership styles;
- Recognise current skills on team building and negotiations for recreation activities;
- Outline recreation activities and leadership styles to changing environment conditions including technology and incorporate cultural diversity.

Class Contact:Lectures: 12 x 1 hour; Workshops: 12 x 1.5 hours.

Required Reading:Reference books are available via e-reserve at the library.

Assessment:Test, Leadership quiz, 10%. Practicum, Leadership interview, 15%. Presentation, Age group presentation and evaluation, 35%. Other, VU community activity presentation and evaluation, 40%. Total effective word limit 3000 words.

AHS1107 SPORT, LEISURE AND SOCIETY

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit of study aims to introduce students to the sociology of sport, leisure and Australian society. Key sociological themes and issues will be covered, enabling an understanding of the contemporary social world and how it shapes sport and leisure. Through this knowledge, students will be encouraged to critically examine some of the common assumptions concerning our society, sport and leisure. The ideas developed in this unit are essential to an understanding of sport and leisure planning, programming, management, leadership and marketing, all of which are fundamental processes utilised in the rest of the course. The theoretical assumptions and empirical knowledge base of these major areas of sport and leisure management draw upon sociological concepts, theories and methods of research.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to:

- Appreciate the diverse range of social forces that influence our lives as individuals and members of society;
- Understand how social forces impact on sport and leisure patterns and lifestyles;
- Explain and evaluate some of the key sociological and sport and leisure concepts and theories;
- Apply the concepts, theories and ideas introduced in this unit to interpret and critically analyse the inter-relationships of society, sport and leisure;
- Interpret how society and individuals operate so that they will be better equipped to meet the demands of their future professional career;
- Understand and appreciate the socially and culturally diverse Australian community, their sport and leisure services, patterns and needs.

Class Contact:Lectures: 12 x 1.5 hours; Tutorials: 12 x 1 hour for one semester.

Required Reading:Cookely, J 2001, 7th edn, Sport in society: issues and controversies, McGraw Hill, Boston,, MA, A Book of Readings for Sport, Leisure and Society will be made available to students.

Assessment:Other, Tutorial readings (1000 words), 25%. Other, Ethnography or autobiographical sociology of sport and leisure involvement (alternating years) (WIL) (1500 words), 35%. Examination, End-of-semester examination. Content of unit (500 words, 40%. Ethnography: an essay about a public space used for sport or leisure based on observation and relating type of usage (eg. gender, activity type, ethnicity, social status) to time and on explanatory sociological concepts or theories. Autobiographical sociology of sport and leisure involvement: an essay telling the story of the student's life featuring their sport and leisure involvement focusing on the many social dimensions (eg. family life, schooling, socioeconomic background, gender, ethnicity, race, sexuality) that shape life and life choices.

AHS1108 SPORT AND THE MEDIA

Locations:Footscray Park.

Prerequisites:Nil.

Description:In this unit students gain an understanding of how the media operates within Australian society generally and within sporting contexts specifically. In particular, it examines the way in which the media impacts on sporting clubs, leagues and associations. This unit also provides students with the requisite practical skills to ensure that they can engage in successful media management when employed in the field of sport and recreation management. The underlying theme of this unit is that sport and the media are engaged in a mutually interdependent relationship, in which each benefit from contact with the other.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students are expected to be able to:

- Demonstrate critical awareness of how the media operates within Australian society generally and within sporting contexts specifically;
- Produce a professional media release;
- Organise and manage a media conference;
- Research, construct and manage a radio program, internet site, community television program, newspaper article and media kit;
- Assess how different sports can position themselves in order to attract publicity and exposure.

Class Contact:Lectures: 12 x 1 hour; Tutorials: 12 x 1.5 hours.

Required Reading:Nicholson, M 2011, Sport and the media: managing the nexus, Routledge: London,

Assessment:Assignment, Weekly commentaries - weeks 1 to 6 (1400 words), 30%. Assignment, Media strategies report - weeks 7 to 11 (1000 words), 35%. Report, Group media content report (600 words), 35%.

AHS1111 SPORT HISTORY AND CULTURE

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit aims to provide students with a social and cultural framework within which the historical development of Australian sport can be understood. The first part of the unit therefore provides an extended historical overview of the development of sport in Australia from Aboriginal occupation to the late 20th century. The second part of the unit then looks in detail at a number of sports as

specific case studies. Special emphasis is given to the development of sport in the Federation era and in the decades immediately following World War II. In this unit, special attention is given to the academic skills of reading, writing and research, complementing the instruction provided in other units.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students are expected to be able to:

- Explain research methodologies used concerning the origins of Australian sport;
- Explain the development of sport as a significant social force in Australian life;
- Find, critically use and analyse primary documents in the field of sport history;
- Critically discuss and research aspects of sport in an Australian context;
- Assess relationships between historical knowledge and the understanding of current issues associated with sport.

Class Contact:Lectures: 12 x 1.5 hours; Tutorials: 12 x 1 hour.

Required Reading:Cashman, R 2002, Sport in the national imagination, Walla Walla Press, Sydney,

Assessment:Exercise, Tutorial learning activities (600 words), 21%. Research Paper, Research paper (2000 words), 39%. Examination, Final examination (2 hours), 40%.

AHS1114 SPORT FUNDING AND FINANCE

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit of study will introduce students to the areas of budgeting and financial management, and their application to sporting organisations. The budgeting section will include an introduction to different budgeting systems, including zero-based, operating, capital and special project budgeting. Special attention will be given to break even analysis. The financial management section will provide for a detailed examination of the financial statements of sporting organisations and their use in administrative decision-making. Students will be introduced to the principles of double entry bookkeeping, balance sheets, profit and loss statements, cash flow statements, financial ratios, and the goods and services tax. Students will be required to examine a number of sport-related case studies.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to: Use the vocabulary of accounting and finance to make informed judgments about the financial affairs of sport organisations; Explain why sound financial management and planning is fundamental to the effective management of sport organisations; Explain the difference between financial management and financial planning in a sport context; Understand the principles of double entry book-keeping; Explain what a balance sheet does and how it gets constructed; Identify the core features of an income and expenditure statement; Explain the function of a cash flow statement and what it is used for; Measure the profitability of sport organisations; Measure the 'liquidity' of sport organisations; Calculate levels of debt dependency of sport organisations; Calculate the wealth and net worth of sport organisations; Diagnose the financial health of sport clubs and associations; Explain the importance of sound financial planning and budgeting; Construct an operating budget for a sport event or project; Use break-even analysis to assist the budgeting process; Develop strategies for containing costs of sport events and projects; Use pricing strategies to broaden

the revenue base and attract users, members and fans.

Class Contact: 1.5 hour lecture and 1 hour tutorial each week

Required Reading: Stewart, N 2006 Sport funding and finance, Elsevier, Boston,

Assessment: Project, Financial plan for a sporting organisation,, 20%. Test, Semester tests, 30%. Report, Financial report, 30%. Case Study, Case study analysis, 20%.

AHS1116 SPORT ADMINISTRATION FOUNDATIONS 1

Locations:Footscray Park.

Prerequisites:Nil.

Description:Students will be introduced to the structure of the Australian sport industry, and will examine the major issues faced by contemporary sport managers. This unit will also introduce students to the strategies that can be used to bolster the performance of coaches, support staff, players, teams, members and fans. The concept of professionalism will also be addressed, and will focus on strategy, change, culture and quality. Students will also be required to undertake field observations involving the operation of a sport organisation. They will also be introduced to the Career Development Program.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to: Understand the distinction between sport organisations and the sport industry; Identify, analyse and discuss the various areas of organisation management in the sport industry; Identify, analyse and discuss the sport management environment; Identify, analyse and discuss the fundamental principles of sport management; Identify, analyse and discuss the future challenges facing sport management organisations; Demonstrate understanding of the various areas of organisational management by designing a sport organisation.

Class Contact: 1.5 hour lecture and 1 hour tutorial each week

Required Reading:Hoye, R, Smith, A, Westerbeek, H, Stewart, B & Nicholson, M 2006, Sport management: principles and applications, Elsevier, Oxford,

Assessment:Other, Online discussions; Workshop participation; Major project., 100%.

AHS1117 SPORT, POLITICS AND SOCIETY

Locations:Footscray Park.

Prerequisites:

Description:This unit of study provides a thorough examination of the current state of Australian sport from multiple perspectives. Firstly, it presents an historical assessment of the role of government and its agencies in influencing the structure and development of Australian sporting practices. Secondly, the unit examines the relationship between elite and community sport, with particular emphasis on the issue of funding and 'sport for all'. Lastly, it examines contemporary trends in Australian sport with reference to issues such as technology, media, lobby groups, ethnicity, race, gender, protest and the environment.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to:

- Critically discuss, research and write about political aspects of sport in an Australian context.

Class Contact: 1.5 hour lecture and 1 hour tutorial each week

Required Reading:Stewart, B (et al) 2004, Routledge, London, Australian sport: better by design,

Assessment:Tutorial Participation, Tutorial participation, 20%. Examination, Examination, 40%. Research Paper, Research paper and presentation, 40%.

AHS1200 SPORT AND RECREATION MANAGEMENT

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit aims to provide students with a comprehensive introduction to the principles of management and their practical application to sport and recreation organisations operating at the community, state/provincial and international levels. The unit is divided into three major areas of sport and recreation management: the sport and recreation management environment; sport and recreation management principles; and future sport and recreation management challenges.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to:

- Identify the management factors involved in professional sport through to community sport and recreation;
- Demonstrate their understanding of the theoretical concepts of strategic management;
- Describe the key dimensions of an organisational structure;
- Distinguish between leadership and management;
- Identify why culture is important to sport and recreation organisations;
- Understand the characteristics of organisational governance for corporate and non-profit sport and recreation organisations;
- Analyse a number of challenges relating to the future of sport and recreation management.

Class Contact:Lectures: 12 x 1.5 hours; Tutorials: 12 x 1 hour; Field Work: 10 hours.

Required Reading:Hoye, R, Smith, A, Westerbeek, H, Stewart, B & Nicholson, M 2006, Sport management: principles and applications, Elsevier, Amsterdam,

Assessment:Essay, Management and leadership (group): critique the importance leadership plays in a management role (1000 words), 30%. Report, Strategic planning (individual): identify a strategic plan from a selected sport or recreation organisation and analyse (WIL) (1000 words), 30%. Examination, Final examination (300 words), 40%.

AHS1202 RECREATION PROGRAMMING

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit provides an overview of recreation program planning, development and implementation. It seeks to encourage and support the development of a personal programming philosophy based on an appreciation of the scope of recreation programming and recreation benefits. Recreation programs are one of the key mechanisms for consumers to experience a variety of recreation services. The unit aims to provide students with the knowledge and information to develop, plan, document and deliver recreation programs to different client groups. This unit is an essential first-year unit that sets the framework for recreation professionals to gain the skills to organise and deliver recreation services. The unit builds on the recreation activity skills developed in semester one to organise the activities into a wider framework that becomes a recreation program.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students are expected to be able to:

- Understand how to apply the Rossman and Schlatter's (2008) Program Development Cycle to recreation programs;
- Conduct a needs assessment;
- Implement and evaluate a recreation program.

Class Contact:Lectures: 12 x 1.5 hours; Tutorials: 12 x 1 hour.

Required Reading:Rossmann, J & Schlatter, B 2008, 4th edn, Recreation programming: designing leisure experiences, Sagamore: Champaign, Illinois.

Assessment:Report, Report on recreation visit, 5%. Project, Program activities - action plan, 25%. Other, Program plan for recreation week, 25%. Test, Two quizzes, 45%. Total effective word limit 3000 words.

AHS1207 SPORT AND RECREATION CAREER DEVELOPMENT 1

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit aims to bring students into career maturity before they graduate from the course. Students learn the skills to become proactive and strategic career builders and gain an understanding of the variety of career options in the sport and recreation industry sectors. They learn the importance of gaining work-related experience and also develop the self-understanding to improve their career outcomes. Students learn job hunting skills by securing a recreation career placement of their choice. This placement should improve students' career options after graduation. Students must have a valid contract with the university and host organisation for the placement to be valid. Ideas for placements can be found on the Career and Professional Development (CPD) website:

www.staff.vu.edu.au/hmrpcpd. Contract applications are to be completed at the CPD website. Once the application is approved an official contract will be sent to the student who must ensure copies are signed and returned to the university before the placement starts.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students are expected to be able to:

- Demonstrate significant knowledge and understanding of own learning in relation to work and career choices and requirements;
- Develop, reflect on and evaluate a broad range of strategies for achieving own career and learning goals;
- Work individually and/or with others, as both a team member and leader in both formal and informal teams, to complete tasks, evaluate and respond to own and others' performance using given parameters;
- Communicate with others, using speech and writing, on a broad range of topics using appropriate language and demonstrating significant control over key genres/text types.

Class Contact:Half day workshop: 3.5 hours; Tutorials: 10 x 2.5 hours; Career placement within sport and recreation industry: 70 hours.

Required Reading:Dressler, A et al 2007, Real jobs to inspire future students, Melb: Victoria University Publication. Dressler, A 2012, Career and professional development report writing guidelines, Melb: Victoria University Publication. Funk, R 2012, Career and professional development guidelines, Melb: Victoria University Publication.

Assessment:Assignment, Holland self-directed search assignment, 15%. Assignment, Personal resume, 20%. Presentation, Information interview class presentation, 15%.

Report, Successful completion of a 70-hour recreation career placement with a placement contract and a written report based on placement, 50%. Students are required to attend all classes as much of the personal career development is gained from the class activities, insights, sharing and learning. Career development is experiential. Total effective word limit 3000 words.

AHS1218 SPORT ADMINISTRATION FOUNDATIONS 2

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit of study will cover the following aspects of sport administration: economic and commercial factors that influence the operation of sport; primary and secondary stakeholders in sport; the special nature of sport, and the implications for the marketing and promotion of sport; tools and procedures for monitoring sport organisation performance.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to:

- Understand and explain the economic foundations of sport;
- Identify and differentiate the markets for sport and the Australian sports market;
- Use sport stakeholder theories to identify and analyse different stakeholder groups of a sport organisation;
- Monitor and measure sport organisation performance;
- Understand sport consumers' needs, market segmentation, and the use of marketing mix to promote sport services and goods.

Class Contact:2.5 hours per week or equivalent if delivered flexibly or online.

Required Reading:As directed in the unit CD-ROM.

Assessment:Presentation, In-class presentation and participation, 20%. Test, Two mid-semester quizzes, 20%. Project, Major project, 40%. Case Study, Case study analysis, 20%.

AHS1221 SPORT CAREER DEVELOPMENT 1

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit of study introduces students to the career development program in sports administration. Students obtain knowledge of the nature of sport careers and the career opportunities available in sport from a variety of sources including: guest speakers working in the sport industry; peer group presentations; web resources; and industry directories and graduate career destination research. The unit provides preparation to go on the placement including: planning sport career placements; setting and writing objectives for the placement; awareness of safety and risk management issues; legal liability and insurance cover; the importance of the online contract system; analysing and evaluating organisations and their programs; and self-evaluation of competency achievements and development while on career placements. Students learn a number of job-hunting strategies and apply these practically to a search using currently advertised positions. The Holland Self Directed Search is completed to introduce students to the importance of self-understanding in career planning and job searching. Information interviewing is also taught to students who then go out into the sport industry to conduct an information interview with a person in a job position to which the student aspires. Students learn job interview techniques and practise job interviewing using position descriptions. Students learn to identify their strengths and competencies through their education, work and extracurricular experiences. These are documented according to the

guidelines of the Victoria University Career Portfolio. Students are taught how to develop this portfolio throughout their studies, to identify core graduate attributes and other essential professional competencies and to adapt this as a very effective resume for the job of their choice. Students find a suitable 70-hour placement using a variety of sources: eg. networking, the career placement board and career development database or guest speakers. Students complete a 70-hour placement under the supervision of appropriate industry supervisors and write a comprehensive placement report evaluating the main learning outcomes of the placement.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students will be able to:

- Demonstrate familiarity with the field of career and professional development (CPD);
- Reinforce prior knowledge of online learning and communication techniques;
- Demonstrate oral presentation and evaluation skills;
- Appreciate their practical professional experiences in sport;
- Demonstrate essential skills for a changing workplace.

Class Contact: 2.5 hours per week using a variety of seminars and online learning activities; 70 hours placement in the field of sport administration.

Required Reading: Career and Professional Development website: www.staff.vu.edu.au/hmrpcpd. Sport Career Development Manual. Sport Career Development Placement Report Writing Guidelines.

Assessment: Participation 10%; Completion of career portfolio 25%; Interview performance 10%; Successful completion of placement that meets all requirements of the placement contract as assessed by the agency supervisor 30%; Completion of the placement report (2000 words maximum) 25%.

AHS2111 SPORT SPONSORSHIP

Locations: Footscray Park.

Prerequisites: Nil.

Description: This unit introduces students to a variety of strategies that may be used to broaden the funding base of organisations. Students are given a sound knowledge of the processes and procedures in sourcing sponsorships. The unit concentrates on sponsor objectives and benefits, identifying and approaching sponsors, developing and packaging sponsorship proposals and evaluating the sponsorship. Students are required to prepare and present a sponsorship proposal for an industry partner and obtain industry feedback on the success of the proposal.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students are expected to be able to:

- Appreciate the process associated with sponsorship packaging;
- Design strategies to understand sponsorship organisations;
- Present the development, implementation and evaluation of a sponsorship plan;
- Apply the concepts related to sponsorship plans;
- Manage the elements of the sponsorship deal;
- Apply control and monitoring (evaluation) systems;
- Identify how innovative sponsorship efforts lead to renewing and long-term sponsorship contracts.

Class Contact: Lectures: 12 x 1.5 hours; Tutorials: 12 x 1 hour

Required Reading: A selection of online reading will be prescribed.

Assessment: Report, Sport industry partner evaluation form, 10%. Presentation, Sponsorship proposal, 20%. Assignment, Sport sponsorship proposal - part 1, 30%. Assignment, Sport sponsorship proposal - parts 1 and 2, 40%. Total effective word limit 3000 words.

AHS2300 EVENT MANAGEMENT IN SPORT AND RECREATION

Locations: Footscray Park.

Prerequisites: Nil.

Description: This unit has three main aims: to provide students with a hands-on approach to the theory, processes and procedures in designing, planning, staging and evaluating sport and recreational events; to introduce students to a range of events and increase their knowledge and competency base in the field of event management; and to introduce students to the principles and practices of project management and effective teamwork.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students are expected to be able to:

- Apply effective communication, teamwork and relationship building with the main event stakeholders;
- Critically reflect on, evaluate and improve upon individual and team performance during an event management process and write a final event evaluation report;
- Demonstrate leadership skills, effective teamwork, initiative and problem-solving in the sport or recreation event management process;
- Apply the theories and professional practices of all stages of the planning, operation and evaluation of sport and recreation event management to a real live event;
- Demonstrate knowledge of the variety of events and the role of diverse service providers as well as the resources available in the event management field.

Class Contact: Lectures: 12 x 1 hours; Tutorials: 12 x 1.5 hour; Field work: 20 hours.

Required Reading: Allen, J, O Toole, W, Harris, R & McDonnell, I 2011, 5th edn, Festival and special event management, Wiley, Milton, Queensland,

Assessment: Examination, Event management exam (short answer 10-12 questions) (1000 words), 20%. Project, Communication, team work and event performance (WIL) (1000 words per student - team charter /team plans 15%, Position description assessment 20%, 35%. Report, Major event report/evaluation (1000 words), 25%. Project, Final sport and recreation event assessment by lecturer WIL (15%), 20%.

AHS2301 SPORT AND RECREATION SERVICES MARKETING

Locations: Footscray Park.

Prerequisites: Nil.

Description: This unit of study draws on marketing theory and practice to provide a framework for a customer-focused approach to sport and recreation service delivery. The unit draws on the content of Sport and Recreation Management as a basis for focused development of sport and recreation service delivery. Sport and Recreation Service Marketing provides students with skills and knowledge to deliver sport and recreation services and will also contribute to their Sport and Recreation Facility Management unit. The unit aims to provide students with an understanding of key

marketing concepts and a capacity to apply these concepts in the sport and recreation industry.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students will be able to:

- Explain the range of marketing concepts and practices that are relevant for different sport and recreation organisations;
- Analyse marketing practices in sport and recreation organisations by locating, evaluating and managing relevant information to write a report that synthesises relevant literature and observed practice;
- Develop and present marketing strategies in applied sport and recreation settings by working in a group, using a range of relevant information to prepare a written report.

Class Contact: Lectures: 12 x 1.5 hours; Tutorials: 12 x 1 hour; Field work: 10 hours.

Required Reading: McCarville, R 2002, Improving leisure services through marketing action, Sagamore, Champaign, Illinois, Morgan, MJ & Summers, J 2005, Sports marketing, Thomson, Sydney,

Assessment: Report, Market review (WIL). Students will be expected to work with a sport or recreation organisation of their choice and prepare a report that summarises an, 40%. Report, Applied marketing strategy (WIL). Groups of three to four students will be expected to develop an applied marketing strategy that relates to a real a, 30%. Examination, final exam. A formal exam will provide students the opportunity to demonstrate their understanding of the key marketing concepts and their application, 30%.

AHS2305 SOCIAL PSYCHOLOGY OF RECREATION

Locations: Footscray Park.

Prerequisites: Nil.

Description: Understanding human interaction, behaviour and decision-making processes is central to leisure, as well as being critical in any group setting, such as you would find in the role of a manager of a work team. This unit provides students with a social science discipline foundation to recreation management. The aim of this unit is to give students an opportunity to inquire into psychological processes that underlie leisure behaviours and the effects of leisure on various psychological states and processes. It is believed that these processes are fundamental to understanding the nature of leisure and leisure behaviours. The unit also looks at the place of leisure in students' personal lives. Thus, this unit seeks to apply psychological concepts and theories to understand human interaction and leisure phenomena. This unit is an extension of Introduction to Sport and Recreation and stands besides the unit Sport, Leisure and Society. The ideas developed in the unit are essential to an understanding of leisure planning, management and marketing, all of which are fundamental processes in all areas of leisure management. Understanding of these areas draws upon perspectives developed in foundation disciplines which include social psychology of recreation.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students are expected to be able to:

- Explain the psychological nature (dimensions) of play and leisure and the conditions that help and hinder the experiencing of play and leisure;
- Explain progress through the developmental stages of play in childhood and leisure during adult life;

- Demonstrate understanding of affective psychological processes such as leisure attitude, personality and motives that are believed to underlie various leisure behaviours;
- Clarify how leisure experiences lead to psychosocial outcomes (benefits and dis-benefits) for people and their personal development.

Class Contact: Lectures: 12 x 1.5 hours; Tutorials: 12 x 1 hour.

Required Reading: Mannell, R & Kleiber, D 1997, The social psychology of leisure, Venture: State College, PA.

Assessment: Essay, Short essay - observation, 20%. Essay, Research essay, 30%. Test, Two in-class quizzes - (2 x 25%), 50%. Total effective word limit 3000 words.

AHS2400 HUMAN RESOURCES IN SPORT AND RECREATION

Locations: Footscray Park.

Prerequisites: Nil.

Description: This unit aims to develop an understanding of people management as it relates to the delivery of sport and recreation services. Topics to be covered include organisational purpose; role design; recruitment; development; change management; and remuneration. This unit builds on the ideas addressed in the Introduction to Sport and Recreation. The understandings and skills gained in this unit will assist students in studies in Career Development and Industry Placements.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students are expected to be able to:

- Review contemporary concepts and approaches to managing people in the delivery and management of sport and recreation organisations and services;
- Apply human resource planning and management processes and strategies for effective management of employees and volunteers;
- Develop strategic management approaches that address the needs and skills of employees and volunteers to ensure they perform their roles effectively and efficiently;
- Determine the attributes associated with employee wellness and motivation;
- Demonstrate understanding of personal relation issues associated with sport and recreation organisations and services.

Class Contact: Lectures: 12 x 1.5 hours; Tutorials: 12 x 1 hour; Field work: 10 hours.

Required Reading: A selection of online and tutorial readings will be prescribed.

Assessment: Review, Create a human resource review of articles, 30%. Assignment, Develop a human resource management plan, 50%. Presentation, Present on current human resource issues, 20%. Total effective word limit 3000 words.

AHS2404 RECREATION AND COMMUNITY DEVELOPMENT

Locations: Footscray Park.

Prerequisites: Nil.

Description: This unit provides students with skills to work with communities in order to develop programs and initiatives that meet the changing needs of society. It builds on the ideas that were presented in the units Introduction to Sport and Recreation, Recreation Programming, Recreation Activity Leadership and Sport and Recreation Management. The main topics to be covered include but are not limited to: theoretical foundations of community development; skills required for collaborative-based work; strategies used in community development; working with and listening

to community groups; funding and research opportunities; and general understanding of community agencies.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students are expected to be able to:

- Identify theories and philosophies of community development;
- Describe strategies used in community development projects;
- Demonstrate an appreciation and respect for marginalised and diverse groups of people in society;
- Work with community agencies and use community development strategies to fulfil agency needs;
- Demonstrate a working understanding of needs analysis and project development skills.

Class Contact:Lectures: 12 x 1.5 hours; Tutorials: 12 x 1 hour.

Required Reading:Kenny, S 2007, 3rd edn, Developing communities for the future: community development in Australia, South Melb, Vic: Nelson Thomson Learning.

Assessment:Assignment, Agency assignment, 15%. Review, Self reflection, 25%. Report, Written report, 25%. Assignment, Partner / group assignment, 35%. Total effective word limit 3000 words.

AHS2405 RESEARCH AND EVALUATION IN SPORT AND RECREATION

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit of study introduces students to basic concepts and methods associated with research and evaluation in sport and recreation. It seeks to provide students with the understandings, skills and values necessary to conduct basic research and evaluations associated with sport and recreation services. This unit expands the ideas about research and the need for evaluation that students will have encountered in units such as Programming and Leadership and Management and relies on skills that have been developed in computing. The skills learned in this unit will be applied in future units such as Recreation Planning and Policy, Marketing, Facility Design and Community Development.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to:

- Understand the nature of sport and recreation research and its application in evaluation of sport and recreation services;
- Select and design basic research methods (quantitative and qualitative) appropriate to particular sport or leisure service research and evaluation problems;
- Analyse numerical and verbal information to reach research and evaluative conclusions;
- Write a research report;
- Understand the use of output from an evaluation project;
- Appreciate the importance of the ethical conduct of research and evaluation of sport and leisure phenomena and services.

Class Contact:Lectures: 12 x 1 hour; Workshops: 12 x 1.5 hours; Field work: 10 hours.

Required Reading:Hendersen, KA & Bialeschki, DM 2002, 2nd edn, Evaluating leisure services: making enlightened decisions, Venture, State College, PA.

Assessment:Test, Mid-semester quiz (50 minutes) (300 words), 25%. Report, Importance-performance research report (WIL) (1000 words), 25%. Project, For example, evaluate the recreation facilities and services of the Aquatic and Fitness Centre at Footscray Park Campus. Develop questionnaire, each s, 20%. Examination, For example, analyse the qualitative comments regarding the Aquatic and Fitness Centre at Footscray Park Campus. Qualitative coding (strengths, weakne, 30%.

AHS3111 SPORT EVENT ADMINISTRATION

Locations:Footscray Park.

Prerequisites:Nil.

Description:During the first half of the semester this unit of study will cover all of the essential event theories including: event planning and budgeting; venue audit; event feasibility; sponsorship; marketing and promotion; risk management; human resource management; project management; teamwork; and event evaluation and fixturing for selected sports events. Students will place all of this theory and practice through working in teams and tutorial groups throughout the semester to plan, organise, stage and evaluate an actual event.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to:

- Demonstrate hands-on experience and competency development in event and project management;
- Demonstrate knowledge of the theories and application of event and sport event management, project management and effective teamwork principles;
- Demonstrate knowledge and experience of professionalism in the event management field;
- Develop effective communication, team work and relationship building with the main stakeholders of events;
- Critically reflect on, evaluate and improve upon individual and team performance during the event management process;
- Develop leadership skills, initiative and problem-solving in the event management process;
- Appreciate all stages of the planning, operation and evaluation stages of event management;
- Appreciate a variety of events as well as the resources available in the event management field.

Class Contact:Equivalent to 1 hour lecture and 1.5 hour tutorial. All theory is taught in flexible mode during the first part of the semester.

Required Reading:The Wilkinson Group 1988, The event management and marketing manual, The Event Management and Marketing Institute, Ontario, Canada. McDonnell, I, Allen, J & O'Toole, W 2005, 3rd edn, Festival and special event management, John Wiley and Sons, Brisbane,

Assessment:Examination, Take home exam, 20%. Other, Self-assessment and Team charter, 35%. Report, Major event report, 30%. Other, Lecturers assessment of event, 15%.

AHS3112 SPORT VENUE AND STADIUM ADMINISTRATION

Locations:Footscray Park.

Prerequisites:Nil.

Description:The aim of this unit of study is to familiarise students with the administrative functions that support the management and planning of sporting and community facilities, programs and services. Specific attention will be given to: the

planning process associated with developing sporting facilities; the role of the administrator in preparing marketing plans; instigating professional work practices in a facility setting; administering short and long term sports and activity programs; the administration of local, state, national and international sporting competitions. Students will also be given a detailed understanding of stadium design principles that relate to the working environment of staff and the needs of spectators.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students will be able to:

- Demonstrate knowledge of general sport facility planning, designing and evaluation processes;
- Demonstrate knowledge of funding sources for facilities;
- Apply management skills necessary for the successful daily operation, housekeeping, maintenance, security and control of facilities;
- Demonstrate knowledge of risk management and special issues in sport venue and facility management;
- Apply knowledge and skills from other units such as marketing, financial management and human resource management to management of sporting facilities.

Class Contact: 1.5 hour lecture and 1 hour tutorial each week

Required Reading: Farmer, P, Mulrooney, A & Ammon, R 1996, Sports facility planning and management, Sports facility planning and management,

Assessment: Report, Facility and program evaluation reports, 15%. Project, Group project, 45%. Examination, Examination, 30%. Participation, Participation, 10%.

AHS3113 ETHICS AND SOCIAL POLICY IN SPORT

Locations: Footscray Park.

Prerequisites: Nil.

Description: This unit develops the student's awareness and appreciation of the ethical and social policy dimensions of sport and recreation management. The unit facilitates the development of the student's ability to analyse critically various issues, policies, practices and relationships within sport so as to inform management, leadership and professional work cultures. Special attention is given to the practical application of ethics and policy issues. Topics include: ethical reasoning; anti-doping policy; diversity and anti-discrimination (eg gender and sexuality, race, ethnicity and religion, ability and disability); health and safety (eg children's rights and protection, violence, injury and risk, environmental sustainability, alcohol and social responsibility).

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students are expected to be able to:

- Critically analyse the ethical implications of professional practice in the fields of sport and recreation management, human movement, fitness instruction and coaching;
- Construct professional policy suitable for a (simulated) workplaces by making judgements related to ethical inquiry;
- Create a policy formation and implementation plan, and make professional judgements on what makes 'good' (ie. effective and ethical) policy;
- Propose educational and consultative approaches to implementing ethical policy in sport;

- Critically review the nature and significance of 'rights' and 'paternalism' as they relate to various practices / approaches within the field of sport, recreation and leisure;
- Debate, with responsibility and accountability, ethical implications of the globalisation of various sports and its effects on the workplace and the local community;
- Create and defend logically coherent positions with respect to the issues dealt with in the lectures/seminars;
- Demonstrate responsibility and accountability for own learning in collaboration with others through research and collaborative production of written reports and oral presentations.

Class Contact: Lectures: 12 x 1.5 hours; Tutorials: 12 x 1 hour.

Required Reading: A reader with all necessary readings for this unit is provided to students.

Assessment: Test, Modified take home tests: (mid-semester 20%, final 40%) (1500 words), 60%. Exercise, Completion of online exercises, 10%. Presentation, Major project and presentation - weeks 6-12 (25 minutes, groups of 2-3) (1000 words), 30%.

AHS3114 SPORT AND RECREATION FACILITY MANAGEMENT

Locations: Footscray Park.

Prerequisites: Nil.

Description: This unit of study is designed to provide students with theoretical knowledge and practical experience with the administrative functions that support the management, planning and evaluation of sporting and community venues and facilities. The unit draws on the content in Sport and Recreation Management, Sport and Recreation Service Marketing and Human Resources in Sport and Recreation as a basis to address the issues and problems in Sport and Recreation Facility Management. The skills and knowledge students obtain in this unit contributes to their sport and recreation career development. The unit aims to provide students with an understanding of key facility management concepts and theories and a capacity to apply these concepts in the sport and recreation facility industry.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students are expected to be able to:

- Outline and apply general sport and recreation facility planning, design and evaluation processes;
- Demonstrate management skills necessary for the successful daily operation, housekeeping, maintenance, security and control of facilities;
- Apply knowledge and skills learned from other units such as marketing, financial management and human resource management to management of sporting and recreation facilities.

Class Contact: Lectures: 12 x 1.5 hours; Tutorials/WebCT: 12 x 1.5 hour; Field work: 15 hours.

Required Reading: Westerbeek, H, Smith, A, Turner, P, Emery, P, Green, C & Lennuwan, L 2006, Managing sport facilities and major events, Crow's Nest, NSW: Allen & Unwin. Ammon, R, Southall, R & Blair, D 2004, Sport facility management: organizing events and mitigating risks, Morgantown, WV: Fitness Information Technology

Assessment: Report, Field trip review: prepare a report that summarises and critiques facility management practices (WIL) (1000 words), 25%. Report, Facility

performance evaluation report: (groups of 3 to 4) collect data and evaluate the performance of a sport or recreation facility (1200 words), 45%. Examination, Demonstrate understanding of key facility management concepts and theories and their industry application (800 words), 30%.

AHS3213 SPORT CAREER DEVELOPMENT 2

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit of study is a culminating career-focused unit designed to assist students' career decision-making and goal-setting for graduate employment. A career map is developed using: a range of self-understanding activities; work integrated learning experiences; part-time/casual employment experiences and units studied during the course. This map provides students with sufficient information to identify career goals and design an action plan to reach these goals. The unit then provides for students to use job-hunting strategies to establish a work integrated learning placement of their choice. Strategies include: searching newspapers and the internet; networking; writing targeted resumes (based on their portfolios); and job interviews. Each student is encouraged to select and secure their final placement strategically - so that they optimise their placement experience, their networking opportunities and possible employment opportunities. All of these outcomes should be aligned to their career goals. Students will develop generic sports administration skills and augment specific skill areas (ie. marketing, event management, research, sport development, facility management) during their supervised placement.

Credit Points:24

Learning Outcomes:On successful completion of this unit, students will be able to:

- Record valuable practical experience in sport in their resume and discuss during future job interviews;
- Enhance their employability in the sports industry through experience gained, and skills developed, during a 175-hour field placement;
- Improve their network of sport industry contacts;
- Reinforce and add to their prior knowledge of online learning and communication techniques.

Class Contact:Equivalent to one hour per week classroom learning and 200 hours in the field on placement.

Required Reading:Sport Career Development Manual developed by HMRP staff. Sports Career Development Placement Report Writing Guidelines. Career and Professional Development website www.staff.vu.edu.au/hmrpcpd.

Assessment:Section A: completion of all self-understanding activities contained in the My career booklet provided. Career map: summary of career goals and action plan. Section A is worth 20% of overall grade. Section B: contract for work integrated learning placement. Completion of 200 hours of placement; written report on placement (max 2000 words); submission of satisfactory evaluation from work placement supervisor including graded assessment. Section B is worth 60% of overall grade. Section C: completion of career portfolio. Section C is worth 20% of overall grade.

AHS3500 SPORT AND RECREATION FINANCIAL MANAGEMENT

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit of study gives students grounding in the basics of financial management and planning, and its application to the administration of sport and recreation organisations. The financial management section will focus on the

principles of double entry and accrual accounting, and the construction and interpretation of balance sheets, income and expenditure statements, and cash flow statements. Special attention will be given to financial performance, and how financial ratios can be used to diagnose the financial health of sport and recreation organisations. The planning section will focus on the budgeting process, and how budgets can be used to monitor revenue and expenses, and capital spending. This section also examines costing and pricing issues and how they impact on the budgeting process. Class activities will centre on case studies of sport and recreation organisations, and experiential exercises.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to:

- Explain why sound financial management and planning is fundamental to the effective management of sport and recreation organisations;
- Understand the principles of accrual accounting and double entry bookkeeping;
- Measure the financial performance of sport and recreation organisations;
- Explain the importance of sound financial planning and budgeting;
- Construct an operating budget for a sport and recreation program;
- Use break-even analysis to assist the budgeting process;
- Apply strategies for containing costs of sport and recreation programs;
- Use pricing strategies to broaden the revenue base for sport and recreation programs.

Class Contact:Lectures: 12 x 1.5 hours; Tutorials: 12 x 1 hour for one semester.

Required Reading:Stewart, R 2007, Sport funding and finance, Elsevier, Jordan Hill.

Assessment:Participation, In-class quizzes on accounting principles, financial statements, budgeting and costing, and pricing (1000 words), 40%. Report, Major report on financial performance of an organisation in the field of sport or recreation (2000 words), 60%.

AHS3502 RECREATION PLANNING AND POLICY

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit of study examines concepts and steps associated with community recreation planning and policy processes. The unit aims to introduce students to recreation planning and policy and develop the knowledge and skills to affect a number of different strategies and approaches to the development and evaluation of recreation plans and policies. The main skills in the role of recreation planner are taught and the relationships between recreation planning and urban, regional, state and national policies are analysed. The impacts of planning and policy development on facility development, program delivery and community development are analysed. Understandings of planning concepts and techniques, including gathering information and understanding community needs, feasibility studies, policy development, interpretation of existing policies and recognising the political processes associated with policies and planning are developed. This unit complements and further develops material introduced in Society and Leisure, Management, Marketing, Programming and Leadership units. This unit of study will cover the following topics: recreation planning and policy context; recreation planning's impact on urban, regional, state and National policy and development; goals and objectives; recreation needs assessment, recreation benefits analysis; recreation planning methodology, development of project briefs; community consultation; management plans; policy

development; and feasibility studies.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students are expected to be able to:

- Evaluate the nature of recreation policies and their role in guiding the recreation planning process;
- Prepare a recreation policy document;
- Analyse and review existing recreation planning projects;
- Demonstrate an understanding of the range of recreation planning techniques and the ability to apply them;
- Interpret and explain government policy as it relates to recreation planning; and
- Plan the stages of a recreation planning process and evaluate the outcomes of the process.

Class Contact: One 1.5 hour lecture and one 1 hour tutorial per week for one semester.

Required Reading: A list of essential materials to be provided to students in the Unit Guide,

Assessment: Other, Learning diary (3 parts at 10% each), 30%. Assignment, Assignment (3 parts), 45%. Examination, Formal examination, 25%. Total effective word limit 3000 words.

AHS3503 LEGAL ISSUES IN SPORT AND RECREATION

Locations: Footscray Park.

Prerequisites: Nil.

Description: This unit of study examines selected prominent legal issues affecting the sport and recreation industries in Victoria and Australia-wide. It analyses the relationship between Federal, State and Local government law on a range of topics, including: personal injury (negligence and insurance law); contract and employment issues; land access; management and maintenance; anti-discrimination law and certain criminal offences dealing with sexual assault and child abuse, while providing guidance for students on when to obtain legal representation; and how to identify a potential legal problem.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students will be able to:

- Understand a range of legal issues, and their consequences, relevant to the professional experience of employees and independent contractors in the field of recreation management;
- Understand terms, institutions, sources, content and practices of law in society as they apply to professional activities in the recreation industry (courts visits);
- Appreciate the importance of legal relations through the law of contract, as well as aspects of dispute prevention and resolution, including litigation as a last resort;
- Understand common law duties of care and their relationship with professional indemnity insurance in the area of accident compensation;
- Appreciate the role of human rights and anti-discrimination law in terms of staff management and access to recreational services;
- Understand various rights and obligations under criminal and employment laws;

- Identify problems with legal dimensions, and to develop viable and preventative risk management strategies (sport or recreation organisations [including local government] legal issues);
- Use analytical procedures to assess the effectiveness of legal regulation, formal dispute resolution and prevention in the field of recreation;
- Deal with legal practitioners and sources of law.

Required Reading Online resources associated with Government and law institutions: Australasian Legal Information Institute database (www.austlii.edu.au).

Class Contact: Lectures: 12 x 1.5 hours; Tutorials: 12 x 1 hour; Field work: 10 hours.

Required Reading: Online resources associated with Government and law institutions: Australasian Legal Information Institute database (www.austlii.edu.au).

Assessment: Test, Mid-semester test (500 words), 30%. Presentation, Group presentation on a selected legal issue (WIL) (1500 words per student), 30%. Examination, End-of-semester take home examination (WIL) (1000 words), 40%.

AHS3505 SPORT RECREATION AND SUSTAINABILITY

Locations: Footscray Park.

Prerequisites: Nil.

Description: This unit of study aims to provide students with a comprehensive introduction to the concepts, principles and strategies of environmentally sustainable sport and recreation management in the 21st century. This unit is divided into four major themes: emerging environmental, social, economic and regulatory pressures for sustainable sport and recreation management in the 21st century; sustainability: the broad response to environmental degradation and its historical development; principles and strategies for sustainable sport and recreation management; and climate change: key concepts, implications for sport and recreation management, and principles and strategies for sport or recreation management in a carbon-constrained 21st century.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students will be able to:

- Demonstrate their understanding of the concept of sustainability: the broad response to environmental degradation;
- Demonstrate their understanding of the need for sustainable sport and recreation management practices by evaluating the environmental, social, economic and regulatory pressures emerging in the 21st century;
- Understand the fundamentals of climate change: its key concepts, implications for sport and recreation management, and strategies for sport or recreation organisations in a carbon-constrained 21st century;
- Define, understand and apply principles and strategies for sustainable management to sport and recreation case studies.

Class Contact: Lectures: 12 x 1 hour; Tutorials: 12 x 1.5 hours; Field work: 6 hours.

Required Reading: Chernushenko, D & The United Nations Environment Programme (UNEP) 2001, Sustainable sport management: running an environmentally, socially and economically responsible organization, Green and Gold Inc, Ottawa,

Assessment: Review, Critical Review (500 words), 20%. Presentation, Group research presentation (WIL) (500 words), 20%. Project, Individual project (WIL) (2000 words), 60%. Critical review of learning resources: Students critically review specified learning resources related to emerging environmental, social, economic and regulatory pressures for sustainable sport and recreation management. Group research presentation: Students (in pairs) research a sport or recreation organisation,

critically evaluate its current practices for sustainable management, and make recommendations for improvement. Individual project: Using the unit literature and case studies, students prepare a report that applies principles, concepts and strategies of sustainable sport and recreation management to a sport or recreation organisation. Students are to discuss the organisation's needs in a carbon-constrained operating environment and options for carbon management.

AHS3506 LEISURE AND AGEING

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit of study will provide students with an overview of leisure and ageing. It will examine the ageing population with particular reference to the demographically shifting context of Australia. It will also focus on: the diverse needs and interests of this population; the barriers and constraints they are facing; and the strategies that are needed to plan, develop, implement, and evaluate recreation opportunities and environments for our older adults. It will also emphasise the changing role and importance of leisure in the life-cycle. It will present students with the opportunities to build on the skills, knowledge, and abilities they have acquired in recreation activity leadership and sport and recreation programming while serving as a complementary unit to inclusive recreation strategies, disability awareness, and community development.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to:

- Demonstrate an understanding of the changing role and importance of leisure in the life-cycle and in the promotion of wellness;
- Demonstrate knowledge of the sociological, psychological and physiological characteristics of the aged;
- Understand the impact of the shifting demographic trends on the aged population within Australia;
- Understand the diverse needs and interests of this population;
- Understand the leisure constraints and barriers faced by older adults;
- Identify resources available to the aged community at the local, state and national levels;
- Plan, develop, implement and evaluate recreation opportunities and environments for older adults.

Class Contact:Lectures: 12 x 1.5 hours; Tutorials: 12 x 1 hour; Field work: 25 hours.

Required Reading:McGuire, F, Boyd, R & Tedrick, R 2004, 3rd edn, Leisure and aging: Ulyssean living in later life, Sagamore Press, Champaign, Illinois.

Assessment:Project, Individual reminiscing project (WIL) (1000 words), 25%.

Project, Group programming project (WIL) (1000 words per student), 25%. Other, Quizzes (1000 words) ., 50%.

AHS3507 SPORT, RECREATION AND SOCIAL RESPONSIBILITIES

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit of study provides students with the opportunity to participate in a group-based, structured and self-contained, work-integrated learning project. Students will learn how the concepts of sport and recreation for development, social responsibility, corporate citizenship, social cause endorsement, and cause-related marketing are introduced and applied in the sport and recreation industry. Students will then utilise these concepts to work with various stakeholders, and use their strategic management, problem-solving, team building and interpersonal skills to

complete a socially responsible community project for a sport or recreation organisation.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students are expected to be able to:

- Demonstrate a good understanding of the concepts of sport and recreation for development, social responsibility, corporate citizenship, social cause endorsement, and cause-related marketing and how these concepts are applied in the sport and recreation industry;
- Develop socially responsible community projects for sport and recreation organisations;
- Work effectively in teams on sport and recreation industry-based projects and problems;
- Communicate effectively with all stakeholders in the industry project.

Class Contact:Lecture: 12 x 1 hour Tutorial: 12 x 1.5 hours for one semester

Required Reading:Maylor, H 2003, 1st edn, Project management, Harlow, Essex: Pearson Education Limited

Assessment:Journal, Online journal to be submitted during week 3 - 6, 30%. Presentation, Project plan presentation, 10%. Performance, Peer Performance Evaluation, 10%. Project, Final project plan, 50%. Total effective word limit 3000 words.

AHS3600 SPORT AND RECREATION CAREER DEVELOPMENT

Locations:Footscray Park.

Prerequisites:Either AHS1207 Sport and Recreation Career Development 1 or AHE2213 Career and Professional Development 2.

Description:This unit is designed to facilitate a successful transition to employment in the fields of sport and recreation management and exercise and sport science. Students follow a career development model to further develop their ability to proactively manage a career throughout their life. To enable students to advance employment opportunities the unit will integrate: self-understanding activities; career action plans; networking; interview techniques; and methods to generate a professional image and workplace achievements. It progresses critical understanding of how to identify strengths and competencies through education; employment experiences; work integrated learning; and extracurricular experiences. The unit enhances job hunting strategies and career insights to establish a career-focused placement designed to provide a pathway into a chosen field and improve the student's current employment status.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students are expected to be able to:

- Analyse skills, career values and personality to gain a clear career direction;
- Advance self-marketing skills for lifelong career development focussing on communicating achievements during job interviews and professional image management;
- Adapt and synthesise theoretical knowledge and skills to the workplace by undertaking a career placement in a responsible, accountable and collaborative manner;

- Build on existing business communication skills and practices to enhance capability to be an effective professional communicator;
- Exercise independent critical thinking, practices and judgements and reflect within the career placement at the workplace setting.

Class Contact: Each student is required to attend and complete all assessment activities during three 2.5 hour tutorials, one career networking event, a two day workshop at the end of semester and a 140 hour placement.

Required Reading: Class materials to be provided to students during their first tutorial.

Assessment: Portfolio, Completion of a range of self-marketing activities including an updated resume, business card, career pitch to be used at a business event, 20%. Case Study, Analysis of personal data to gain definite career directions, 30%. Report, Completion of a 140 hour career placement and professional report, 50%. Total effective word limit 3000 words.

AHS4031 HONOURS THESIS (FULL-TIME)

Locations: Footscray Park.

Prerequisites: Nil.

Description: The Honours Thesis is designed to be an educational experience that gives students the opportunity to conceptualise, design, implement and evaluate a specific research project related to sport administration. Unlike a Masters or Doctoral thesis, the Honours thesis is not expected to, although it may, contribute to a discipline's body of knowledge. The broad aim of the Honours thesis is to promote the development of the student as an independent researcher. The specific aims are to develop and use the knowledge and skills necessary to conduct a research project and present a formal written thesis. The student should generally be able to display the resourcefulness and academic rigour required of an independent researcher. More specifically the student should be able to: identify/construct a research problem or issue; review the relevant literature; determine appropriate methods (including ethics) to study the problem; collect and analyse data, using suitable quantitative, qualitative or other appropriate methods and techniques; report the results, discuss the results in the context of the review of literature, draw conclusions, evaluate the process undertaken and make recommendations for future research and for practice; and present the whole process clearly and accurately in a formal thesis normally between 10,000 and 20,000 words.

Credit Points: 48

Learning Outcomes: On successful completion of this unit, students will be able to:

- Conduct a research project;
- Present a formal written thesis;
- Demonstrate an understanding of the depth and breadth of knowledge and skills associated with a particular research area;
- Demonstrate the academic rigour to design, carry out and evaluate a sports administration related research project.

Class Contact: The research process will be monitored by regular meetings with the supervisor in light of the agreed-upon project proposal.

Required Reading: To be advised by the supervisor in consultation with the student.

Assessment: The final thesis will be examined by two academics with expertise in the specific area of the research. These may be internal or external to the School and will not include the supervisor. This examination will constitute 100% of the assessment. Each examiner will independently recommend one of the following outcomes to his/her assessment of the thesis: pass without further examination; pass unit to corrections to the satisfaction of the School's Honours Courses Committee; deferred

for resubmission after major revision; fail. In the event that there is a major disagreement between the examiners, a third examiner will be appointed. An additional requirement of the unit is that the student must make at least two oral presentations to members of the Sport Management and Policy Division throughout the duration of their honours year on topics related to their thesis.

AHS4032 HONOURS THESIS (PART-TIME)

Locations: Footscray Park.

Prerequisites: Nil.

Description: The Honours Thesis is designed to be an educational experience that gives students the opportunity to conceptualise, design, implement and evaluate a specific research project related to sport administration. Unlike a Masters or Doctoral thesis, the Honours thesis is not expected to, although it may, contribute to a discipline's body of knowledge. The broad aim of the Honours thesis is to promote the development of the student as an independent researcher. The specific aims are to develop and use the knowledge and skills necessary to conduct a research project and present a formal written thesis. The student should generally be able to display the resourcefulness and academic rigour required of an independent researcher. More specifically the student should be able to: identify/construct a research problem or issue; review the relevant literature; determine appropriate methods (including ethics) to study the problem; collect and analyse data, using suitable quantitative, qualitative or other appropriate methods and techniques; report the results, discuss the results in the context of the review of literature, draw conclusions, evaluate the process undertaken and make recommendations for future research and for practice; and present the whole process clearly and accurately in a formal thesis normally between 10,000 and 20,000 words.

Credit Points: 24

Learning Outcomes: On successful completion of this unit, students will be able to:

- Conduct a research project;
- Present a formal written thesis;
- Demonstrate an understanding of the depth and breadth of knowledge and skills associated with a particular research area;
- Demonstrate the academic rigour to design, carry out and evaluate a sports administration related research project.

Class Contact: The research process will be monitored by regular meetings with the supervisor in light of the agreed-upon project proposal.

Required Reading: To be advised by the supervisor in consultation with the student.

Assessment: The final thesis will be examined by two academics with expertise in the specific area of the research. These may be internal or external to the School and will not include the supervisor. This examination will constitute 100% of the assessment. Each examiner will independently recommend one of the following outcomes to his/her assessment of the thesis: pass without further examination; pass unit to corrections to the satisfaction of the School's Honours Courses Committee; deferred for resubmission after major revision; fail. In the event that there is a major disagreement between the examiners, a third examiner will be appointed. An additional requirement of the unit is that the student must make at least two oral presentations to members of the Sport Management and Policy Division throughout the duration of their honours year on topics related to their thesis.

AHS7055 CONTEMPORARY ISSUES IN SPORT ADMINISTRATION

Locations: Footscray Park.

Prerequisites: Nil.

Description:This unit of study will cover specific themes and issues that will improve students' understanding of the context in which sport operates, and allows an in-depth examination of a sport activity or policy initiative. Topics will be rotated to take account of a crisis or incident, and special developments. Topics will include: the culture and practice of cricket; the business and culture of horse racing; and the economics of professional sport leagues.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to:

- Explain the organisation and operation of contemporary sport;
- Identify the key cultural and commercial forces operating in contemporary sport;
- Diagnose the operation and performance of a sport organisation, event or league;
- Understand how the structure and organisation of sport impacts upon its operation;
- Understand how the culture of a sport impacts upon its operation.

Class Contact:Lectures: 12 x 1.5 hours; Tutorials: 12 x 1 hour; Field work: 10 hours.

Required Reading:Cashmore, E 2000, Sports culture, Routledge, London,

Assessment:Other, Mid-semester quiz (200 words), 20%. Report, Individual report (800 words), 30%. Case Study, Case study (2000 words), 50%.

AHS7056 PLAYER MANAGEMENT IN SPORT

Locations:Footscray Park, City Flinders.

Prerequisites:Nil.

Description:This unit of study develops students' understanding of the fundamentals of effective player management, and how it impacts on player development and welfare. This will be done through a study of the relationship between players, coaches and officials, and the strategies that management use to control the behaviour and conditions of players.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to:

- Explain the ways in which commercialisation impacts on the roles and responsibilities of players in sports organisations;
- Identify the key legal parameters that provide the basic working conditions for players;
- Identify the basic rights of players in sports organisations;
- Identify the obligations that players have to sports organisations and the broader public;
- List the fundamental provisions of a standard player employment contract;
- Explain what a collective bargaining agreement is, how it might be negotiated, and the influence of player unions and associations on the process;
- Explain what player welfare involves, and how player welfare programs are managed;
- Understand the role of player agents and their relationship with sports organisations.

Class Contact:Lectures: 12 x 1.5 hours; Tutorials: 12 x 1 hour; Field work: 10 hours.

Required Reading:Berry, R & Staudohar, P 1996, Playing for dollars: labor relations

and the sports business, Cornell University Press, New York.

Assessment:Other, Mid-semester quiz on rights and responsibilities of players in professional sports (200 words), 20%. Report, Individual report that analyses a collective bargaining agreement (300 words), 30%. Case Study, Case study of the player welfare program of a sports organisation that requires observations and interviews in a sports organisation setting (2500 word, 50%.

AHS7057 SPORT INDUSTRY RESEARCH PROJECT

Locations:Footscray Park.

Prerequisites:Nil.

Description:The primary aim of this unit of study is to give students the skills to undertake scholarly research into a broad array of sport and recreation-related issues and problems. This aim will be achieved by taking students through a sequence of learning activities, culminating in the completion of a major research project. This unit of study builds upon earlier topics and skills acquired in the sport and recreation management course. It also addresses the ways in which research can be used to solve problems and provide the catalyst for change at both the policy and planning levels in sport and recreation.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to:

- Explain the nature and purpose of scholarly research;
- Locate and review examples of sport-related research;
- Identify and articulate a research problem in the field of sport;
- Discuss different ways of tackling research problems;
- Design a research project;
- Review literature relevant to a research problem;
- Design a methodology for completing the research;
- Collect data using a variety of techniques;
- Compile and analyse the research data;
- Write a research report.

Class Contact:Seminar: 12 x 2.5 hours for one semester.

Required Reading:Gratton, C & Jones, I 2004, Research methods for sports studies, Routledge, London. Kayrooz, C & Trevitt, C 2005, Research in organisations and communities, Allen and Unwin, Crow's Nest, New South Wales.

Assessment:Literature Review, Review of the literature on a specific research topic (500 words), 25%. Project, Compilation of a research project proposal (500 words), 25%. Project, Completion of a major research project (2000 words), 50%.

AHX0010 OLYMPIC STUDIES

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit of study aims to provide students with knowledge and critical understanding of the globalisation of the modern Olympic Games. It does this by examining in detail the historical, political, cultural, philosophical and economic literature pertaining to the Olympic movement. The unit aims to give students an awareness of the relationships between the Olympic Games and sport, culture and tourism, especially as they relate to Australia in a global context.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to: Demonstrate their knowledge of the Olympic movement in terms of its history, structure, functions, controversies and other relevant issues; Demonstrate their

technical skills in various information technology areas, including the use of Web CT, Powerpoint, website-based research, etc.

Class Contact:Seminars: 12 x 2.5 hours for one semester.

Required Reading:Hill, CR 1992, Olympic Politics, Manchester University Press, Manchester. Gordon, H 1994, Australia and the Olympic Games, University of Queensland Press, St Lucia. Guttman, A 1992 The Olympics: a history of the modern games, University of Illinois Press, Urbana.

Assessment:Assignment, Written assignments and presentations, 60%. Examination, Final examination, 40%.

AHX0015 SPORT AND CULTURE RESEARCH SEMINAR

Locations:Footscray Park.

Prerequisites:Nil.

Description:This elective research seminar provides an opportunity for students with a strong interest in the social sciences or humanities of sport to consider elected current research issues and topics in sport from multidisciplinary social sciences and humanities perspectives. The unit will be run partly in conjunction with departmental sport and culture-related seminars attended by fourth year honours students, graduate research students and lecturing staff currently researching in the social sciences and humanities areas.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to:

- Critically research, interpret, and then verbally discuss contemporary aspects of sport and culture from a multidisciplinary perspective;
- Bring historical, philosophical and sociological knowledge to bear upon written understandings of current issues associated with sport and culture;
- Display in written and verbal form, an advanced appreciation of different theoretical and methodological approaches to the study of sport and culture.

Class Contact:Two hours per week for one semester comprising one two-hour seminar.

Required Reading:To be advised by lecturer.

Assessment:Papers, debates, presentations, projects 100%.

AHX5017 CARDIORESPIRATORY AND METABOLIC PHYSIOLOGY FOR REHABILITATION

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit of study will include: cardiac patho-physiology and rehabilitation: ischemic, myocardial, pericardial and valvular disease, heart failure, hypertension, electrocardiography; stroke (cerebro-vascular accident): cardio-respiratory deficits; pulmonary diseases: asthma, chronic bronchitis and emphysema, pneumonia, bronchiectasis, cystic fibrosis, tuberculosis, respiratory distress syndrome, acute respiratory tract infections; metabolic/neuro-hormonal conditions: obesity, diabetes, chronic fatigue syndrome, anaemias; inflammation, infection control (including wound management) and haemostasis

Credit Points:8

Learning Outcomes:On successful completion of this unit, students will be able to:

- Demonstrate knowledge of: cardiac pathophysiology and rehabilitation: ischaemic, myocardial, pericardial and valvular disease, heart failure, hypertension, electrocardiography;
- Demonstrate knowledge of: stroke (cerebro-vascular accident), cardiorespiratory deficits, pulmonary diseases, asthma, chronic bronchitis and emphysema, pneumonia, bronchiectasis, cystic fibrosis, tuberculosis, respiratory distress syndrome, acute respiratory tract infections;
- Demonstrate knowledge of: metabolic/neurohormonal conditions: have a knowledge of inflammation, infection control (including wound management) and haemostasis.

Class Contact:Two hours of lectures per week for one semester.

Required Reading:American College of Sports Medicine 1998, 3rd edn, ACSM's resource manual for guidelines for exercise testing and exercise prescription, Baltimore: Williams and Wilkins. Hampton, JR 1997, 3rd edn, The ECG made easy, Edinburgh: Churchill Livingstone. Huff, J, Doernbach, DP & White, RD 1993, 2nd edn, ECG workout: exercises in rhythm interpretation, Philadelphia: JB Lippincott. McCance, KL & Huether, SE 1998, 3rd edn, Patho-physiology: the biological basis for disease in adults and children, St Louis: Mosby. Van de Graaf, KM 1998, 5th edn, Human anatomy, Boston: WCB/McGraw Hill.

Assessment:Attendance and participation 10%; Mid-semester exam 30%; End-of-semester exam 60%.

AHX5018 EXERCISE PRESCRIPTION FOR MUSCULO-SKELETAL AND NEUROLOGICAL CONDITIONS

Locations:Footscray Park.

Prerequisites:AHX5042 - MUSCULO-SKELETAL PHYSIOLOGY FOR REHABILITATION Nil.

Description:Exercise prescription for the following conditions: soft tissue, bone and joint injuries; extensive content on low back pain: spinal surgeries including laminectomies, fusions, discectomies and pain management; arthritis: osteo, rheumatoid, gout, ankylosing spondylitis; osteoporosis; stroke and acquired head injury; spinal cord injury; multiple sclerosis; Parkinson's disease; muscular dystrophy; knee and shoulder reconstructions; knee and hip replacements; and dementias. Exercise modes will include: hydrotherapy; Pilates exercise; Swiss Balls; stabilisation of lumbar; cervical and scapular segments; modified equipment; exercise for people in a wheelchair; gait aids; balance training/assessments.

Credit Points:8

Learning Outcomes:On successful completion of this unit, students are expected to be able to:

- Take clinical histories and conduct physical examinations of clients with musculoskeletal and/or neurological conditions;
- Identify exercise goals and barriers to exercise among clients with musculoskeletal and/or neurological conditions;
- Identify risks associated with exercise, and contraindications to exercise, among clients with musculoskeletal and/or neurological conditions;
- Discuss and explain a broad range of evidence-based exercise interventions useful among clients with musculoskeletal and/or neurological conditions;
- Safely apply a broad range of evidence-based exercise interventions useful among clients with musculoskeletal and/or neurological conditions.

Class Contact: Four hours per week for one semester.

Required Reading: Brukner & Khan 2007, 3rd edn, Clinical sports medicine, Sydney, Australia: McGraw Hill.

Assessment: Case Study, Musculoskeletal case study, 20%. Examination, Written final exam, 40%. Examination, Practical hurdle exam, 40%. Minimum effective word limit 5000 words.

AHX5029 EXERCISE PRESCRIPTION FOR WORK

Locations: Footscray Park.

Prerequisites: Nil.

Description: Students will develop skills in the prescription of both individual and group work-orientated programs involving workers in simulated or actual work tasks and activities that are structured and progressively graded. Aqua-exercise and hydrotherapy and other modes of exercise conditioning will be included. Students will develop expertise in the design and implementation of programs that increase physical power and capacity, and productivity, with the goal of training workers to remain at, or return to, suitable employment. The unit will provide students with advanced skill training in the assessment of injured or disabled workers to identify and specifically measure the limitations and deficits of clients against the type of work the client will be/is required to perform in the workplace. Students will also develop their skills in the education of the injured worker to maintain sound physical and physiological habits to avoid further injury. This will include: the ability to conduct individual and group training programs in manual handling techniques; lumbar stabilisation programs; back care education as well as work break exercise programs; injury prevention strategies; pain management and modification of exercise equipment for people with disabilities.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students will be able to practise exercise physiology in the workplace with the emphasis on interactions between an individual worker's physical capacities, the physiological demands of the job and local environmental stressors, all of which students will learn to measure, analyse, report and communicate.

Class Contact: Two hours per week for one semester.

Required Reading: Åstrand, PO 2003, Textbook of work physiology: physiological bases of exercise, Human Kinetics, Champaign, Illinois. American College of Sports Medicine 2001, ACSM's resource manual for guidelines for exercise testing and exercise prescription, 4th edn, Williams and Wilkins, Baltimore. Karasek, R & Theorell, T 1990, Healthy work: stress, productivity and the reconstruction of working life, Basic Books, New York. Moore, KL & Dalley, AF (eds), Donohoe, LS & Moore, M 1999, Clinically oriented anatomy, 4th edn, Lippincott Williams and Wilkins, Philadelphia. Skinner, JS 2003, Exercise testing and exercise prescription for special cases, 3rd edn, Lippincott Williams and Wilkins Publishers, Philadelphia.

Assessment: Oral presentation (comprising 20% each for the oral presentation and the accompanying written case study) 50%; Log book 50%.

AHX5031 PHYSIOLOGICAL TESTING FOR REHABILITATION

Locations: Footscray Park.

Prerequisites: Nil.

Description: This unit of study aims to provide students with knowledge and skill in the application of physiological techniques and protocols used to assess human movement and exercise performance with an emphasis on people recovering from injury or illness or people with permanent disabilities. The unit revisits those techniques that students have previously used in the assessment of exercise performance in able-bodied people (including athletes) and then progresses to modifications of those techniques for use in exercise rehabilitation. The former

include the measurements of skin-fold thicknesses, VO₂ max, anaerobic threshold, acid-base responses to acute exercise, normal exercise electrocardiography and lung function while the latter includes VO₂ peak, pathological electrocardiography, cardiovascular responses to exercise, blood lipids, interpretation of pulmonary function and dysfunction in exercise and the assessment of balance.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students will be able to apply physiological techniques and protocols to assess human movement and exercise performance with an emphasis on people recovering from, or living with, injury or illness.

Class Contact: Two hours per week for one semester.

Required Reading: ACSM 2005, 2009, 5th & 6th edns, ACSM's resource manual for guidelines for exercise testing and prescription, Baltimore: Lippincott Williams & Wilkins Hampton, JR 1986, 3rd edn, The ECG made easy, Edinburgh: Churchill Livingstone Skinner JS 1987 Exercise testing and exercise prescription for special cases, Philadelphia: Lea and Febiger West, JB 1990, 4th edn, Respiratory physiology: the essentials, Baltimore: Williams & Wilkins

Assessment: Attendance and participation 10%; Laboratory reports 60%; Practical examination 30%.

AHX5033 BIOMECHANICS THEORY AND PRACTICE FOR REHABILITATION

Locations: Footscray Park.

Prerequisites: Nil.

Description: The theoretical component of this unit of study will provide students with general knowledge of the mechanical properties of biological materials and examine the biomechanical aspects of selected joints and the mechanics of movement applied to normal and pathological states. The practical part of the unit of study will provide students with knowledge of the biomechanical techniques used to assess human movement with an emphasis on injured or disabled individuals, and practical skills that will enable students to assess muscular function. This will include the following topics: measurement and analysis of human gait; video analysis of human motion; anthropometry; foot pressure sensors and force platform analysis; recording and interpretation of electromyography (EMG) signals; and isokinetic dynamometry.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students will be able to:

- Demonstrate general knowledge of the mechanical properties of biological materials, biomechanical aspects of selected joints, and the mechanics of movement as they apply to normal and pathological states;
- Demonstrate knowledge of the biomechanical techniques used to assess human movement with an emphasis on injured or disabled individuals;
- Demonstrate practical skills necessary to assess muscular function.

Class Contact: One one-hour lecture plus one two-hour laboratory session per week for one semester.

Required Reading: Enoka, RM 1994, Neuro-mechanical basis of kinesiology, 2nd edn, Human Kinetics, Champaign, Illinois. O'Sullivan, SB & Schmitz, TJ 1994, Physical rehabilitation: assessment and treatment, 3rd edn, FA Davis Company, Philadelphia. Rose, J & Gamble, JG 1994, Human walking, Williams and Wilkins, Baltimore and Maryland. Whittle, MW 1991, Gait analysis: an introduction, Butterworth Heinemann, Oxford.

Assessment: Mid-semester exam 20%; Final examination 30%; Laboratory reports (2 @ 1000 words each) 30%; Assignment (1500 words) 20%.

AHX5034 EXERCISE PHYSIOLOGY IN THE WORKPLACE

Locations:Footscray Park.

Prerequisites:Nil.

Description:Students will practise the measurement, interpretation and communication of physiological data of workers and how these inter-relate to workers' exposure to environmental and occupational stressors. Measurements will include: functional capacity evaluations (FCE); functional job analyses (FJA); and descriptions (FJD) and the subsequent matching of workers' FCEs to the physical demands of their jobs, as identified by the FJAs and FJDs. Students will simulate the application of these in the areas of 'work conditioning' (for the job) and matching workers to jobs that they can manage in terms of physical capacity and skill (pre- or early-employment screening). Environmental and occupational stressors that students will investigate include any combination of: cold and heat stress; repetitive movement over the course of a shift; vibration; awkward postures and positions; high loads; endurance demands; mental and psychological stressors. Issues around fatigue management and the minimisation of human error to prevent injury will be emphasised. Students will explore the role of exercise conditioning for manual process and office workers in managing risk factors (including lifestyle factors) and/or current or past injury or preventable illness. They will also practise the prescription of both individual and group work-orientated exercise programs involving workers in simulated or actual work tasks, mainly in healthy workers, but including those recovering from injury or lifestyle-related illness.

Credit Points:8

Class Contact:Two hours per week comprising a blend of lectures, group and laboratory work, supplemented by online teaching and mentoring (WebCT).

Required Reading:Åstrand, PO 2003, Textbook of work physiology: physiological bases of exercise, Human Kinetics, Champaign, Illinois. American College of Sports Medicine 2004, ACSM's resource manual for guidelines for exercise testing and exercise prescription, 4th edn, Williams and Wilkins, Baltimore. Karasek, R & Theorell, T 1990, Healthy work: stress, productivity and the reconstruction of working life, Basic Books, New York. Moore, KL, Dalley, AF (eds), Donohoe, LS & Moore, M 1999, Clinically oriented anatomy, 4th edn, Lippincott Williams and Wilkins, Philadelphia. Skinner, JS 2003, Exercise testing and exercise prescription for special cases, 3rd edn, Lippincott Williams and Wilkins Publishers, Philadelphia.

Assessment:Note: Core Graduate Attributes do not apply to postgraduate programs at this time. Literature review (2000-3000 words) 40%; Case report (1200 words each, excluding graphs, diagrams, tables, references) 30%; Laboratory skills and competencies 30%.

AHX5041 FUNCTIONAL ANATOMY

Locations:City Flinders.

Prerequisites:Nil.

Description:This unit of study content will include: the physical properties of bone and collagenous tissues, arthrology, muscular system, an overview of the nervous system; functional anatomy of the joints: shoulder complex, forearm, wrist and hand complex, hip joint complex, knee complex, ankle foot complex; vertebral column, posture, locomotion, anatomy and performance.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to:

- Know the physical properties of bone and collagenous tissues, arthrology, muscular system, and an overview of the nervous system;

- Understand the functional anatomy of the joints: shoulder complex, forearm, wrist and hand complex, hip joint complex, knee complex, and ankle foot complex;
- Demonstrate knowledge of the vertebral column, posture, locomotion, anatomy and performance.

Class Contact:Two hours of lectures and two hours of practical per week for one semester.

Required Reading:Moore, KL, Dalley, AF (eds), Donohoe, LS & Moore, M 1999, Clinically oriented anatomy, 4th edn, Lippincott Williams and Wilkins, Philadelphia.

Assessment:Final examination 60%; Ongoing assessment 10%; Flag-race (practical) exam 30%.

AHX5042 MUSCULO-SKELETAL PHYSIOLOGY FOR REHABILITATION

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit of study will include: mechanisms of injury and repair in skeletal muscle and other soft tissues, bones and joints; chronic pain management; low back pain: spinal surgeries including laminectomies, fusions, discectomies and pain management; arthritis: osteo, rheumatoid, gout, ankylosing spondylitis; osteoporosis; stroke (cerebro-vascular accident): musculo-skeletal deficits; knee and shoulder reconstructions; knee and hip replacements; detrimental effects of long term inactivity and bed rest.

Credit Points:8

Learning Outcomes:On successful completion of this unit, students will be able to:

- Recognise signs and symptoms in relation to the musculo-skeletal conditions covered in the unit;
- Understand the natural histories of musculo-skeletal diseases;
- Demonstrate basic knowledge and modes of self-learning for the medical, surgical and physical therapies that are effective for people with the conditions;
- Understand the role of exercise in the management of these diseases;
- Gather knowledge of the indications and contraindications of exercise.

Class Contact:Four hours of lectures per week for one semester. Weeks 1 to 6 inclusive will consist of theory content (muscles, joints, tendons and ligaments and associated assessment procedures and pathological conditions). Weeks 7 to 12 will consist of practical classes covering the assessment of said muscles, joints, ligaments and tendons through Observation, palpation of anatomical landmarks and muscles/tendons/ligaments/joints; standard muscle and joint tests used by clinical Exercise Physiologists in standard practice; posture and gait assessment; reflex tests; some basic special neurological tests used in EP practice.

Required Reading:Bruckner & Khan 2007, 3rd edn, Clinical Sports Medicine, McGraw Hill.

Assessment:Assignment, Brief client information sheet of an allocated musculoskeletal condition, 15%. Case Study, 2 case studies of musculoskeletal conditions, 25%. Examination, Final examination of theory and some practical material, 60%. Total effective word limit 5000 words.

AHX5043 QUANTITATIVE AND QUALITATIVE RESEARCH DESIGN AND METHODS FOR PRACTITIONERS

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit of study will include: sampling and analytic methods for quantitative and qualitative research; questionnaire design and evaluation; determination of validity and reliability of research designs; development of ethics applications; evaluation of research designs of published papers.

Credit Points:8

Learning Outcomes:On successful completion of this unit, students will be able to design, conduct and evaluate the following categories of research, using both quantitative and qualitative methods: single case reports or case studies, population-wide surveys, observational outcome studies and randomised trials.

Class Contact:Two hours of lectures and one hour of tutorials per week for one semester.

Required Reading:Aron, A & Aron, EN 1994, *Statistics for psychology*, 2nd edn, Prentice Hall, Englewood Cliffs, New Jersey. Hair, JF, Anderson, RE, Tatham, RL & Black, WC 1995, *Multivariate data analysis with readings*, 4th edn, Prentice Hall, New Jersey. Coakes, SJ & Steed, LG 1999, *SPSS: analysis without anguish*, versions 7.0, 7.5, 8.0 for Windows, John Wiley and Sons, Brisbane. National Health and Medical Research Council 1999, *National statement on ethical conduct in research involving humans*, Commonwealth Government, Canberra. Victoria University 2000, *Handbook of candidature research proposals*, Victoria University, Melbourne. Baumgartner, TA & Strong, CH 1994, *Conducting and reading research in health and human performance*, Wm C Brown Communications, Dubuque. Bell, J 1993, *Doing your research project*, 2nd edn, Open University Press, Birmingham. Burns, N & Grove, S 1997, *The practice of nursing research: conduct, critique and utilization*, 3rd edn, Saunders, Sydney. Maxwell, JA 1996, *Qualitative research design*, Sage, Thousand Oaks. Munro, BH 1997, *Statistical methods for health care research*, 3rd edn, Lippincott, US. National Health and Medical Research Council 1999, *National statement on ethical conduct in research involving humans*, Commonwealth Government, Canberra. Thomas, JR & Nelson, JK 1996, *Research methods in physical activity*, 3rd edn, Human Kinetics, Champaign, Illinois. Victoria University 2000, *Handbook of candidature research proposals*, Victoria University, Melbourne. Wiersma, W 2000, *Research methods in education: an introduction*, 7th edn, Allyn and Bacon, Needham Heights, Ma.

Assessment:Four approved assignments of up to 1000 words or equivalent 25% each. Each will draw on quantitative and/or qualitative methods to analyse or critique one of the following: single case report or case study; population-wide survey; observational outcome study; and randomised trial.

AHX5046 EXERCISE ASSESSMENTS FOR MUSCULOSKELETAL AND NEUROLOGICAL CONDITIONS

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit examines the various effects of surgical, medical, pharmaceutical and allied health interventions for people with musculoskeletal and/or neurological conditions on acute and chronic exercise capacity. Students will gain an understanding of exercise training regimes and exercise tests that are contraindicated for each of these conditions. Students will learn to conduct standardised physical examinations of the neuromusculoskeletal system, and develop the knowledge and ability to recognise, adverse signs and symptoms that may arise during physical examination, exercise or recovery for people with musculoskeletal and/or neurological conditions. In particular, students will develop skills in history taking, physical examinations, and assessments of exercise capacities of people with (at least, but not necessarily limited to) the following conditions: soft tissue, bone and joint injuries; low back pain; arthritides, including osteoarthritis, rheumatoid arthritis, gout, ankylosing spondylitis; osteoporosis; stroke and acquired head injury;

spinal cord injury; multiple sclerosis; Parkinson's disease; muscular dystrophy; knee and shoulder reconstructions; knee and hip replacements.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to:

- By the end of this unit of study, students will be able to:
- Select appropriate protocols, including ethics and cultural sensitivity, for the physical examination, assessment of exercise, and assessment of functional capacities for people with musculoskeletal and/or neurological conditions;
- Take clinical histories and conduct physical examinations of clients with musculoskeletal and/or neurological conditions;
- Identify risks associated with physical examination, exercise, and contraindications to exercise, among clients with musculoskeletal and/or neurological conditions; of particular importance is the ability to recognise and take appropriate and timely actions with regard to acute musculoskeletal pain/injuries and medical emergencies;
- Use information on the effects of common surgical, medical and allied health treatments on the expected acute and chronic exercise responses;
- Determine safe (client-centred) exercise limits and effective exercise ranges for exercise and physical activity for people with musculoskeletal and/or neurological conditions.

Class Contact:On hour tutorial plus one hour practical session per week for one semester.

Required Reading:American College of Sports Medicine 2006, *ACSM's guidelines for exercise testing and exercise prescription*, 7th edn, Lippincott Williams & Wilkins, Baltimore. American College of Sports Medicine 2005, *ACSM's resource manual for guidelines for exercise testing and exercise prescription*, 5th edn, Lippincott Williams & Wilkins, Baltimore. American College of Sports Medicine 2003, *ACSM's exercise management for persons with chronic diseases and disabilities*, 2nd edn, Human Kinetics, Champaign, Illinois. MacAuley D & Best TM 2007, *Evidence-based sports medicine*, 2nd edn, Blackwell, Oxford. Magee, D, *Orthopedic physical assessment*, 4th edn (or Enhanced edn), Saunders.

Assessment:Case study (1000 words) 20%; Written examination (2000 words) 40%; Practical examination 40%.

AHX5047 CLINICAL EXERCISE PRACTICE 2

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit will introduce students to the professional roles of clinical exercise physiologists and to offer perspectives on the roles of other team members in rehabilitation processes. Students will have opportunities to observe clinical exercise professionals in the design, implementation and evaluation of exercise and physical activity programs, and to learn about equipment, facilities and program planning that are used in exercise delivery for clinical populations. Students will have opportunities to practise exercise science in the service of apparently healthy individuals or those with one or more of cardiopulmonary, metabolic, musculoskeletal, neurological, neuromuscular or other conditions such as cancer, depression, chronic fatigue syndrome etc. Students will be supervised in the workplace by an approved supervisor, with additional mentoring by university staff. Under supervision, students will practise with actual clients and document their learning experiences under one of the following categories (where the client fits more than one category, the experiences will be recorded in the category for which

the client fits best): 1. apparently healthy 2. cardiopulmonary and/or metabolic conditions 3. musculoskeletal, neurological, and/or neuromuscular conditions.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students will be able to:

- Demonstrate knowledge and practical understanding of the scope of professional roles available to clinical exercise practitioners, and how these intersect with the roles of other health professionals in the provision of services to people living with, or at risk of, chronic diseases, injuries or disabilities;
- Design/select assessment methods and protocols, including history taking of clinical, lifestyle and environmental factors, risk factor stratification and risk/benefit analyses, assessments of functional, physical activity and exercise capacities, monitoring of signs and symptoms before, during and following exercise and capacity to take timely and appropriate action, identification of indicated and contraindicated exercises from all of the above factors;
- Demonstrate knowledge of the technical challenges with providing a competent service in clinical exercise. This includes being able to collect and interpret data with high degrees of accuracy, reliability and validity, and to discriminate between clinical and functional (eg exercise capacity) outcomes;
- Demonstrate the use of evidence bases, particularly published research and practice models, in the design and provision of clinical exercise services;
- Design, lead and evaluate exercise and physical activity interventions in concordance with clients, including the knowledge and methods of effecting behavioural change to promote better health through exercise participation, with an emphasis on the graduated transfer from dependence on the clinical exercise practitioner to self-management. This includes listening to, identification of different stages of change in order to match an intervention with the individual's stage of change (eg. transtheoretical model) and talking with clients to overcome barriers, set goals, and improve their knowledge of their medical conditions, treatments and prevention strategies;
- Demonstrate knowledge of the core issues concerning the ethical provision, business management, and legal responsibility issues regarding clinical exercise services.

Class Contact: Occasional classes; 140 hour industry placement.

Required Reading: American College of Sports Medicine 2003, ACSM's exercise management for persons with chronic diseases and disabilities, 2nd edn, Human Kinetics, Champaign, Illinois. Bouchard, C, Blair, SN & Haskell, WL 2007, Physical activity and health, Human Kinetics, Champaign, IL. Dwyer, GB & Davis, SE 2005, ACSM's health-related physical fitness assessment manual, Lippincott, Williams & Wilkins, Philadelphia, PA. Goldberg, I & Elliott, DL 2000, The healing power of exercise, John Wiley & Sons, Inc, New York. MacAuley, D & Best, TM 2007, Evidence-based sports medicine, 2nd edn, Blackwell, Oxford. MacKinnon, LT, Ritchie, CB, Hooper, SL & Abernethy, PJ 2003, Exercise management: concepts and professional practice, Human Kinetics, Champaign, IL.

Assessment: Placement CV (500 words) 15%; Placement log book (500 words) 10%; Case reports (500 words) 15%; Placement report (1500 words) 60%.

AHX5049 EXERCISE INTERVENTIONS FOR MUSCULOSKELETAL AND NEUROLOGICAL CONDITIONS

Locations: Footscray Park.

Prerequisites: AHX5046 - EXERCISE ASSESSMENTS FOR MUSCULOSKELETAL AND NEUROLOGICAL CONDITIONS

Description: This unit will follow through from the unit AHX5046 Exercise Assessments for Musculoskeletal & Neurological Conditions. The unit will give students information on exercise methods and their applications for clientele with a range of pathologies. The unit will cover the exercise prescription for the following musculoskeletal and neurological conditions: soft tissue and bone and joint injuries including low back pain and spinal surgeries, arthritis, osteoporosis, joint reconstructions; stroke and acquired head injury, spinal cord injury, multiple sclerosis, Parkinson's disease and muscular dystrophy. A variety of exercise modes will be covered including hydrotherapy, Pilates exercise, Swiss Balls, stabilisation, modified equipment, exercise for people in a wheelchair and balance training/assessments.

Credit Points: 12

Learning Outcomes: On successful completion of this unit students are expected to be able to:

- Determine clinical histories and conduct physical examinations of clients with musculoskeletal and/or neurological conditions;
- Identify exercise goals and barriers to exercise, for clients with musculoskeletal and/or neurological conditions;
- Identify risks associated with exercise, and contraindications to exercise, for clients with musculoskeletal and/or neurological conditions;
- Discuss and explain a broad range of evidence-based exercise interventions useful for clients with musculoskeletal and/or neurological conditions; and
- Safely apply a broad range of evidence-based exercise interventions useful for clients with musculoskeletal and/or neurological conditions.

Class Contact: Four hours per week for one semester.

Required Reading: Brukner & Khan 2007, 3rd edn, Clinical sports medicine, Sydney, Australia: McGraw Hill.

Assessment: Case Study, Musculoskeletal case study, 25%. Examination, Written final exam, 35%. Examination, Practical hurdle exam, 40%. Minimum effective word limit 5000 words.

AHX5069 INTRODUCTION TO REHABILITATION FIELDWORK

Locations: Footscray Park.

Prerequisites: Nil.

Description: This unit of study introduces students to the various roles of physical educators in exercise rehabilitation, and offers perspectives on the roles of other team members in rehabilitation processes. Students will have opportunities to observe health professionals during the design, implementation and evaluation phases of exercise programs. They also learn about equipment, facilities and program planning that are used in exercise rehabilitation.

Credit Points: 8

Learning Outcomes: On successful completion of this unit, students will be able to:

- Understand, via observation, the role of health professionals during the design, implementation and evaluation phases of exercise programs;

- Know about equipment, facilities and program planning that are used in exercise rehabilitation;
- Assist exercise practitioners with implementation of exercise programs;
- Supervise and monitor clients' exercise programs and assist with execution of correct techniques;
- Discuss exercise progressions with exercise practitioner and client.

Class Contact: 4 seminar hours and 160 fieldwork hours

Required Reading: To be advised by lecturer.

Assessment: Satisfactory/Unsatisfactory. Report, Supervisors Report/Logbook, Pass/Fail. Total effective word limit 5000 words.

AHX5070 EXERCISE FOR REHABILITATION FIELDWORK (FULL-TIME)

Locations: Footscray Park.

Prerequisites: Nil.

Description: This unit of study aims to provide students with experience in exercise prescription, design, conduct and evaluation of exercise rehabilitation programs. It also provides practical knowledge of differing organisational models, the roles of other health professionals, referral and communication pathways and medical record systems.

Credit Points: 12

Learning Outcomes: On successful completion of this unit (170 hours of placements), students are expected to be able to:

- Demonstrate experience in exercise prescription, design, conduct and evaluation of exercise rehabilitation programs;
- Demonstrate practical knowledge of differing organisational models, the roles of other health professionals, referral and communication pathways and medical record systems.

Class Contact: Eight seminar hours in total for one semester as well as 170 hours of field contact (six weeks).

Required Reading: To be advised by lecturer.

Assessment: Satisfactory / Unsatisfactory. Report, Supervisors Report/Logbook for 170 hours in total, Pass/Fail. Total effective word limit 5000 words.

AHX5071 EXERCISE FOR REHABILITATION FIELDWORK (PART-TIME)

Locations: Footscray Park.

Prerequisites: Nil.

Description: This unit of study aims to: provide students with experience in exercise prescription, design, conduct and evaluation of exercise rehabilitation programs; and practical knowledge of differing organisational models, the roles of other health professionals, referral and communication pathways and medical record systems.

Credit Points: 6

Class Contact: 8 seminar hours and 170 fieldwork hours (completed over 2 semesters)

Required Reading: To be advised by lecturer.

Assessment: Satisfactory / Unsatisfactory.

AHX5180 PSYCHOLOGY FOR REHABILITATION

Locations: Footscray Park.

Prerequisites: Nil.

Description: This unit of study aims to develop in students a basic understanding of the psychological aspects of rehabilitation. It is not intended that graduates of the

unit will be equipped to provide the primary psychological care of rehabilitation clients because in most instances they are part of a team which includes clinical and neuro-psychologists. However, they should have an understanding of the psychological aspects of the rehabilitation process. The unit will include the following topics: counselling and interviewing skills - verbal and non-verbal, listening skills, body language, human interaction; human behaviour and development, lifestyle, life-cycle, life crisis, life development; coping with injury; dealing with grief and loss; coping with chronic pain; stress management, anxiety and depression; self-confidence, development and maintenance, particularly in the transitions which occur during rehabilitation; motivation, intrinsic-extrinsic, goal orientations, self-efficacy, goal setting, physical, psychological and technical.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students are expected to be able to:

- Understand psychological processes in rehabilitation;
- Understand the importance and influence of client-practitioner relationships in rehabilitation;
- Use mental skills in applied settings;
- Demonstrate in-depth knowledge of one aspect of psychology and rehabilitation.

Class Contact: Two hours per week for one semester.

Required Reading: Kolt & Andersen 2004, 1st edn, Psychology in the physical and manual therapies, Edinburgh, Scotland: Churchill Livingstone.

Assessment: Assignment, Review paper, 50%. Examination, Take-home final examination, 50%. Total effective word limit 5000 words.

AHX5501 SPORT COMMUNITY PARTNERSHIPS

Locations: Footscray Park, City Flinders.

Prerequisites: Nil.

Description: This unit addresses the following aspects of sport community partnerships, as they apply to the Australian Sport Industry: the trends and future direction of sport community partnerships; opportunities for cross-promoting community and sport organisations; processes required to develop sport community partnerships; management strategies to retain sport community partnerships; contractual agreements required for sport community partnerships; negotiation of issues pertaining to sport community partnerships; forming relationships in sport community partnerships; and case studies.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students are expected to be able to:

- Explain the concepts that underpin partnership building and collaborative activity;
- Provide examples of partnership building in sport;
- Critically evaluate the benefits and costs of different sporting partnerships;
- Create scenarios and options for future sporting partnerships.

Class Contact: Twelve weeks of three hours per week.

Required Reading: During each class, a range of sport community relationship readings will be provided for students to review and discuss during class. The lecturer

will distribute this reference material.

Assessment:Journal, Journal review, 40%. Case Study, Case study in sport community building, 40%. Presentation, Class presentation, 20%. Total effective word limit 5000 words.

AHX5502 SPORT FACILITY MANAGEMENT

Locations:Footscray Park, City Queen, City Flinders.

Prerequisites:Nil.

Description:This unit addresses the following aspects of facility management and design, as they apply to the Australian Sport Industry: facility planning and development process; facility design principles, access and design requirements for specific population groups; facility management planning process and management arrangements; development processes for sport facilities within Australia; standards required for the design of sport facilities; relationships between facility design and maintenance; maintenance management requirements for different sport facilities/surfaces; occupational health and safety issues; facility performance evaluation and service quality; recent developments in sport facility management in Australia and overseas; and case studies.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students are expected to be able to:

- Demonstrate understanding of the principles of effective sport facility planning and management;
- Identify and solve sport facility management problems;
- Design systems for evaluating the performance of sport facilities;
- Demonstrate understanding of the importance of communication in ensuring effective sport facility management.

Class Contact:Twelve weeks of three hours per week.

Required Reading:During each class, a range of contemporary facility management and design readings will be provided for students to review and discuss during class. The lecturer will distribute this reference material.

Assessment:Case Study, Case study reviews, 40%. Other, Sport policy and planning document, 40%. Presentation, Class presentation, 20%. Total effective word limit 5000 words.

AHX5503 SPORT BUSINESS PROJECT

Locations:City King St, Footscray Park, City Flinders.

Prerequisites:Nil.

Description:This unit directly relates to individual students' sport business organisation or interests. The major project will be decided by individuals in consultation with the lecturer and the project content should benefit the chosen sport business organisation. Students are expected to implement project management strategies that have been gained or further developed during the lectures ie. a communications plan, risk and issues management strategies and task assignments.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students are expected to be able to:

- Research and perform a needs analysis on a selected project;
- Develop a project for a sport organisation which is a new initiative;
- Present the proposed project to an appropriate audience;

- Evaluate the success of the presentation and content of the project;
- Apply their new found project competencies to a range of project related opportunities.

Class Contact:Three hours per week for one semester comprising of lectures/seminars or equivalent.

Required Reading:No reading required due to individual student projects formed.

Assessment:Project, Project proposal, 10%. Report, Final report, 50%. Journal, Journal article, 20%. Presentation, Class presentation, 20%. Total effective word limit 5000 words.

AHX5504 SPORT CONSULTING AND TENDERS

Locations:City King St, Footscray Park, City Queen, City Flinders.

Prerequisites:Nil.

Description:This unit addresses the following aspects of consultancy and tender submissions, as they apply to the Australian Sport Industry: establishing a sport consultancy; tender design principles; access and design requirements for specific population groups and sport organisations; tender management planning processes and management arrangements; resources to access global tender opportunities; relationships between the employer and the tendered contractor; maintenance management requirements for tender contracts; evaluation management strategies for completed tender contracts; legal and insurance requirements for tendering; tender performance evaluation and service quality; and case studies.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students are expected to be able to:

- Demonstrate understanding of the processes involved in identifying tender opportunities;
- Develop a tender brief;
- Present a formal bid document to an appropriate audience;
- Demonstrate understanding of the tender contracting process.

Class Contact:Twelve weeks of three hours per week.

Required Reading:During each class, a range of consultancy and tender readings will be provided for students to review and discuss during class. The lecturer will distribute this reference material.

Assessment:Case Study, Case study report (1000 words), 40%. Report, Proposed tender submission, dependent on tender submission requirements, 40%. Presentation, Class presentation (15 minutes), 20%. All components of assessment must be satisfactorily completed. Total effective word limit 5000 words.

AHX6020 DIRECTED STUDY

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit of study provides the opportunity for students to extend their knowledge and skills in the general topic area where they intend to carry out their research. A number of educational processes are equally valid and some might be particularly appropriate to specific disciplines or research endeavours. There is no desire to restrict the potential educational exercises by specifying what is acceptable. Designated research supervisors are responsible for determining acceptability of the nature and scale of directed studies in discussion with individual students. A number of examples of likely ways in which study may be directed will illustrate the possibilities. It is possible for issues to be raised which relate to the topic of research.

These could be addressed by consulting the literature and writing critical review or reaction papers. It might be that two or three such papers would constitute the appropriate scale of work. In some specialist areas the most fruitful preparation for the thesis would be to audit a coursework unit of study in this or another institution. The thesis research may depend crucially on the development of a measuring instrument and this development could be the substance of the Directed Study. Similarly, it might be deemed essential to pilot a new research technique, which is proposed to be used in the main thesis study. The pilot study could be the content of the Directed Study. These examples merely illustrate the nature of the Directed Study unit. The unit of study will remain flexible, permitting a whole range of equivalent exercises to be included. The main criterion for acceptance is that the activity is considered by the supervisor to be valuable preparation for the thesis research.

Credit Points:24

Class Contact:Nine hours per week for one semester comprising one one-hour tutorial and eight hours of practical sessions.

Required Reading:To be advised by lecturer.

Assessment:Students are assessed on satisfactory completion of the Directed Study contracted with the supervisor. Note: the methods of assessment are to be detailed by negotiation between the student and the supervisor.

AHX6030 MINOR THESIS (FULL-TIME)

Locations:Footscray Park.

Prerequisites:Nil.

Description:The Minor Thesis unit of study builds on the development made in Research Design and AHX6020 Directed Study. Specifically, with the continued advice and guidance of the research supervisor, the student carries through the research protocol, which was developed and refined in the Research Design unit of study and which is illuminated by the exercises undertaken in the Directed Study unit of study. The student executes a study on an issue in physical education or sport. In science areas, this involves the collection of primary data. This process is presented in a formal thesis of between 15,000 and 30,000 words equivalent not including appendices. The thesis should demonstrate the whole research process from identification of a problem, through review, critique and reflection on related research, to development and refinement of appropriate methods, collection of data using appropriate procedures and ethics, and on to selection, application and interpretation of suitable methods of analysis. Finally, conclusions must be drawn and recommendations made for further research and for practice.

Credit Points:48

Class Contact:AHX6030 Minor Thesis (full-time): 15 hours per week for one semester. AHX6035 Minor Thesis (part-time): 7.5 hours per week for two semesters.

Required Reading:To be advised by lecturer.

Assessment:Thesis 100%. Students must attend the Graduate Research Seminar program and present a report on their results, analysis and conclusions to a meeting of this seminar late in the semester. The final thesis will be examined by two academics, one of whom should be external, with expertise in the specific area of the research and will not include the supervisor. Students may be asked to present themselves for an oral or a written examination by these examiners, at the examiner's discretion. Each examiner will independently recommend one of the following outcomes to his/her assessment of the thesis: pass without further examination; pass unit with corrections to the satisfaction of the School's Research and Graduate Studies Committee; student to pass a written or oral examination to pass thesis; deferred for resubmission after major revision; fail. In the event that there is a disagreement between the examiners, a third examiner will be appointed.

AHX6035 MINOR THESIS (PART-TIME)

Locations:Footscray Park.

Prerequisites:Nil.

Description:The Minor Thesis unit of study builds on the development made in AHX6010 Research Design and AHX6020 Directed Study. Specifically, with the continued advice and guidance of the research supervisor, the student carries through the research protocol, which was developed and refined in the Research Design unit and which is illuminated by the exercises undertaken in the Directed Study unit. The student executes a study on an issue in physical education or sport. In science areas, this involves the collection of primary data. This process is presented in a formal thesis of between 15,000 and 30,000 words equivalent not including appendices. The thesis should demonstrate the whole research process from identification of a problem, through review, critique and reflection on related research, to development and refinement of appropriate methods, collection of data using appropriate procedures and ethics, and on to selection, application and interpretation of suitable methods of analysis. Finally, conclusions must be drawn and recommendations made for further research and for practice.

Credit Points:24

Class Contact:AHX6030 Minor Thesis (full-time): 15 hours per week for one semester. AHX6035 Minor Thesis (part-time): 7.5 hours per week for two semesters.

Required Reading:To be advised by lecturer.

Assessment:Thesis 100%. Students must attend the Graduate Research Seminar program and present a report on their results, analysis and conclusions to a meeting of this seminar late in the semester. The final thesis will be examined by two academics, one of whom should be external, with expertise in the specific area of the research and will not include the supervisor. Students may be asked to present themselves for an oral or a written examination by these examiners, at the examiner's discretion. Each examiner will independently recommend one of the following outcomes to his/her assessment of the thesis: pass without further examination; pass unit with corrections to the satisfaction of the School's Research and Graduate Studies Committee; student to pass a written or oral examination to pass thesis; deferred for resubmission after major revision; fail. In the event that there is a disagreement between the examiners, a third examiner will be appointed.

AHX6041 EXERCISE PRESCRIPTION FOR CARDIORESPIRATORY AND METABOLIC CONDITIONS

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit of study will include exercise prescription for the following conditions: cardiac pathophysiology and rehabilitation: ischemic, myocardial, pericardial and valvular disease, heart failure, hypertension; pulmonary diseases: asthma, chronic bronchitis and emphysema, pneumonia, bronchiectasis, cystic fibrosis, tuberculosis, respiratory distress syndrome, acute respiratory tract infections; metabolic conditions: obesity, diabetes, chronic fatigue syndrome, anaemias.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to:

- Demonstrate knowledge of exercise prescription for cardiac pathophysiology and rehabilitation, ischaemic, myocardial, pericardial and valvular disease, heart failure and hypertension;
- Demonstrate knowledge of exercise prescription for pulmonary diseases, asthma, chronic bronchitis and emphysema pneumonia, bronchiectasis,

cystic fibrosis, tuberculosis, respiratory distress syndrome, and acute respiratory tract infections;

- Demonstrate knowledge of exercise prescription for metabolic conditions, including obesity, diabetes, chronic fatigue syndrome and anaemias.

Class Contact:One one-hour lecture per week; one one-hour practical per week.

Required Reading:American College of Sports Medicine 1998, ACSM's resource manual for guidelines for exercise testing and exercise prescription, 3rd edn, Williams and Wilkins, Baltimore. American College of Sports Medicine 1997, ACSM's exercise management for persons with chronic diseases and disabilities, Human Kinetics, Champaign, Illinois. Skinner, JS 1993, Exercise testing and exercise prescription for special cases, 2nd edn, Lea and Febiger, Philadelphia.

Assessment:Attendance and participation 10%; Assignments 50%; Tests (practical, oral and written) 40%.

AHX6042 CASE MANAGEMENT

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit of study will include: structure and management of the public and private health systems; working in a rehabilitation team with physicians, physiotherapists, occupational therapists; management and presentation skills; medical terminology and common abbreviations used in referrals and correspondence; report writing; professional ethics; working as a consultant (independent provider) in rehabilitation; funding arrangements for Work Cover, TAC and private health fund clients; an introduction to occupational health and safety; referral systems for groups; management of mixed ability groups; monitoring and evaluation of rehabilitation programs.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students will be able to:

- Comprehend, explain, discuss and debate a code of ethics or code of conduct relevant to the allied health profession of exercise physiology;
- Plan and write a letter of referral for a client to another health professional;
- Plan, prepare and demonstrate use of a clinical history case record form;
- Plan, prepare and demonstrate use of an invoice and receipt for a clinical consultation;
- Plan and write a workplace risk assessment for a client.

Class Contact:Two hours per week for one semester.

Required Reading:Beckingham, AC, DuGas, BW 1993, Promoting healthy ageing: a nursing and community perspective, Mosby, Sydney. Cooney, C (ed) 1994, Primary health care: the way to the future, Prentice Hall, Melbourne. Gardner, H (ed) 1992, Health policy: development, implementation and evaluation in Australia, Churchill-Livingstone, Melbourne.

Assessment:Assignments and presentations 80%; Attendance and participation 20%.

AHX6045 EXERCISE THERAPY FOR NEUROLOGICAL & NEUROMUSCULAR DISORDERS

Locations:Footscray Park.

Prerequisites:AHX5041 - FUNCTIONAL ANATOMY/AHX5042 - MUSCULO-SKELETAL PHYSIOLOGY FOR REHABILITATION

Description:The unit content includes: mechanisms of injury and repair in neurological

and neuromuscular tissue; spinal cord and peripheral nerve injuries; acquired brain injury; stroke (cerebro-vascular accident): neurological and neuromuscular deficits; multiple sclerosis; Parkinson's disease; muscular dystrophy; mitochondrial myopathies; cerebral palsy; ageing; detrimental effects of long term inactivity and bed rest.

Credit Points:12

Learning Outcomes:On successful completion of this unit, students are expected to be able to:

- Recognise signs and symptoms in relation to the neurological and neuromuscular conditions covered in the unit;
- Understand, explain and describe the natural histories of neurological and neuromuscular conditions/diseases;
- Understand, explain and describe the medical, surgical and physical therapies that are effective for people with these conditions/diseases;
- Understand, explain and describe the role of exercise in the management of these conditions/diseases;
- Gather knowledge of the indications and contraindications to exercise in people with these conditions/diseases.

Class Contact:Two hours of lectures per week for one semester.

Required Reading:Durstine, Moore, Painter & Roberts 2009 3 ACSM's exercise management for person's with chronic diseases and disabilities, Human Kinetics Lecture slides and electronic reading materials will be made available from www.staff.vu.edu.au/exrehab . Notes available in hard copy only will be distributed in class.

Assessment:Assignment, Client information sheet, 30%. Examination, Final examination, 70%. Total effective word limit 5000 words.

AHX6046 EXERCISE FOR REHABILITATION CLINICAL PRACTICE (FULL-TIME)

Locations:Footscray Park.

Prerequisites:Nil.

Description:This unit aims to apply theoretical and practical knowledge to the design, implementation and evaluation of exercise rehabilitation programs, using both individual and group models. Practical experience with all aspects of case management, including working as part of the rehabilitation team, report writing, professional ethics and exposure to the public and private health systems.

Credit Points:24

Learning Outcomes:On successful completion of this unit, students are expected to be able to:

- Apply the theoretical and practical knowledge gained in the unit to the design, implementation and evaluation of exercise rehabilitation programs, using both individual and group models;
- Demonstrate practical experience with all aspects of case management, including working as part of the rehabilitation team, report writing, professional ethics and exposure to the public and private health systems;
- Have accrued the satisfactory number of clinical placement hours appropriate for AAESS accreditation upon completion of the Master of Applied Science - Exercise Rehabilitation.

Class Contact: 170 hours industry placement.

Required Reading: American College of Sports Medicine 2010, 6th edn, ACSM's resource manual for guidelines for exercise testing and exercise prescription, Baltimore: Williams & Wilkins American College of Sports Medicine 2010, ACSM's exercise management for persons with chronic diseases and disabilities, Champaign, Illinois: Human Kinetics American College of Sports Medicine 2010, 8th edn, ACSM's guidelines for exercise testing and exercise prescription, Baltimore: Williams & Wilkins McCance, KL & Huether, SE 2006, 5th edn, Pathophysiology: the biological basis for disease in adults and children, St Louis: Mosby Moore KL, Dalley AF (eds) and Donohoe LS & Moore M 2009, 6th edn, Clinically oriented anatomy, Philadelphia: Lippincott Williams and Wilkins 2008, MIMS annual St Leonards: CMP Medica Australia Pty Ltd Skinner, JS 2005, 3rd edn, Exercise testing and exercise prescription for special cases, Philadelphia: Lippincott Williams & Wilkins Van de Graaf, KM 1998, 5th edn, Human anatomy, Boston: WCB/McGraw Hill

Assessment: Other, Choice of written report, project or exam (see below), 100%. Written Case Reports, 10-20 cases, total word limit 5,000 - 20,000 words 100% OR Minor Research Project (10 - 20 weeks), total word limit 20,000 words 100% OR Exit exam (oral and practical) comprising three case studies (normal healthy client); musculo-skeletal; cardio-respiratory client to be undertaken with two internal and two external examiners 100%.

AHX6047 EXERCISE FOR REHABILITATION CLINICAL PRACTICE (PART-TIME)

Locations: Footscray Park.

Prerequisites: Nil.

Description: To apply the theoretical and practical knowledge gained in the unit to the design, implementation and evaluation of exercise rehabilitation programs, using both individual and group models. Practical experience with all aspects of case management, including working as part of the rehabilitation team, report writing, professional ethics and exposure to the public and private health systems.

Credit Points: 12

Learning Outcomes: On successful completion of this unit, students are expected to be able to:

- Apply the theoretical and practical knowledge gained in the unit to the design, implementation and evaluation of exercise rehabilitation programs, using both individual and group models;
- Demonstrate practical experience with all aspects of case management, including working as part of the rehabilitation team, report writing, professional ethics and exposure to the public and private health systems.

Class Contact: 170 hours industry placement (completed over 2 semesters)

Required Reading: American College of Sports Medicine 1998, 3rd edn, ACSM's resource manual for guidelines for exercise testing and exercise prescription, Baltimore: Williams and Wilkins American College of Sports Medicine 1997, ACSM's exercise management for persons with chronic diseases and disabilities, Champaign, Illinois: Human Kinetics American College of Sports Medicine 1995, 5th edn, ACSM's guidelines for exercise testing and exercise prescription, Baltimore: Williams and Wilkins McCance, KL & Huether, SE 1998, 3rd edn, Pathophysiology: the biological basis for disease in adults and children, St Louis: Mosby Donohoe LS & Moore M 1999, Moore KL, Dalley AF (eds), 4th edn, Clinically oriented anatomy, Philadelphia: Lippincott Williams and Wilkins 23rd edn, MIMS annual, 1999, St Leonard's, NSW: Medi Media Skinner, JS 1993, 2nd edn, Exercise testing and exercise prescription for special cases, Philadelphia: Lea and Febiger Van de Graaf,

KM 1998, 5th edn, Human anatomy, Boston, US: WCB/McGraw Hill

Assessment: Other, Choice of written report, project or exam (see below), 100%. Written Case Reports, 10-20 cases, total word limit 5,000 - 20,000 words 100% OR Minor Research Project (10 - 20 weeks), total word limit 20,000 words 100% OR Exit exam (oral and practical) comprising three case studies (normal healthy client); musculo-skeletal; cardio-respiratory client to be undertaken with two internal and two external examiners 100%.

AHZ001 INTRODUCTION TO RESEARCH DESIGN AND METHODS

Locations: Footscray Park, City Flinders, St Albans.

Prerequisites: Nil.

Description: This unit of study will provide an introduction to research methods and design for the social sciences. This will include: a review of the scientific methods and ways of knowing; quantitative and qualitative paradigms; questionnaire design and evaluation; validity and reliability of research designs; and ethical issues and evaluation of the research design of published papers. The unit of study will also include an introduction to sampling and methods of data collection and analysis for quantitative and qualitative research. The study of quantitative methods will focus on experimental, correlation and survey designs and of the corresponding methods of data analyses including descriptive and inferential statistics, correlation and regression and hypothesis testing. The qualitative research designs to be studied in some detail will be drawn from case study, ethnography, grounded theory, phenomenology, historical research, philosophical research and action research. The role of the researcher in collecting qualitative data will be discussed along with methods of analysing qualitative data.

Credit Points: 12

Class Contact: One two-hour seminar and one one-hour tutorial per week for one semester.

Assessment: A research proposal and/or approved assignments related to research literature and processes in professional practice (3000 words for Graduate Diploma students; 5000 words for Masters, PhD students) 100%.

AHZ8100 RESEARCH THESIS (ARTS BASED) (FULL-TIME)

Locations: Footscray Park, City Flinders.

Prerequisites: Nil.

Description: This unit of study, the aim of which is to enable students to competently research an area of study utilising knowledge and skills gained in previous studies, consists of a project carried out by students on an individual basis. The project is expected to be: an investigation of an approved topic, followed by the submission of a suitably formatted thesis or performance in which the topic is introduced and formulated; the investigation described in detail; results and conclusions from the study elaborated; and an extended discussion presented. Students may be required to undertake some lecture courses, as specified at the time of commencement.

Credit Points: 48

Class Contact: Independent research in addition to regular meetings with the student's supervisor(s).

Required Reading: To be advised by supervisor.

Assessment: The thesis will normally be assessed by at least two expert examiners from an appropriate area of expertise.

AHZ8110 RESEARCH THESIS (ARTS BASED) (PART-TIME)

Locations: Footscray Park, City Flinders.

Prerequisites: Nil.

Description: This unit of study, the aim of which is to enable students to competently research an area of study utilising knowledge and skills gained in previous studies,

consists of a project carried out by students on an individual basis. The project is expected to be: an investigation of an approved topic, followed by the submission of a suitably formatted thesis or performance in which the topic is introduced and formulated; the investigation described in detail; results and conclusions from the study elaborated; and an extended discussion presented. Students may be required to undertake some lecture courses, as specified at the time of commencement.

Credit Points:24

Class Contact:Independent research in addition to regular meetings with the student's supervisor(s).

Required Reading:To be advised by supervisor.

Assessment:The thesis will normally be assessed by at least two expert examiners from an appropriate area of expertise.

AHZ8200 RESEARCH THESIS (SCIENCE BASED) (FULL-TIME)

Locations:Footscray Park, City Flinders.

Prerequisites:Nil.

Description:This unit of study, the aim of which is to enable students to competently research an area of study utilising knowledge and skills gained in previous studies, consists of a project carried out by students on an individual basis. The project is expected to be: an investigation of an approved topic, followed by the submission of a suitably formatted thesis or performance in which the topic is introduced and formulated; the investigation described in detail; results and conclusions from the study elaborated; and an extended discussion presented. Students may be required to undertake some lecture courses, as specified at the time of commencement.

Credit Points:48

Class Contact:Independent research in addition to regular meetings with the student's supervisor(s).

Required Reading:To be advised by supervisor.

Assessment:The thesis will normally be assessed by at least two expert examiners from an appropriate area of expertise.

AHZ8210 RESEARCH THESIS (SCIENCE BASED) (PART-TIME)

Locations:Footscray Park, City Flinders.

Prerequisites:Nil.

Description:This unit of study, the aim of which is to enable students to competently research an area of study utilising knowledge and skills gained in previous studies, consists of a project carried out by students on an individual basis. The project is expected to be: an investigation of an approved topic, followed by the submission of a suitably formatted thesis or performance in which the topic is introduced and formulated; the investigation described in detail; results and conclusions from the study elaborated; and an extended discussion presented. Students may be required to undertake some lecture courses, as specified at the time of commencement.

Credit Points:24

Class Contact:Independent research in addition to regular meetings with the student's supervisor(s).

Required Reading:To be advised by supervisor.

Assessment:The thesis will normally be assessed by at least two expert examiners from an appropriate area of expertise.

SISCAQU201A MONITOR POOL WATER QUALITY

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to continually monitor the water quality of swimming pools and aquatic facilities, take corrective action and record test results.

Required Reading:No required text

Assessment:Evidence of the following is essential: -conducts pool water tests and reports irregularities to aquatic facility or service personnel promptly, according to public health regulatory requirements and organisational policies and procedures - records pool water test results and updates pool log according to organisational policies and procedures and relevant legislation -performs routine visual checks for pool water quality and proposes corrective actions in response to contamination incidents.

SISCAQU202A PERFORM BASIC WATER RESCUES

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to identify and evaluate aquatic emergencies and respond appropriately with basic water rescues that incorporate cardiopulmonary resuscitation (CPR). These situations will usually require an individual response.

Required Reading:No required text

Assessment:Evidence of the following is essential: -identifies the common signs and signals of a person experiencing difficulties in the water and promptly determines possible contributing factors and formulates a suitable rescue plan -performs all basic water rescue techniques in the water while maintaining own safety -monitors condition of affected person, applies appropriate treatment -recognises issues that arise during rescues and makes appropriate adjustments to ensure safety of self and others, according to organisational policies and procedures and relevant legislation - accurately reports incidents and notifies other relevant personnel according to organisational policies and procedures.

SISCAQU303A OPERATE AQUATIC FACILITY PLANT AND EQUIPMENT

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to safely operate an aquatic facility plant and equipment.

Required Reading:No required text

Assessment:Evidence of the following is essential: -conducts thorough routine inspections of aquatic facility plant, equipment, and electrical and plumbing appliances to ensure safety and health of public -identifies faults and irregularities of plant and equipment and initiates corrective action according to organisational policies and procedures and manufacturer's specifications -monitors and records use and condition of facility and equipment -documents and reports faults and irregularities to aquatic facility or service personnel and documents corrective action initiated. Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended, for example: -a suitable first aid qualification.

SISCAQU305A IMPLEMENT AQUATIC FACILITY PLANT AND EQUIPMENT MAINTENANCE PROGRAM

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to safely implement an aquatic facility plant and equipment maintenance program. This involves maintaining plant and equipment, diagnosing faults, responding to unsafe or failed plant and equipment and reviewing the effectiveness of the maintenance program.

Required Reading:No required text

Assessment:Evidence of the following is essential: -conducts regular monitoring of

use and condition of aquatic facility plant and equipment and identifies potential problems and faults -responds to plant and equipment failures and faults and repairs within designated responsibility or makes arrangements for qualified contractors to carry out repairs as required -records details of failed or unsafe plant or equipment and corrective actions taken.

SISCAQU306A SUPERVISE CLIENTS AT AN AQUATIC FACILITY OR ENVIRONMENT

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to supervise clients at an aquatic recreation facility or environment to minimise risk.

Required Reading:No required text

Assessment:Evidence of the following is essential: -identifies behaviours and actions that pose a risk to the range of clients commonly encountered in aquatic facilities or environments -determines and actions appropriate responses according to the organisation's risk management plan and own level of responsibility -monitors and supervises client activity discreetly and takes prompt action within own level of responsibility to maintain a safe aquatic facility or environment at all times -uses effective communication techniques to monitor and manage the behaviour of clients and to document incidents -identifies the common signs and signals of a person experiencing difficulties in the water and determines and actions the most appropriate response.

SISCAQU307A PERFORM ADVANCED WATER RESCUES

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to identify and evaluate a major aquatic emergency and perform an advanced water rescue. These situations will usually involve a team response.

Required Reading:No required text

Assessment:Evidence of the following is essential: -identifies the signs and signals of a person experiencing difficulties in the water and determines possible contributing factors to enable prompt assessment and formulation of a suitable rescue plan -determines appropriate rescue types and participates as part of a team in rescues in the water that involve more than one casualty -demonstrates the use of spine-boards, spinal immobilisation collars, oxygen supplemented resuscitation and oxygen therapy on sufficient occasions to demonstrate competency and consistency of performance -monitors, accurately assesses and treats casualties and communicates effectively with emergency services -accurately reports incidents and notifies other relevant personnel according to relevant legislation and organisational policies and procedures.

SISCAQU308A INSTRUCT WATER FAMILIARISATION, BUOYANCY AND MOBILITY SKILLS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to instruct a broad range of clients in water familiarisation, buoyancy and mobility skills using drills, activities and games according to best practice principles of aquatic activities.

Required Reading:No required text

Assessment:Evidence of the following is essential: -delivers concise information, explanations and demonstrations to ensure drills, activities and games are conducted

safely -observes clients and provides feedback and intervention to improve individual skill performance as appropriate -modifies instructional methods, styles and activities for individuals and groups to enhance skill development as appropriate -applies organisational policies and procedures and relevant legislation to ensure safety of participants and other facility users.

SISCAQU309A INSTRUCT CLIENTS IN WATER SAFETY AND SURVIVAL SKILLS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to use drills, activities and games to instruct water safety and survival skills.

Required Reading:No required text

Assessment:Evidence of the following is essential: -delivers concise information, explanations and demonstrations in multiple sessions to ensure drills, activities and games are conducted safely -observes clients and provides feedback and intervention to improve individual skill performance and survival stroke techniques as appropriate -modifies instructional methods, styles and activities for individuals or groups to enhance skill development as appropriate -applies organisational policies and procedures and relevant legislation to ensure safety of participants and other facility users as appropriate.

SISCAQU310A INSTRUCT SWIMMING STROKES

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to use drills, activities and games to instruct swimming strokes to a range of clients including children and adults.

Required Reading:No required text

Assessment:Evidence of the following is essential: -delivers concise information, explanations and demonstrations to ensure drills, activities or games are conducted safely -observes clients and provides feedback and intervention to improve individual skill performance and stroke techniques as appropriate -responds to client progress and modifies instructional methods, styles and activities for individuals or groups, as appropriate, to enhance skill development -applies organisational policies and procedures and relevant legislation to ensure safety of participants and other facility users as appropriate.

SISCCRD302A RECRUIT AND MANAGE VOLUNTEERS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to recruit, induct, manage and retain volunteers according to organisational requirements and policies.

Required Reading:No required text

Assessment:Evidence of the following is essential: -identifies and implements organisational requirements, policies and procedures for recruiting, inducting and managing volunteers -conducts volunteer induction and identifies and arranges any additional training required by volunteers -maintains records of recruitment, induction and management processes for volunteers.

SISCCRO301A ASSIST WITH RECREATION GAMES NOT REQUIRING EQUIPMENT

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge

required to assist in the planning and conduct of recreation games not requiring equipment, in a community recreation setting.

Required Reading:No required text

Assessment:Evidence of the following is essential: -identifies, confirms and carries out assigned duties according to own level of responsibility and refers tasks outside own level to appropriate personnel -carries out allocated tasks responsibly and in a non-discriminatory manner according to instructions of responsible person and reports any difficulties to the appropriate personnel -clarifies and conveys information about essential aspects of the games to assist and encourage participants to fully participate in the recreation games -contributes to the evaluation of the recreation games and suggests how they could be improved and reflects on own work performance.

SISCCRO302A APPLY LEGAL AND ETHICAL INSTRUCTIONAL SKILLS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to develop and apply legal and ethical instructional skills that comply with activity-specific best practice principles.

Required Reading:No required text

Assessment:Evidence of the following is essential: -accesses and interprets legal and ethical information relevant to the activity to anticipate possible legal and ethical issues and develop appropriate management strategies -determines instructional styles appropriate to the needs of clients and the skills -develops session plans for activity-specific skills according to the needs of clients, best practice principles of the activity and the organisation.

SISFFIT301A PROVIDE FITNESS ORIENTATION AND HEALTH SCREENING

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit applies to front-of-house customer service staff who are exercise instructors and who work in facilities that provide a range of exercise programs such as aqua, group or gym based to general populations including older clients and children who present with no major health conditions. This unit is applicable to those working in fitness venues, gyms or other exercise environments.

Required Reading:no required text

Assessment:Evidence of the following is essential: - accurately identifies client's fitness requirements and provides clear information about appropriate exercise programs and services - interacts with the client in a friendly and courteous manner using appropriate communication strategies and organisational channels to collect, handle and clarify sensitive information and to respond to client queries - works within role and responsibilities to administer, review and process a health screening questionnaire and makes arrangements for clients to follow up appraisal with appropriate personnel as required

SISFFIT302A PROVIDE QUALITY SERVICE IN THE FITNESS INDUSTRY

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, interpersonal, communication and customer service skills and knowledge required to work in the fitness industry. It requires the ability to use appropriate communication techniques, maintain high personal presentation standards, establish rapport with clients, determine and address client needs and expectations and deal with complaints.

Required Reading:no required text

Assessment:Evidence of the following is essential: - understanding of

communication and customer service and its importance in a fitness industry context - ability to communicate effectively with a variety of clients including those with special needs and difficult or complaining ones - ability to provide quality customer service on multiple occasions. This should occur over a period of time and cover a range of diverse customer service situations, including the resolution of complaints, to ensure consistency of performance and ability to respond to different circumstances. - completion of service within commercial time constraints so that all clients are served effectively

SISFFIT303A DEVELOP AND APPLY AN AWARENESS OF SPECIFIC POPULATIONS TO EXERCISE DELIVERY

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit covers the skills and knowledge to provide appropriate advice to specific population clients on participation in fitness appraisals and fitness activities. It covers the pathology of the more common disease states and conditions encountered within the fitness industry and the limiting effects of the condition on exercise performance and functional capacity.

Required Reading:no required text

Assessment:Evidence of the following is essential: - confirm sufficient knowledge of exercise modifications for specific populations. - identify specific population clients - apply knowledge of the pathology of the disease, condition or injury to exercise delivery - provide suitable advice to specific population clients about exercise participation - deliver exercise delivery for specific population clients after referral and

SISFFIT304A INSTRUCT AND MONITOR FITNESS PROGRAMS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to develop, instruct, supervise and evaluate fitness programs for a range of fitness clients, including older adults and older adolescents.

Required Reading:no required text

Assessment:Evidence of the following is essential: - consults with a range of clients including older clients and older adolescents to develop fitness programs specific to individual client needs, expectations and limitations - clearly and safely demonstrates, explains and supervises fitness programs appropriate to local fitness industry and organisation requirements - evaluates and adjusts fitness programs in consultation with clients - monitors and maintains the behaviour of clients according to the requirements and expectations of the facility.

SISFFIT305A APPLY ANATOMY AND PHYSIOLOGY PRINCIPLES IN A FITNESS CONTEXT

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the skills and knowledge required to apply an understanding of human body structure and systems and terminology as they relate to exercise instruction. It applies to fitness professionals who may operate with some level of autonomy or under limited supervision and incorporates the self directed application of knowledge and skills.

Required Reading:no required text

Assessment:Assessment must ensure that the candidate: - demonstrates competency in the workplace or a simulated workplace environment in a range of situations which may include client interruptions and involvement in other related activities normally expected in the workplace. For further guidance on the use of an

appropriate simulated environment, refer to the Assessment Guidelines in this Training Package - has access to relevant documentation, such as workplace policy and procedures manuals. - has access to a range of clients with different requirements.

SISFFIT306A PROVIDE HEALTHY EATING INFORMATION TO CLIENTS IN ACCORDANCE WITH RECOMMENDED GUIDELINES

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to undertake a risk-management process in relation to an activity and in accordance with an organisation's risk-management policies and procedures. In this context, the risk-analysis process is conducted using structured analysis methodology according to the current Australian and New Zealand standard.

Required Reading:no required text

Assessment:Evidence of the following is essential: - communicates effectively with clients to ascertain needs and goals - provides current and accurate healthy eating information appropriate to the needs and goals of clients and recognises and refers situations outside own scope of practice - correctly measures body composition for clients using appropriate measures - designs, implements and reviews exercise plans appropriate to the body composition needs and goals of multiple clients - applies all organisational policies and procedures and legislative requirements.

SISFFIT307A UNDERTAKE CLIENT HEALTH ASSESSMENT

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to review client screening information, discuss fitness goals with the client, and conduct a basic fitness appraisal in preparation for an exercise program.

Required Reading:no required text

Assessment:Evidence of the following is essential: - develops a rapport with a range of clients based on gender, age, physical capacity, fitness goals and level of motivation - treats client information with sensitivity and discretion, displays client empathy and puts clients at ease during the fitness appraisal process - undertakes fitness assessments based on the fitness goals and physical capacity of the client and makes informed recommendations on appropriate exercise programs or the need to seek medical or allied health assistance - identifies motivational techniques and strategies appropriate to a range of clients with different needs to support and encourage adherence to an exercise program - applies effective contingency management techniques to deal with a range of problems and issues that may arise during the appraisal process such as difficult or demanding clients with unrealistic fitness expectations

SISFFIT308A PLAN AND DELIVER GYM PROGRAMS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to plan, demonstrate, supervise and monitor a range of gym programs customised for clients with specific fitness requirements and respond appropriately to the changing needs of clients.

Required Reading:no required text

Assessment:plans, demos, supervises & adjusts gym progs incorporating safe & effective equip use & exercise prescription for range of clients, incl older clients to address fitness goals -comms effectively w a range of clients to explain exercise prog,

its expected benefits & safety considerations & provides constructive feedback - identifies individual client behaviors & applies appropriate motivational techs & strategies to support exercise adherence -plans circuit class w interrelated components, monitors the progress of session & applies effective contingency mgmt techs to deal w range of problems & issues that may arise during the session, - instructs circuit class that meet client expectations, comply w legitive & orgnisnal reqs. -evaluates & reflects on own work perform to identify ways in which session outcomes & benefits to clients can be improved. -manages the timing & conduct of gym progs to enable effective & efficient use of facilities, respecting the needs of other facility users.

SISFFIT309A PLAN AND DELIVER GROUP EXERCISE SESSIONS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge to plan and instruct group exercise session to music. It focuses on the planning, selection, sequencing and progression of exercises and appropriate music, and instructing and monitoring client to ensure safe conduct of activities.

Required Reading:no required text

Assessment:plan, instruct and monitor client performance, and respond appropriately to client behaviour to maintain an effective exercise environment -apply appropriate techniques to motivate group -select & use music effectively within group exercise sessions -safe and effective cueing -plan circuit sessions with interrelated components, monitor the progress of the session. -apply effective contingency management techniques to deal with a range of problems & issues that may arise during the session, such as equipment failure or client overtraining, and makes adjustments in response to changing situations -instruct sessions that meet client expectations, comply with legislative & organisational requirements, & are of sufficient duration to allow the candidate to demonstrate techniques to instruct and review circuit sessions -evaluate client & own performance & identify improvements for future sessions -use appropriate delivery technique to enhance client learning & performance

SISFFIT310A PLAN AND DELIVER WATER BASED FITNESS ACTIVITIES

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, knowledge and skills required to plan, deliver and evaluate water based fitness activities for mainstream clients. It requires the application of effective aquatic instructional techniques and the application of the hydrodynamic principles on muscles, joints and cardiorespiratory system to ensure safe and effective fitness outcomes for clients.

Required Reading:no required text

Assessment:Assessment must ensure planning and conducting activities for multiple participant groups of a size and nature that reflect current local and industry conditions. Assessment must also ensure: - demonstration of skills within a facility with access to a suitable aquatic environment with appropriate depth, surfaces, entry, exit, water quality and temperature - access to appropriate documentation and resources normally used in the workplace such as equipment checklists and session plan proformas - access to equipment for water based fitness activities - access to a safe pool deck including instructor and safety resources - access to documentation such as manufacturer specifications for equipment use - access to a range of clients with a range of fitness needs.

SISFFIT311A DELIVER APPROVED COMMUNITY FITNESS PROGRAMS

Locations:Werribee, Industry, Melton, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to deliver an approved community fitness program designed to promote wellbeing and increase physical activity levels. This unit focuses on the skills needed to deliver programs that are low intensity, in order to minimise risk and enable delivery to general populations, and to monitor and report on the program outcomes to the approving authority. Program evaluation remains the responsibility of the approving authority.

Required Reading:No required text

Assessment:Evidence of the following is essential: - delivers, monitors and adjusts an approved community fitness program which effectively meets the needs and requirements of the participant group while maintaining the integrity of the program - identifies and implements organisational, program and facility requirements, including the safe use of any required equipment, to maintain the safety of clients. - maintains accurate records of program delivery and modification - shows sensitivity to social and cultural differences.

SISFFIT312A PLAN AND DELIVER AN ENDURANCE TRAINING PROGRAM

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to plan and deliver indoor and outdoor endurance training programs for a range of clients utilising a broad range of equipment and motivational and instructional techniques

Required Reading:no required text

Assessment:- planning and conducting endurance training programs that meet the specific needs of individuals, groups or sports - applying effective communication techniques to instruct, monitor, motivate and evaluate multiple endurance training programs - selecting, sequencing and monitoring the safe and appropriate use of a range of current equipment in endurance training.

SISFFIT313A PLAN AND DELIVER EXERCISE TO APPARENTLY HEALTHY CHILDREN AND ADOLESCENTS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to plan and deliver exercise for children and young adolescents. It involves planning, demonstration, instruction, review and modification of activities and instructional techniques to meet participant needs.

Required Reading:no required text

Assessment:Evidence of the following is essential: -screens children and young adolescents prior to commencement of exercise sessions and communicates results to relevant caregivers and recommends referral to appropriate medical or allied health professionals where necessary -develops a variety of sessions for exercise that are fun, interactive and safe for a range of client groups of children and young adolescents -provides accurate and current information about healthy eating and healthy eating options in accordance with recommended guidelines -evaluates exercise sessions and modifies exercise plans according to feedback received from participants and own evaluation.

SISFFIT314A PLAN AND DELIVER EXERCISE TO OLDER CLIENTS WITH MANAGED CONDITIONS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge

required to plan and deliver exercise for clients aged 50 and over. It involves planning, demonstration, instruction, review and modification of activities and instructional techniques to meet client needs.

Required Reading:No required text

Assessment:Evidence of the following is essential: -screens older clients prior to commencement of exercise sessions and communicates results to family members where appropriate and recommends referral to appropriate medical or allied health professionals where necessary -develops a variety of sessions for a range of older clients that are fun, interactive and safe -provides accurate and current healthy eating information in accordance with recommended guidelines -modifies individual exercises to accommodate the specific needs of the client -evaluates exercise sessions and modifies exercise plans according to feedback received from clients and own evaluation.

SISFFIT415A WORK COLLABORATIVELY WITH MEDICAL AND ALLIED HEALTH PROFESSIONALS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to identify situations and conditions requiring guidance from medical or allied health professionals, to interpret instructions from medical or allied health professionals and implement appropriate exercise plans.

Required Reading:no required text

Assessment:Evidence of the following is essential: -identifies and advises clients requiring referral to medical or allied health professionals -communicates effectively with medical or allied health professionals using appropriate communication techniques to respond to instructions contained in referrals and provides accurate information to clients advised to seek referral -demonstrates ability to receive referrals in a professional manner in accordance with guidelines of referring medical or allied health professional and own organisation. -maintains confidentiality, security and privacy of information.

SISFFIT416A APPLY MOTIVATIONAL PSYCHOLOGY TO PROVIDE GUIDANCE ON EXERCISE BEHAVIOUR AND CHANGE TO MEET HEALTH AND FITNESS GOALS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to analyse client behaviour and motivate clients to commence and adhere to a long term exercise plan.

Required Reading:no required text

Assessment:Evidence of the following is essential: -provides individualised strategies to promote a positive exercise behaviour change in clients -implements effectively a range of short and long term motivational strategies suited to the individual client and the exercise situation -utilises appropriate motivational theory in exercise situations when instructing clients -demonstrates effective use of verbal and non verbal aspects of communication to motivate clients -analyse the physical environment of a fitness venue and how that impacts on client behaviour, then adopt appropriate motivational techniques that meet the needs of the client -demonstrates appropriate manner, empathy and patience when working with clients embarking on a behaviour change.

SISFFIT417A UNDERTAKE LONG TERM EXERCISE PROGRAMMING

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, knowledge and skills required to design, plan and program long term exercise for fitness industry clients.

Required Reading:No required text

Assessment:Evidence of the following is essential: -implement the principles and variables of training that underlie exercise planning -interrelate the components of an exercise plan for specific adaptations -write exercise plans for a variety of training conditions -modify existing exercise plans for clients.

SISFFIT418A UNDERTAKE APPRAISALS OF FUNCTIONAL MOVEMENT

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to undertake general postural appraisals to evaluate a client's posture, functional range of movement and muscle strength and weakness in preparation for the development of an appropriate exercise program.

Required Reading:No required text

Assessment:Evidence of the following is essential: -treats client information with sensitivity and discretion, displays client empathy, puts clients at ease during the appraisal process and communicates information and results appropriately -carries out postural appraisals according to legal and ethical limitations and refers to appropriate personnel regarding areas outside level of responsibility -utilises a range of postural assessment tools and activities and makes informed recommendations to the client for appropriate exercise programs or recommends external assistance -applies effective contingency management techniques to deal with a range of problems and issues that may arise during the appraisal process such as providing strategies to address poor posture and referring clients with abnormal appraisal outcomes to medical or allied health professionals.

SISFFIT419A APPLY EXERCISE SCIENCE PRINCIPLES TO PLANNING EXERCISE

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, knowledge and skills required to utilise a broad knowledge of exercise science principles in fitness training.

Required Reading:No required text

Assessment:Evidence of the following is essential: -monitor the physiological responses of the body to exercise. -explain the adaptations the body makes to exercise. -conduct aerobic function assessments. -monitor the temperature regulation of the body during exercise.

SISFFIT420A PLAN AND DELIVER EXERCISE PROGRAMS TO SUPPORT DESIRED BODY COMPOSITION OUTCOMES

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, knowledge and skills required to design exercise plans and programs to change body composition in clients. It requires the application of healthy eating standards and guidelines to provide accurate healthy eating information to clients and the ability to recognise and work within professional limitations.

Required Reading:No required text

Assessment:Evidence of the following is essential: -communicates effectively with clients to ascertain needs and goals and applies appropriate motivational techniques to support client success -provides current and accurate general healthy eating advice appropriate to the needs and goals of clients and recognises and refers situations outside own scope of practice -correctly measures body composition for clients using appropriate measures -designs, implements and reviews exercise plans appropriate to

the body composition needs and goals of multiple clients -applies all organisational policies and procedures and legislative requirements.

SISFFIT421A PLAN AND DELIVER PERSONAL TRAINING

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to be able to plan, deliver monitor and adjust personal training programs for a range of clients including older clients, in both indoor and outdoor settings.

Required Reading:No required text

Assessment:Evidence of the following is essential: -plans, demonstrates, instructs and adjusts exercises incorporating teaching and learning styles appropriate to needs of different clients -uses appropriate techniques to build rapport with and motivate clients with different needs -performs effective assessment reviews of a range of exercise plans and makes any required adjustments.

SISFFIT422A IMPLEMENT INCLUSIVE AQUATIC ACTIVITIES FOR SPECIFIC POPULATION GROUPS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge to plan and deliver safe and effective aquatic sessions for independent participants and those supported by a caregiver. This unit does not cover the provision of hydrotherapy.

Required Reading:No required text

Assessment:Evidence of the following is essential: -assesses participants' goals to develop and deliver safe and effective aquatic activities according to the principles of movement in water -uses, monitors and modifies effective teaching strategies appropriate to specific population group to deliver multiple sessions that are of sufficient duration to demonstrate competency and consistency of goal orientated performance -perform basic non contact water rescue according to best practice principles of aquatic activities -demonstrates appropriate manner, empathy and promotes inclusive participation when working with a group -applies all organisational policies and procedures and legislation and regulatory requirements to ensure safety of participants, self and other facility users as appropriate. -responds to participant feedback and reviews own performance, session outcome and addresses any areas requiring modification or improvement.

SISFFIT523A DELIVER PRESCRIBED EXERCISE TO CLIENTS WITH CARDIORESPIRATORY CONDITIONS

Locations:Werribee, Melton, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to deliver prescribed exercise programs to stable clients with cardiorespiratory conditions in collaboration with medical or allied health professionals.

Required Reading:No required text

SISFFIT524A DELIVER PRESCRIBED EXERCISE TO CLIENTS WITH METABOLIC CONDITIONS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to deliver prescribed exercise programs to stable clients with metabolic conditions in collaboration with medical or allied health professionals.

Required Reading:no required text

Assessment:Assessment must ensure demonstration of skills over a period of time within a facility where a variety of exercise modes and equipment are available to support effective exercise for clients with metabolic conditions. Assessment must also ensure access to: - a range of clients with real or simulated metabolic conditions from a range of ages - a range of real or simulated medical or allied health professionals referrals for a range of referred clients with metabolic conditions and risk factors - demonstration of skills on sufficient occasions to determine competence in interpreting relevant information and delivering the prescribed exercise program for a range of clients with a range of metabolic conditions - relevant documentation such as client record forms.

SISFFIT525A ADVISE ON INJURY PREVENTION AND MANAGEMENT

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to provide information to fitness clients about exercise related injuries, their prevention and management.

Required Reading:no required text

Assessment:Evidence of the following is essential: - researches cause and prevalence of commonly occurring injuries to develop injury prevention strategies for fitness clients - implements injury prevention strategies and monitors and adjusts the effect of interventions within the parameters of own accepted roles and responsibilities - applies effective contingency management techniques according to own level of responsibility to respond to problems impacting on effective injury prevention and management - evaluates and reflects on own performance in implementing and evaluating injury prevention strategies

SISFFIT526A DELIVER PRESCRIBED EXERCISE TO CLIENTS WITH MUSCULOSKELETAL CONDITIONS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge to deliver prescribed exercise programs to stable clients with musculoskeletal conditions, in collaboration with medical or allied health professionals.

Required Reading:no required text

Assessment:Assessment must ensure demonstration of skills over a period of time within a facility where a variety of exercise modes and equipment are available to support effective musculoskeletal exercise. Assessment must also ensure access to: - facility where a variety of exercise modes and equipment are available, such as exercise machines, weight machines, exercise mats and adequate floor space - a range of clients with real or simulated musculoskeletal conditions from a range of ages - a range of real or simulated medical or allied health professionals referrals for a range of clients with musculoskeletal conditions and risk factors - demonstration of skills on sufficient occasions to determine competence in interpreting relevant information and delivering the prescribed exercise program for a range of clients with a range of musculoskeletal conditions - relevant documentation such as client record forms

SISFFIT527A UNDERTAKE HEALTH PROMOTION ACTIVITIES TO DECREASE RISK FACTORS AND PREVENT CHRONIC DISEASE

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to plan and deliver exercise to promote general health and well-being, and

decrease risk factors and chronic disease. The unit outlines appropriate exercise levels within the context of public health recommendations on physical activity.

Required Reading:no required text

Assessment:Evidence of the following is essential: - demonstrates understanding and application of current exercise recommendations to promote health, reduce risk factors and prevent chronic lifestyle disease - designs, implements and evaluates health promotion activities to improve the health status of groups or individuals - uses effective communication strategies to lead and instruct physical activity sessions, and to deliver education and training activities to promote good health - monitors and maintains the safety of participants, exercise equipment and the exercise setting when delivering health promotion interventions - provides appropriate motivational strategies to effect a positive behaviour change in participants

SISFFIT528A APPLY RESEARCH FINDINGS TO EXERCISE MANAGEMENT STRATEGIES

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit of competency describes the skills and knowledge required to source and evaluate evidence based research information and apply findings to the prescription of exercise management strategies to support the long and short term goals of clients with various identified medical conditions or musculoskeletal needs.

Required Reading:no required text

Assessment:Evidence of the following is essential: - understanding of the research process as it relates to accessing current relevant information to deliver exercise management strategies for clients with identified medical conditions or musculoskeletal needs. - ability to critical review and interpret research literature - ability to apply research information to the modification of exercise programs to meet the long and short term goals of clients.

SISFFIT529A DELIVER PRESCRIBED EXERCISE TO CLIENTS WITH A DISABILITY OR NEUROLOGICAL IMPAIRMENT

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required assist in the delivery of exercise programs to referred clients with a disability or neurological impairment who present with only moderate risk of untoward event or exacerbation of impairment during exercise, in collaboration with the relevant medical or allied health professionals.

Required Reading:No required text

Assessment:Assessment must ensure demonstration of skills over a period of time within a facility where a variety of exercise modes and equipment are available to support effective exercise for clients with disabilities and neurological impairment

SISFFIT530A DELIVER PRESCRIBED EXERCISE TO CHILDREN AND YOUNG ADOLESCENTS WITH SPECIFIC CHRONIC CONDITIONS

Locations:Industry, Footscray Park.

Prerequisites:SISFFIT313A - PLAN AND DELIVER EXERCISE TO APPARENTLY HEALTHY CHILDREN AND ADOLESCENTS

Description:This unit describes the performance outcomes, skills and knowledge to deliver exercise programs to children and young adolescents who present with risk of an adverse event or exacerbation of impairment during exercise, in collaboration with relevant medical or allied health professionals.

Required Reading:No required text

Assessment:Assessment must ensure training of multiple exercise sessions that are of

sufficient duration and breadth to allow the demonstration of competency and consistency of performance. Assessment must also ensure access to: - a facility where a variety of exercise modes and equipment are available, such as a weights gym, exercise room or outdoors - relevant resources; for example, nutritional information prepared by dieticians for a range of ages - appropriate documentation normally used in the workplace such as fitness charts, client record forms and assessment questionnaires - a range of participant groups composed of children and young adolescents with specific medical conditions.

SISFFIT531A DELIVER PRESCRIBED EXERCISE TO OLDER CLIENTS WITH CHRONIC CONDITIONS

Locations:Industry, Footscray Park.

Prerequisites:SISFFIT314A - PLAN AND DELIVER EXERCISE TO OLDER CLIENTS WITH MANAGED CONDITIONS

Description:This unit describes the performance outcomes, skills and knowledge to deliver exercise programs to referred older clients who present with risk of an adverse event or exacerbation of impairment during exercise, in collaboration with relevant medical or allied health professionals.

Required Reading:No required text

Assessment:Assessment must ensure training of multiple exercise sessions that are of sufficient duration and breadth to allow the demonstration of competency and consistency of performance Assessment must also ensure access to: - a facility or venue where a variety of exercise modes and equipment are available, such as a weights gym, pool, exercise room and open air - a range of real or simulated medical or allied health professional referrals for a range of older clients with chronic conditions - relevant documentation such as client record forms - a range of participant groups composed of older adults with a variety of chronic conditions.

SISOABA201A DEMONSTRATE ABSEILING SKILLS ON ARTIFICIAL SURFACES

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to participate in basic abseiling activities on artificial surfaces under supervision. This unit focuses on the demonstration of simple abseiling skills in a controlled artificial environment.

Required Reading:No required text

Assessment:Evidence of the following is essential: -selects and fits abseiling equipment, and carries out personal safety checks -follows written and verbal instructions to apply knowledge and demonstrate controlled abseiling techniques on an artificial surface -negotiates obstacles and hazards during the abseiling activity, and communicates effectively with the belayer or leader to ensure safety of self and others -Receives feedback from leader and evaluates and reflects on own abseiling performance to identify strengths, weaknesses and areas that need improvement.

SISOABL402A FACILITATE ADVENTURE-BASED LEARNING ACTIVITIES

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to independently facilitate learning through adventure activities. This unit focuses on the ability to plan and conduct activities demonstrating a range of basic facilitation techniques.

Required Reading:No required text.

Assessment:Evidence of the following is essential: - plans and designs a sequence of adventure activities according to individual and group learning outcomes, needs and goals - interacts effectively with group members from diverse backgrounds and

facilitates adventure-based learning activities which evidence positive group dynamics - monitors individual and group progression throughout activities and implements contingency plans where required - evaluates and reflects on own performance as a facilitator to identify strengths, weaknesses and areas that need improvement.

SISOABN201A DEMONSTRATE ABSEILING SKILLS ON NATURAL SURFACES

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to participate in basic abseiling activities on natural surfaces under supervision. This unit focuses on the demonstration of simple abseiling skills in a controlled natural environment.

Required Reading:No required text

Assessment:Evidence of the following is essential: - fits equipment, such as a harness and helmet, and carries out safety checks - follows verbal instructions to accurately apply knowledge and demonstrate controlled abseiling techniques on a natural surface - negotiates obstacles and hazards during the abseiling activity, and communicates effectively with the belayer and or supervisor to ensure safety of self and others - evaluates and reflects on own abseiling performance to identify strengths, weaknesses and areas that need improvement.

SISOABN202A SAFEGUARD AN ABSEILER USING A SINGLE ROPE BELAY SYSTEM

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to safeguard an abseiler using a single rope belay system and a bottom brake system under direct supervision. This unit applies to abseiling on either natural or artificial surfaces.

Required Reading:No required text

Assessment:Evidence of the following is essential: -correctly fits equipment, such as attachment of belayer to an anchor, and carries out safety checks to ensure effective working order -arranges a suitable communication system with abseiler, monitors their progress and responds to abseilers calls appropriately -follows instructions to accurately apply knowledge and demonstrate belaying techniques, such as maintaining appropriate rope tension -adapts quickly to problems or issues that may arise during abseiling or belaying, such as movement restriction of the abseiler due to inappropriate rope tension, and makes appropriate adjustments to ensure safety of abseiler -evaluates and reflects on own belaying performance to identify strengths, weaknesses and areas that need improvement.

SISOABN303A APPLY SINGLE PITCH ABSEILING SKILLS ON NATURAL SURFACES

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to independently abseil in single pitch situations on natural surfaces. This unit includes the application of belaying skills for the protection of self and others. It does not cover setting up or rigging an abseil.

Required Reading:No required text.

Assessment:Evidence of the following is essential: - correctly fits equipment independently and carries out safety checks to ensure effective working order - arranges a suitable communication system with abseiler, when belaying, to monitor progress - negotiates obstacles and hazards during abseiling, and adapts quickly to problems or issues that may arise to ensure safety of self and other participants -

evaluates and reflects on own abseiling and belaying performance to identify strengths, weaknesses and areas that need improvement.

SISOABN304A ESTABLISH ROPES FOR SINGLE PITCH ABSEILING ON NATURAL SURFACES

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to independently select fixed or natural anchors for the attachment of ropes and equipment for belays, such as tapes and karabiners. These anchors are to be used to establish belay systems and ropes on single-pitch natural abseiling surfaces and must be able to accommodate different belayer and abseiler abilities.

Required Reading:No required text.

Assessment:Evidence of the following is essential: - independently selects appropriate equipment and carries out safety checks to ensure effective working order - uses discretion and judgement to determine belay system required for abseiling in single pitch contexts - differentiates between the different types of belay systems, anchors and knots and their suitability to different rigging situations - determines the need for, and establishes belay systems to ensure safety of self and other participants.

SISOABN408A INSTRUCT ABSEILING ON SINGLE PITCH NATURAL SURFACES

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to instruct abseiling on single pitch natural surfaces. This unit focuses on planning, instructing and evaluating an instructional abseiling session to enable participants to achieve the skills and knowledge required to participate independently in single pitch abseiling on natural surfaces.

Required Reading:No required text.

Assessment:Evidence of the following is essential: - plans and delivers information, explanations and demonstrations for abseiling session to ensure activities are conducted safely according to participant's needs and characteristics - observes and monitors the progress of participants, provides constructive feedback and intervention and modifies instructional techniques and activities to improve participants abseiling performance as required - evaluates and reflects on own instruction performance to identify strengths, weaknesses and areas that need improvement.

SISOBWG201A DEMONSTRATE BUSHWALKING SKILLS IN A CONTROLLED ENVIRONMENT

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to participate in supervised bushwalks. This unit focuses on the demonstration of bushwalking skills through the participation in planned bushwalks and associated activities under the supervision of a suitably qualified leader.

Required Reading:No required text

Assessment:Evidence of the following is essential: -applies relevant process to plan equipment and supply requirements according to the conditions and duration of the bushwalk -demonstrates bushwalking techniques including ascending and descending techniques -seeks advice and feedback from leader to improve skills and ensure safety of self and group -evaluates and reflects on own bushwalking performance to identify strengths and weaknesses and areas that need improvement.

SISOBWG302A APPLY INTERMEDIATE BUSHWALKING SKILLS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to bushwalk in uncontrolled environments under minimal supervision. This unit focuses on the demonstration of various bushwalking skills through the participation in bushland, arid, alpine, or rainforest walks.

Required Reading:No required text.

Assessment:Evidence of the following is essential: - applies relevant processes to plan equipment and supply requirements according to the conditions and duration of the bushwalk - demonstrates bushwalking techniques including ascending and descending techniques on slopes - adapts to problems or issues that may arise during the walk, such as change in weather conditions, and makes appropriate adjustments in response to these contingencies to ensure safety of self and group - evaluates and reflects on own bushwalking performance to identify strengths, weaknesses and areas that need improvement.

SISOBWG404A APPLY RIVER CROSSING SKILLS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to select a suitable location and apply methods of crossing a river during a bushwalk. This unit focuses on the demonstration of various river crossing methods in safe rapids, such as those done individually and those which need mutual support.

Required Reading:No required text.

Assessment:Evidence of the following is essential: - applies relevant knowledge of river features and hazards to select a suitable crossing site and plans for a safe crossing - applies defensive and aggressive swimming techniques to negotiate river crossings - adapts quickly to problems or issues that may arise during the river crossing, such as change in current and or weather conditions, and makes appropriate adjustments in response to these contingencies to ensure safety of self and group.

SISOBWG405A GUIDE INTERMEDIATE BUSHWALKS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge to guide or lead participants on day and or overnight bushwalks. This unit focuses on the application of planning skills to make logistical arrangements for a bushwalking trip in difficult and trackless areas and lead the walk safely according to an activity plan.

Required Reading:No required text.

Assessment:Evidence of the following is essential: - plans within activity constraints and guides and monitors group in a safe and professional manner - applies effective modifications and contingency management techniques to make adjustments in response to changing conditions that may arise during bushwalking trips - encourages and responds to group feedback and evaluates and reflects on own guiding performance to identify strengths, weaknesses and areas that need improvement.

SISOBWG406A APPLY BUSHWALKING SKILLS IN UNCONTROLLED LANDSCAPES

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to bushwalk in unmodified landscapes with no supervision on trips. This unit focuses on the demonstration of various bushwalking skills through the participation in extreme bushland, arid, alpine or rainforest walks.

Required Reading:No required text.

Assessment:Evidence of the following is essential: - applies relevant processes to plan equipment and supply requirements according to the conditions and duration of the bushwalk - demonstrates advanced bushwalking techniques and safety practices, such as ascending and descending techniques, navigation and river crossing skills where required - adapts to contingencies that may arise during the walk, such as change in weather conditions, and makes appropriate adjustments in response to these - evaluates and reflects on own bushwalking performance to identify strengths, weaknesses and areas that need improvement.

SISOCIA201A DEMONSTRATE TOP ROPE CLIMBING SKILLS ON ARTIFICIAL SURFACES

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to climb and belay under supervision, using a top-rope set up, on artificial surfaces. This unit focuses on the demonstration of simple climbing skills and techniques.

Required Reading:No required text

Assessment:Evidence of the following is essential: -applies relevant processes to plan and select an appropriate route for the context and duration of the climb and provides a route description -selects and fits equipment, such as a harness, and carries out safety checks before demonstrating climbing and belaying techniques, such as maintaining appropriate rope tension when belaying -adapts quickly to problems or issues that may arise during climbing or belaying, such as movement restriction of the climber due to inappropriate rope tension, and makes appropriate adjustments to ensure safety of climber -evaluates and receives feedback and reflects on own climbing and belaying performance to identify strengths, weaknesses and areas that need improvement.

SISOCIA305A APPLY ROUTE SETTING SKILLS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to independently set climbing routes on artificial surfaces in a variety of contexts such as indoor, outdoor, single and multi pitch.

Required Reading:No required text

Assessment:Evidence of the following is essential: -selects, fits and maintains equipment independently and carries out safety checks to ensure effective working order -negotiates obstacles and hazards while positioning and fastening holds to a desired level of difficulty.

SISOCLN302A APPLY CLIMBING SKILLS ON NATURAL SURFACES

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to apply climbing and belaying skills to single pitch top rope situations on natural surfaces. This unit relates to independent participation as part of a climbing party. It does not include the competencies required to instruct or guide others or establishing belay systems.

Required Reading:No required text.

Assessment:Evidence of the following is essential: - applies relevant processes to plan for climbing activity, and describes suitable route to take - selects and fits equipment independently and carries out safety checks to ensure effective working order - arranges a suitable communication system with climber, when belaying, to monitor

progress - negotiates obstacles and hazards during climbing, and adapts quickly to problems or issues that may arise to ensure safety of self and other participants - evaluates and reflects on own climbing and belaying performance to identify strengths, weaknesses and areas that need improvement.

SISOCLN303A ESTABLISH BELAYS FOR CLIMBING ON NATURAL SURFACES

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to independently select anchors for the attachment of ropes and equipment for belays, such as tapes and karabiners. These anchors are to be used to establish belay systems on single-pitched natural climbing surfaces and must be able to accommodate different belayer and climber abilities.

Required Reading:No required text.

Assessment:Evidence of the following is essential: - independently selects appropriate equipment and carries out safety checks to ensure effective working order - differentiates between the different types of belay systems, anchors and knots and their suitability to different rigging situations - determines the need for, and establishes, back up belay systems to ensure safety of self and other participants

SISOCLN304A GUIDE TOP ROPE CLIMBING ACTIVITIES ON NATURAL SURFACES

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to guide participants in a top rope climbing activity on a natural surface using fixed or natural anchors. This unit focuses on the application of planning skills to make suitable arrangements to guide a group through a top rope climbing activity.

Required Reading:No required text.

Assessment:Evidence of the following is essential: - plans within activity constraints and guides and monitors the group in a safe and professional manner - applies effective contingency management techniques to deal with a range of problems and issues that may arise during the climbing activity - encourages and responds to feedback from participants and evaluates and reflects on own guiding performance to identify strengths, weaknesses and areas that need improvement.

SISOCLN409A INSTRUCT TOP ROPE CLIMBS ON NATURAL SURFACES

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to instruct top rope climbing on natural surfaces. This unit focuses on planning, instructing and evaluating an instructional climbing session to enable participants to achieve the skills and knowledge required to participate independently in routine top-rope climbing on natural surfaces. This includes establishing anchors using fixed or natural anchors.

Required Reading:No required text.

Assessment:Evidence of the following is essential: - plans and delivers precise relevant information, explanations and demonstrations for top rope climbing session to ensure activities are conducted safely according to participant's needs and characteristics - observes and monitors the progress of participants, provides constructive feedback and intervention and modifies instructional techniques and or activities to improve climbing performance - encourages and responds to feedback from participants and evaluates and reflects on own instruction performance to identify strengths, weaknesses and areas that need improvement.

SISOCNE201A DEMONSTRATE SIMPLE CANOEING SKILLS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to participate in a canoeing activity under supervision. This unit focuses on the demonstration of canoeing skills, such as the ability to control and manoeuvre a canoe in controlled conditions.

Required Reading:No required text

Assessment:Evidence of the following is essential: -applies relevant process to plan equipment and supply requirements according to the conditions and duration of the canoeing activity -demonstrates control and manoeuvring techniques, such as maintaining sufficient blade angle throughout stroke to direct the canoe -applies capsizing technique and follows rescue procedures to prepare for emergency situations -seeks advice and feedback from leader to improve skills and ensure safety of self and others -evaluates and reflects on own canoeing performance to identify strengths and weaknesses and areas that need improvement.

SISOCNE202A PERFORM DEEP WATER RESCUES

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to perform deep water rescues. This unit focuses on determining the most appropriate deep water rescue for the situation and applies during canoeing, kayaking and sea kayaking.

Required Reading:No required text

Assessment:Evidence of the following is essential: -identifies hazards and risks associated with deep water rescues and applies knowledge of water systems to select a suitable rescue method -demonstrates suitable craft position and rescue techniques suitable to the conditions -adapts to problems or issues that may arise during deep water rescues, such as change in current and or weather conditions, and makes appropriate adjustments to ensure safety of self and others.

SISOCNE303A APPLY CANOEING SKILLS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to paddle a canoe in controlled conditions. This unit focuses on the demonstration of effective and efficient canoeing skills on flat and undemanding water.

Required Reading:No required text.

Assessment:Evidence of the following is essential: - applies relevant process to plan equipment and supply requirements according to the conditions and duration of the canoeing activity - paddles the canoe demonstrating efficient and clean strokes and manoeuvres while maintaining control of the canoe - demonstrates correct paddling techniques - applies capsize technique and follows rescue procedures - identifies hazards and risks associated with deep water rescues and select suitable rescue method - demonstrates suitable craft position and rescue techniques suitable to the conditions - adapts to situational variances or issues that may arise during deep water rescues - evaluates and reflects on own canoeing performance to identify strengths and weaknesses and areas that need improvement.

SISOCNE304A APPLY INLAND CANOEING SKILLS ON GRADE 2 WATER

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge

required to apply inland canoeing skills on Grade 2 water. Grade 2 water is determined by the International River Grading System. This unit focuses on personal canoeing skills, such as the ability to control and manoeuvre a canoe on Grade 2 water.

Required Reading:No required text

Assessment:Evidence of the following is essential: - applies relevant process to plan equipment and supply requirements according to the conditions and duration of the canoeing activity - applies knowledge of rivers and hydrological features to manoeuvre canoe, interpret and negotiate hazards and rapids, and determine preferred route - demonstrates control of strokes and capsizing techniques in Grade 2 moving water - evaluates and reflects on own canoeing performance to identify strengths, weaknesses and areas that need improvement.

SISOCNE305A GUIDE CANOEING TRIPS ON FLAT AND UNDEMANDING WATER

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to guide participants on day and or overnight canoeing trips on flat and undemanding water. This unit focuses on the application of planning skills to make suitable arrangements to lead a group on a canoeing trip.

Required Reading:No required text.

Assessment:Evidence of the following is essential: - plans within activity constraints and guides and monitors group in a safe and professional manner - applies contingency management techniques to make adjustments to deal with a range of problems or variable factors that may arise during canoeing trips - encourages and responds to group feedback and evaluates and reflects on own guiding performance to identify strengths, weaknesses and areas that need improvement.

SISOCNE306A INSTRUCT CANOEING SKILLS ON FLAT AND UNDEMANDING WATER

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to instruct canoeing on flat and undemanding water. This unit focuses on planning, instructing and evaluating an instructional canoeing session to enable participants to achieve the skills and knowledge required to participate independently, or with minimal supervision, in a canoeing activity on flat and undemanding water.

Required Reading:No required text

Assessment:Evidence of the following is essential: - plans and delivers information, explanations and demonstrations for canoeing sessions to ensure activities are conducted safely according to participant's needs and characteristics - observes and monitors the progress of participants and provides constructive feedback and intervention to improve canoeing performance - applies and modifies instructional techniques and or activities to cater for a range of individual learning styles - evaluates and reflects on own instruction performance to identify strengths, weaknesses and areas that need improvement.

SISOCNE307A GUIDE CANOEING TRIPS ON GRADE 2 WATER

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to guide participants on day and or overnight canoeing trips on Grade 2 water. Grade 2 water is determined by the International River Grading System. This unit focuses on the application of planning skills to make suitable arrangements to

lead a group on a canoeing trip.

Required Reading:No required text.

Assessment:Evidence of the following is essential: - plans within activity constraints and guides and monitors group in a safe and professional manner - applies contingency management techniques to make adjustments to deal with a range of problems or variable factors that may arise during canoeing trips - encourages and responds to group feedback and evaluates and reflects on own guiding performance to identify strengths, weaknesses and areas that need improvement.

SISOCNE408A APPLY INLAND CANOEING SKILLS ON GRADE 3 WATER

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to apply inland canoeing skills on Grade 3 water. Grade 3 water is determined by the International River Grading System. This unit focuses on personal canoeing skills, such as the ability to control and manoeuvre a canoe on Grade 3 water.

Required Reading:No required text

Assessment:Evidence of the following is essential: - applies relevant process to plan equipment and supply requirements according to the conditions and duration of the canoeing activity - applies knowledge of rivers and hydrological features to manoeuvre canoe, interpret and negotiate hazards and rapids, and determine preferred route - demonstrates control of strokes and capsizing techniques in Grade 3 moving water - evaluates and reflects on own canoeing performance to identify strengths, weaknesses and areas that need improvement.

SISOCNE409A INSTRUCT CANOEING SKILLS ON GRADE 2 WATER

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to instruct canoeing on Grade 2 water. Grade 2 water is determined by the International River Grading System. This unit focuses on planning, instructing and evaluating an instructional canoeing session to enable participants to achieve the skills and knowledge required to participate independently, or with minimal supervision, in a canoeing activity on Grade 2 water.

Required Reading:No required text.

Assessment:Evidence of the following is essential: - plans and delivers information, explanations and demonstrations for canoeing sessions to ensure activities are conducted safely according to participant's needs and characteristics - observes and monitors the progress of participants and provides constructive feedback and intervention to improve canoeing performance - applies and modifies instructional techniques and or activities to cater for a range of individual learning styles - evaluates and reflects on own instruction performance to identify strengths, weaknesses and areas that need improvement.

SISOCNE410A GUIDE CANOEING TRIPS ON GRADE 3 WATER

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to guide participants on day and or overnight canoeing trips on Grade 3 water. This unit focuses on the application of planning skills to make suitable arrangements to lead a group on a canoeing trip.

Required Reading:No required text.

Assessment:Evidence of the following is essential: - plans within activity constraints and guides and monitors group in a safe and professional manner - applies

contingency management techniques to make adjustments to deal with a range of problems or variable factors that may arise during canoeing trips - encourages and responds to group feedback and evaluates and reflects on own guiding performance to identify strengths, weaknesses and areas that need improvement.

SISOCRP301A CONDUCT A LOW ROPES SESSION

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to assist in the conduct of programs using individual elements, elements used as initiative activities or linked low ropes courses, where spotters are used to keep participants safe.

Required Reading:No required text.

Assessment:Evidence of the following is essential: - plans within activity constraints and selects appropriate low ropes course suitable to participant's needs and characteristics - conducts thorough pre-activity inspections of course and individual elements and carries out appropriate maintenance, according to level of responsibility, and prepares reports accordingly - outlines and supervises spotting techniques and determines their suitability to the course, elements and individual needs - applies effective contingency management techniques to deal with a range of hazards and risks that commonly arise during challenge ropes sessions - encourages and responds to feedback and evaluates and reflects on own leading performance to identify strengths, weaknesses and areas that need improvement.

SISOCRP302A CONDUCT A HIGH ROPES SESSION

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to assist in the conduct of programs using independent elements or linked high ropes courses, which require the use of a belay system to keep participants safe.

Required Reading:No required text.

Assessment:Evidence of the following is essential: - plans within activity constraints and selects appropriate high ropes course suitable to participant's needs and characteristics - conducts thorough pre-activity inspections of course and individual elements and carries out appropriate maintenance, according to level of responsibility, and prepares reports accordingly - outlines and supervises belay and rescue techniques and determines their suitability to the course, elements and individual needs - applies effective contingency management techniques to deal with a range of hazards and risks that commonly arise during challenge ropes sessions - encourages and responds to feedback and evaluates and reflects on own leading performance to identify strengths, weaknesses and areas that need improvement.

SISOCRP403A SUPERVISE A LOW ROPES SESSION

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to independently conduct and supervise activities using independent elements, elements used as initiative activities or linked low ropes courses, where spotters are used to keep participants safe.

Required Reading:No required text.

Assessment:Evidence of the following is essential: - plans within activity constraints and selects appropriate low ropes course suitable to participant's needs and characteristics - conducts thorough pre-activity inspections of course and individual elements and carries out appropriate maintenance, according to level of

responsibility, and prepares reports accordingly - observes and monitors participant and assistant participation thoroughly to ensure program is suitable to their needs and characteristics and meets intended aims and objectives - applies effective contingency management techniques to deal with a range of hazards and risks that commonly arise during challenge ropes sessions - encourages and responds to feedback and evaluates and reflects on own performance to identify strengths, weaknesses and areas that need improvement.

SISOCR404A SUPERVISE A HIGH ROPES SESSION

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to independently conduct and supervise programs using independent elements or complete high ropes courses, which require the use of a belay system to keep participants safe. It includes the selection of anchors and the establishment of belays for personal and participant safety.

Required Reading:No required text.

Assessment:Evidence of the following is essential: - plans within activity constraints and selects appropriate high ropes course suitable to participant's needs and characteristics - conducts thorough pre-activity inspections of course and individual elements and carries out appropriate maintenance, according to level of responsibility, and prepares reports accordingly - observes and monitors participant and assistant participation thoroughly to ensure program is suitable to their needs and characteristics and meets intended aims and objectives - applies effective contingency management techniques to deal with a range of hazards and risks that commonly arise during challenge ropes sessions - encourages and responds to feedback and evaluates and reflects on own performance to identify strengths.

SISOCYT201A SELECT, SET UP AND MAINTAIN A BIKE

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to select, set up and maintain a bike under supervision, for cycle touring. Other related competencies such as navigation and trip planning are defined elsewhere.

Required Reading:No required text

Assessment:Evidence of the following is essential: -refers to sources on bike selection to selects a bicycle for personal use that meets the needs, size and proportions of the rider -identifies bicycle features, parts and tools and conducts routine checks and repairs on a bicycle to ensure it is suitably proportioned and in good working order - applies knowledge of bicycle functioning and safety to select and use tools to repair common bicycle deficiencies, such as a broken chain and punctured tyres.

SISOCYT202A DEMONSTRATE BASIC CYCLING SKILLS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to participate in on and off-road cycling activities under supervision. This unit focuses on the demonstration of basic cycling skills over gentle to moderate terrain with some hazards.

Required Reading:No required text

Assessment:Evidence of the following is essential: -conducts routine checks on the bicycle to ensure it is suitably proportioned and in good working order -demonstrates cycling techniques, such as gear and pace change in on and off road conditions - takes measures to guard personal and group safety by identifying and negotiating

obstacles and hazards, and using communication during the cycling activity - evaluates and reflects on own cycling performance to identify strengths, weaknesses and areas that need improvement.

SISOKYK201A DEMONSTRATE SIMPLE KAYAKING SKILLS

Locations:Industry, Footscray Park, VETiS.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to participate in a kayaking activity under supervision. This unit focuses on the demonstration of kayaking skills, such as the ability to control and manoeuvre a kayak in controlled conditions.

Required Reading:Not Applicable

Assessment:Evidence of the following is essential: - applies relevant process to plan equipment and supply requirements according to the conditions and duration of the kayaking activity - demonstrates control and manoeuvring techniques, such as maintaining sufficient blade angle throughout strokes to direct the kayak - applies capsizing technique and follows rescue procedures to prepare for emergency situations - evaluates and reflects on own kayaking performance to identify strengths and weaknesses and areas that need improvement.

SISOMBK201A DEMONSTRATE BASIC OFF-ROAD CYCLING SKILLS

Locations:Industry, Footscray Park, VETiS.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to participate in off-road cycling activities under supervision. This unit focuses on the demonstration of basic off-road cycling skills on gravel roads and single tracks with easy to intermediate terrain.

Required Reading:No Required Text

Assessment:Evidence of the following is essential: - plans equipment and supply requirements according to the conditions - applies riding skills to safely negotiate route and identify and negotiate hazards, obstacles and risks while maintaining personal and group safety - uses tools and spare parts to perform routine and non-routine checks and maintenance on the bicycle to ensure it is correctly proportioned and in safe working order - evaluates and reflects on own off-road cycling performance to identify strengths, weaknesses and areas that need improvement.

SISOMBK302A APPLY ADVANCED OFF-ROAD CYCLING SKILLS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to participate in off-road cycling activities. This unit focuses on the application of advanced off-road cycling skills on unmaintained gravel roads and rough single tracks with intermediate to expert terrain.

Required Reading:No required text

Assessment:Evidence of the following is essential: - applies off-road riding skills and trail etiquette to negotiate route and modifies technique to account for difficult situations and changes in terrain and weather while maintaining personal and group safety - uses tools and spare parts to perform routine and non-routine checks, maintenance and repairs on the off-road bicycle to ensure it is correctly proportioned and in safe working order - evaluates and reflects on own off-road cycling performance to identify strengths, weaknesses and areas that need improvement.

SISOMBK303A GUIDE OFF-ROAD CYCLE TOURS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to guide participants on off-road day cycling tours. This unit focuses on the application of planning skills to make suitable arrangements to safely guide groups on off-road cycling tours.

Required Reading:No required text.

Assessment:Evidence of the following is essential: - plans within activity constraints and guides and monitors groups in a safe and professional manner - applies contingency management techniques to deal with a range of problems or variable factors that may arise during off-road cycling tours - encourages and responds to group feedback and evaluates and reflects on own guiding performance to identify strengths, weaknesses and areas that need improvement.

SISOMBK404A INSTRUCT OFF-ROAD CYCLING SKILLS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to instruct off-road cycling activities. This unit focuses on planning, instructing and evaluating an instructional off-road cycling session to enable participants to achieve the skills and knowledge required to participate independently, or with minimal supervision, in off-road cycling activities.

Required Reading:No required text.

Assessment:Evidence of the following is essential: - plans and delivers information, explanations and demonstrations for off-road cycling sessions to ensure activities are conducted safely according to participant's needs and characteristics - observes and monitors the progress of participants and provides constructive feedback and intervention to improve off-road cycling performance - evaluates and reflects on own instruction performance to identify strengths, weaknesses and areas that need improvement.

SISONAV201A DEMONSTRATE NAVIGATION SKILLS IN A CONTROLLED ENVIRONMENT

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to navigate in controlled environments where there are significant landmarks.

Required Reading:No required text

Assessment:Evidence of the following is essential: -applies relevant process to plan a route in controlled environments and demonstrates navigation techniques to orientate and follow directions -seeks advice and feedback from leader to improve skills and ensure safety of self and group -evaluates and reflects on own navigation performance to identify strengths, weaknesses and areas that need improvement.

SISONAV302A APPLY NAVIGATION SKILLS IN AN INTERMEDIATE ENVIRONMENT

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to navigate in uncontrolled environments within an activity-specific context. This includes areas with few obvious visible landmarks, minimal clearance and limited modifications made to the natural surface and where the changes in weather and visibility may occur.

Required Reading:No required text

Assessment:Evidence of the following is essential: - applies relevant process to plan a

route in uncontrolled environments and demonstrates navigation techniques to orientate and follow directions - navigates around obstacles in uncontrolled environments while maintaining a compass course - evaluates and reflects on own navigation performance to identify strengths, weaknesses and areas that need improvement.

SISONAV403A NAVIGATE IN UNCONTROLLED ENVIRONMENTS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to Navigate in uncontrolled environments within an activity-specific context. This includes areas which are totally natural with no modifications made to the natural surface and where the onset of extreme environmental conditions may have a significant adverse impact upon the activity.

Required Reading:No required text.

Assessment:Evidence of the following is essential: - applies relevant process to plan a route in unmodified landscapes and demonstrates navigation techniques to orientate and follow directions in extreme environmental conditions - navigates around obstacles and hazards in unmodified landscapes while maintaining a compass course - evaluates and reflects on own navigation performance to identify strengths, weaknesses and areas that need improvement.

SISOODR201A ASSIST IN CONDUCTING OUTDOOR RECREATION SESSIONS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge to assist in the conduct of outdoor recreation sessions under the direct supervision of a responsible person. This unit focuses on the application of skills to contribute to the safe conduct of outdoor recreation sessions and undertake monitoring of personal performance.

Required Reading:No required text

Assessment:Evidence of the following is essential: -identifies, confirms and carries out assigned duties according to own level of responsibility and refers to appropriate personnel regarding areas outside level of responsibility -carries out allocated tasks according to instructions of responsible person and reports any difficulties in carrying out arrangements for the planned session to the appropriate personnel -interacts with participants positively and conveys necessary information about essential aspects of the session to enable and encourage participants to fully participate and provide feedback on the session -contributes to the evaluation of the session, suggests how it could be improved and reflects on own work performance.

SISOODR302A PLAN OUTDOOR RECREATION ACTIVITIES

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge to independently plan team outdoor activities for an environment where extreme environmental conditions are not likely to occur. This unit focuses on the application of planning skills to plan outdoor recreation activities that take into account participant needs, logistical and resourcing requirements in order to plan safe outdoor activities.

Required Reading:No required text

Assessment:Evidence of the following is essential: -carries out logistical and operational aspects of planning tasks responsibly and safely using a participant centred approach -plans outdoor recreation activities safely and in a manner that meets the needs and views of a range of participants and complies with relevant

legislative and organisational requirements -applies contingency management techniques to anticipate a range of problems and issues that may arise during an outdoor recreation activity -coordinates and allocates activity resources to optimise their availability and use by participants.

SISOODR303A GUIDE OUTDOOR RECREATION SESSIONS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge to guide a non-instructional outdoor activity session for participants. This unit focuses on the application of skills to lead and monitor sessions in a safe manner. It requires the ability to utilise resources to ensure the welfare and satisfaction of participants and to facilitate and maintain group cooperation and interaction during the session.

Required Reading:No required text

Assessment:Evidence of the following is essential: -leads outdoor recreation sessions responsibly, using communication strategies and a participant centred approach to encourage participation and interaction -applies negotiation and contingency management techniques to deal with a range of problems and issues that may arise during the session and makes adjustments in response to changing situations - evaluates and reflects on own work performance to identify ways in which session outcomes and benefits to participants can be improved.

SISOODR404A MANAGE RISK IN AN OUTDOOR ACTIVITY

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to undertake an organisational risk management process within the context of outdoor adventure activities, in order to make judgements about the safe level of risk in relation to challenge and the competence of participants. It includes applying and evaluating organisational risk management strategies to lessen the potential impact of unacceptable risks.

Required Reading:No required text.

Assessment:Evidence of the following is essential: - applies knowledge of the role of risk in outdoor adventure activities to select activities that promote a suitable level of risk and challenge in relation to participant skill - applies organisational risk management strategies to conduct the activity safely - applies contingency management techniques to deal with a range of problems and issues that may arise during the outdoor activity, including changing levels of risk, and takes action to address these - reviews the conduct of the activity in relation to the management of risk and makes appropriate improvements.

SISOODR405A DEVELOP AND COORDINATE PROGRAMS INCORPORATING OUTDOOR ACTIVITIES

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge to plan and coordinate non-instructional programs incorporating outdoor adventure activities for a diversity of needs and situations. This unit focuses on the application of adventure programming skills to develop an outdoor program that takes into account participant needs, other relevant information and resourcing requirements. It also includes the evaluation of programs with a view to identifying improvements for future programs.

Required Reading:No required text.

Assessment:Evidence of the following is essential: - carries out tasks responsibly, using a client-centred approach to maximise participation and interaction - allocates

and coordinates program resources efficiently within budgetary constraints to optimise their use by participants - applies effective contingency management techniques to deal with a range of problems and issues that may arise during the program such as participation levels and staff behaviour - evaluates and reflects on own work performance to identify ways in which program outcomes and benefits to participants can be improved.

SISOOPS201A MINIMISE ENVIRONMENTAL IMPACT

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to implement minimal environmental impact practices while participating in and assisting in outdoor recreation activities under supervision.

Required Reading:No required text

Assessment:Evidence of the following is essential: -utilises environmental resources responsibly and with minimal impact to participate in outdoor recreation activities - complies with general legislation, land managers requirements, industry codes and activity specific codes of practice to minimise environmental impact -applies contingency management techniques to deal with problems in implementing minimal environmental impact practices.

SISOOPS202A USE AND MAINTAIN A TEMPORARY OR OVERNIGHT SITE

Locations:Industry, Footscray Park, VETiS.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to establish, use and maintain a temporary or overnight site. Temporary sites include sites used for rest stops, overnight camping and emergency shelters.

Required Reading:No required text

Assessment:Evidence of the following is essential: - makes logistical arrangements based on knowledge of the area and selects equipment and supply requirements according to the conditions and duration of the activity - applies camping techniques and adapts to contingencies that may arise, such as sudden change of weather - takes precautions to maintain physical well being of self and group, such as hygiene and sanitation procedures to prevent contamination and illnesses - evaluates and reflects on performance to identify strengths, weaknesses and areas that need improvement.

SISOOPS304A PLAN FOR MINIMAL ENVIRONMENTAL IMPACT

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to plan outdoor activities to ensure that minimal environmental impact occurs. The planning requires consideration of the appropriate combination of an activity with a setting. This involves the learner making informed decisions about the selection of settings and the conduct of the activity during the planning phase. For Indigenous contexts, the delivery and assessment against this competency standard must comply with community protocols and guidelines and be supported by elders and custodians of country.

Required Reading:No required text

Assessment:Evidence of the following is essential: -plans outdoor recreation activities that balance the need to minimise environmental impact of recreational activities with appropriate activities and opportunities -applies contingency management techniques to deal with concerns over the degree of impact following recreational activities -adopts and models a responsible attitude towards the natural environment throughout activities.

SISOOPS305A PROVIDE FIRST AID IN A REMOTE LOCATION

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required for the provision of first aid to a casualty in a remote or isolated area and their management over an extended period of time until medical assistance or evacuation of the casualty occurs.

Required Reading:No required text.

Assessment:Evidence of the following is essential: - manages a casualty in remote or isolated areas over multiple occasions. - completes a resuscitation, safely providing first aid in a remote location, prior to further assistance arriving - demonstrates first aid principles to ensure safe use of remote first aid in an emergency situation - adequately uses infection control procedures to ensure the safe handling of casualty - initial, secondary and ongoing casualty assessment to ensure ongoing safety of casualty, prior to further assistance arriving.

SISOOPS306A INTERPRET WEATHER CONDITIONS IN THE FIELD

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to collect information from a weather map, make forecasts, and record and interpret weather and environmental information in the field in order to assess the impact of weather on outdoor recreation activities.

Required Reading:No required text

Assessment:Evidence of the following is essential: -makes weather predictions for a outdoor area using weather maps and forecasts -assesses the short and long term implications of meteorological data on a specific outdoor activity.

SISOOPS407A APPLY SEARCH AND RESCUE SKILLS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to apply preliminary search and rescue techniques and determine the need for outside assistance in situations where persons are lost or injured.

Required Reading:No required text.

Assessment:Evidence of the following is essential: - assesses situation to identify potential hazards and risks, and determines efficient search and rescue procedures for lost and or injured person or party - communicates response and contingency plans to other team members, and adapts quickly to problems or issues that may arise during search and rescue situations to ensure safety of self and group - seeks assistance from outside authorities, search groups and agencies in situations beyond own control and responsibility - evaluates and reflects on own search and rescue performance to identify strengths, weaknesses and areas that need improvement.

SISORAF402A GUIDE A RAFT ON GRADE 3 RAPIDS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to control a raft as a guide with a crew on grade 3 rapids according to the prescribed trip plan.

Required Reading:No required text.

Assessment:Evidence of the following is essential: - executes trip plan, including confident delivery of safety briefing and crew drill applies knowledge of rivers and hydrology - monitors and maintains the safety of clients and rafting equipment - by manoeuvring and controlling a raft effectively over multiple occasions and at multiple

venues - evaluates and reflects on own rafting performance to identify strengths, weaknesses and areas that need improvement - monitors and maintains the safety of clients and raft equipment and applies effective contingency management to deal with problems and issues that arise during the activity.

SISORAF403A GUIDE A RAFT ON GRADE 4 RAPIDS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to control a raft as a guide with a crew on grade 4 rapids according to the prescribed trip plan.

Required Reading:No required text.

Assessment:Evidence of the following is essential: - executes trip plan, including confident delivery of safety briefing and crew drill - applies knowledge of rivers and hydrology by effectively completing a sequence of paddling manoeuvres to negotiate multiple river features in a rapid on multiple occasion. negotiate multiple rapids and hazards using efficient strokes, clear and confident commands on fast currents and applies capsizing techniques and rescue procedures. - evaluates and reflects on own rafting performance to identify strengths, weaknesses and areas that need improvement - monitors and maintains the safety of clients and raft equipment and applies effective contingency management to deal with problems and issues that arise during the activity.

SISORAF404A COORDINATE AND MANAGE WHITE WATER RAFTING TRIPS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to operate as the trip leader rafting trips on Grade 3 white water. This includes managing other guides and applying advanced river guide, rafting and rescue management skills on Grade 3 white water.

Required Reading:No required text.

Assessment:Evidence of the following is essential: - plans and coordinates logistical details - ensures guides are appropriately qualified and experienced for the planned trip - applies trip leading skills and knowledge over multiple occasions and multiple venues - effectively guiding on multiple multi-day trips - applies effective crisis and risk management techniques to deal with a range of problems and variable factors that may arise during rafting trips - applies sequenced rafting manoeuvres to negotiate a range of white water river features while maintaining control of the raft - briefs and supervises other guides throughout trip and identifies roles and responsibilities of crew members in emergency and rescue situations - post trip documentation completed in accordance with organisational procedures - evaluates and reflects on own performance to identify strengths, weaknesses and areas that need improvement.

SISOSKT201A DEMONSTRATE BASIC CROSS COUNTRY SKIING SKILLS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to participate in cross country skiing. This unit focuses on the demonstration of basic cross country skiing skills through the participation in cross country skiing in a variety of controlled conditions. Other related competencies, such as navigation, are defined in other units.

Required Reading:Refer to Learning and Assessment Plan

Assessment:Evidence of the following is essential: - plans equipment and supply requirements appropriate to the conditions and duration of the cross country

skiing activity - applies to the full range of skiing skills to a basic level of technique as defined - seeks advice and feedback from leader to improve skills and ensure safety of self and group - evaluates and reflects on own skiing performance to identify strengths, weaknesses and areas that need improvement.

SISOSKT202A DEMONSTRATE SKI TOURING SKILLS IN A PATROLLED ENVIRONMENT TO A BASIC STANDARD

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to demonstrate basic ski touring skills in patrolled areas.

Required Reading:Refer to Learning and Assessment Plan

Assessment:Evidence of the following is essential: - plans equipment and supply requirements according to the conditions and duration of the ski touring activity - applies the full range of skiing skills to a basic level of technique - seeks advice and feedback from leader to improve skills and ensure safety of self and group - evaluates and reflects on own skiing performance to identify strengths, weaknesses and areas that need improvement.

SISOSKT303A DAY SKI TOUR AWAY FROM A PATROLLED AREA

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to ski tour away from a patrolled environment. This unit focuses on the demonstration of ski touring skills in non patrolled areas which are untracked and un-groomed.

Required Reading:Refer to Learning and Assessment Plan

Assessment:Evidence of the following is essential: - plans equipment and supply requirements appropriate to the conditions and duration of the ski touring activity - applies the full range of skiing skills to an intermediate level of technique when moving up and downhill on slopes angled up to 15 degrees - evaluates and reflects on own skiing performance to identify strengths, weaknesses and areas that need improvement.

SISOSKT304A GUIDE DAY SKI TOURS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to guide participants on day ski tours. This unit focuses on the application of planning skills to make suitable arrangements to lead groups in day ski touring activities.

Required Reading:Refer to Learning and Assessment Plan

Assessment:Evidence of the following is essential: - plans within activity constraints and guides and monitors groups in a safe and professional manner - applies contingency management techniques to deal with a range of problems and issues that may arise during ski touring trips - encourages and responds to group feedback and evaluates and reflects on own guiding performance to identify strengths, weaknesses and areas that need improvement.

SISOSKT305A APPLY SNOW CRAFT SKILLS FOR DAY TOURING

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to safely undertake day activities in a snow environment, including the ability to identify and negotiate potential avalanche conditions and construct snow

shelters.

Required Reading:Refer to Learning and Assessment Plan

Assessment:Evidence of the following is essential: - plans equipment and supply requirements appropriate to the conditions and duration of the snow activity - identifies potential hazards and risks associated with the snow activity and applies knowledge of weather and snow conditions to take adequate safety precautions in potential avalanche areas - demonstrates the construction of a range of emergency snow shelters to accommodate a small group of people - reflects on own performance and identifies any areas requiring improvements.

SISOSKT406A DEMONSTRATE ADVANCED CROSS COUNTRY SKIING SKILLS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to participate in advanced cross country skiing. This unit focuses on the demonstration of advanced cross country skiing on moderate to steep slopes.

Required Reading:No required text.

Assessment:Evidence of the following is essential: - plans equipment and supply requirements appropriate to the conditions and duration of the cross country skiing activity - applies a range of safe cross country skiing techniques while negotiating hazards and maintaining balance and control - evaluates and reflects on own performance to identify strengths, weaknesses and areas that need improvement.

SISOSKT407A OVERNIGHT SKI TOUR IN DIFFICULT TERRAIN USING ADVANCED SKI TOURING SKILLS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to participate in overnight ski tours in difficult terrain using advanced ski touring skills. This may include non patrolled areas which are untracked and un-groomed.

Required Reading:No required text.

Assessment:Evidence of the following is essential: - plans equipment and supply requirements appropriate to the conditions and duration of the overnight ski touring activity - applies to the full range of ski touring skills to an advanced level of technique when moving up and downhill on slopes angled up to and including 25 degrees. - evaluates and reflects on own skiing performance to identify strengths, weaknesses and areas that need improvement.

SISOSKT408A APPLY SNOW CRAFT SKILLS FOR OVERNIGHT TOURING

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to safely undertake overnight activities in a snow environment including the ability to identify and negotiate potential avalanche conditions and construct snow shelters.

Required Reading:No required text.

Assessment:Evidence of the following is essential: - plans equipment and supply requirements appropriate to the conditions and duration of the overnight snow activity - identifies potential hazards and risks associated with the snow activity and applies knowledge of weather and snow conditions to take adequate safety precautions in potential avalanche areas - demonstrates the construction of a range of emergency snow shelters to accommodate a small group of people reflects on own performance and identifies any areas requiring improvements.

SISOSKT409A APPLY INTERMEDIATE CROSS COUNTRY SKIING SKILLS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to participate in intermediate cross country skiing. This unit focuses on the demonstration of intermediate level cross country skiing on gentle to moderate terrain.

Required Reading:No required text.

Assessment:Evidence of the following is essential: - plans equipment and supply requirements appropriate to the conditions and duration of the cross country skiing activity - applies a range of cross country skiing techniques while negotiating hazards and maintaining balance and control - evaluates and reflects on own performance to identify strengths, weaknesses and areas that need improvement.

SISOSKT410A GUIDE OVERNIGHT SKI TOURS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to guide participants on overnight ski tours. This unit focuses on the application of planning skills to make suitable arrangements to lead groups in overnight ski touring activities.

Required Reading:No required text.

Assessment:Evidence of the following is essential: - plans within activity constraints and guides and monitors groups in a safe and professional manner - applies contingency management techniques to deal with a range of problems and issues that may arise during ski touring trips - encourages and responds to group feedback and evaluates and reflects on own guiding performance to identify strengths, weaknesses and areas that need improvement

SISOSKT411A INSTRUCT CROSS COUNTRY SKIING

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to instruct cross country skiing skills. This unit focuses on planning, instructing and evaluating an instructional cross country skiing session to enable participants to achieve the skills and knowledge required to participate independently, or with minimal supervision, in an intermediate or advanced cross country skiing activity.

Required Reading:No required text.

Assessment:Evidence of the following is essential: - plans and delivers information, explanations and demonstrations for cross country skiing session to ensure activities are conducted safely according to participant's needs and characteristics - observes and monitors the progress of participants and provides constructive feedback and intervention to improve performance as required - evaluates and reflects on own instruction performance to identify strengths, weaknesses and areas that need improvement.

SISOSNK201A DEMONSTRATE SNORKELLING ACTIVITIES

Locations:Industry, Footscray Park, VETiS.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to participate in snorkelling activities in confined and or open water.

Required Reading:No required text

Assessment:Evidence of the following is essential: - applies relevant process to plan and select a snorkelling location and equipment for the conditions

and duration of the activity - demonstrates snorkelling surface and diving techniques and performs snorkel dive rescues in realistic simulations - seeks advice and feedback from leader and evaluates and reflects on own snorkelling performance to identify strengths, weaknesses and areas that need improvement.

SISOSRF201A DEMONSTRATE SURF SURVIVAL AND SELF RESCUE SKILLS

Locations:Industry, Footscray Park, VETiS.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to apply surf survival and self rescue skills. This unit focuses on the demonstration of surf awareness and self rescue skills to safely participate in activities in surf environments.

Required Reading:No required text

Assessment:Evidence of the following is essential: - applies relevant process to plan and select appropriate craft and equipment suitable for the rescue - demonstrates self rescue and survival techniques in prevailing conditions - evaluates and reflects on own surf survival performance to identify strengths, weaknesses and areas that need improvement.

SISOSRF202A DEMONSTRATE BASIC SURFING MANOEUVRES IN CONTROLLED CONDITIONS

Locations:Industry, Footscray Park, VETiS.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to perform basic surfing manoeuvres in controlled conditions

Required Reading:No required text

Assessment:Evidence of the following is essential: - applies relevant process to plan and select appropriate craft and equipment suitable for the activity - applies wipe out procedures, ensuring personal safety and safety of other surfers and swimmers - evaluates and reflects on own surfing performance to identify strengths, weaknesses and areas that need improvement.

SISOVTR301A PERFORM VERTICAL RESCUES

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to use single rope techniques and mechanical advantage systems to perform self-rescues and the rescues of others in uncomplicated single pitch vertical contexts. It does not include the selection or assessment of the anchor.

Required Reading:No required text.

Assessment:Evidence of the following is essential: - selects rescue equipment according to rescue circumstances and rigs ropes to allow for safe ascents and descents - ascends and descends ropes in a safe and efficient manner and identifies and negotiates hazards, obstacles and risks to self and others - performs self-rescue in routine activity-specific situations while maintaining personal safety - uses mechanical advantage systems to raise and lower a conscious person and or equipment in a controlled manner with assistance from others where required, according to contextual issues.

SISOWWR201A DEMONSTRATE SELF RESCUE SKILLS IN WHITE WATER

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to apply self rescue skills in white water with Grade 2 rapids. This unit may be used in conjunction with other units, such as rafting, canoeing or kayaking, and

applies to situations where crew member or members are in the water due to circumstances such as craft capsizing.

Required Reading:No required text

Assessment:Evidence of the following is essential: - identifies hazards and their implications for white water swimmers and applies knowledge of hydrology and river features to select a suitable self rescue method - applies appropriate body position and defensive and aggressive swimming techniques suitable to the conditions - adapts to problems or issues that arise during white water self rescues and makes adjustments to ensure safety of self and group - applies procedure to safely re-enter the craft following a capsizing.

SISOWWR302A DEMONSTRATE WHITE WATER RESCUES AND RECOVERIES

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to perform rescues and recoveries in routine, predictable situations in rafting, canoeing or kayaking activities on water up to Grade 3 standard.

Required Reading:No required text

Assessment:Evidence of the following is essential: - assesses rescue situation in a timely manner to identify potential hazards and risks, and determines efficient rescue and recovery methods - selects and uses rescue equipment and resources, including mechanical advantage systems, in a variety of white water rescue and recovery situations - communicates with other members of the rescue team and adapts to problems or issues that may arise during white water rescues and recoveries to ensure safety of self and group - evaluates and reflects on own rescue and recovery performance to identify strengths, weaknesses and areas that need improvement - carry out multiple rescues utilising the full range of rescue and recovery methods, one of these being in a time critical environment - release and rescue an entrapped victim in a time critical environment - safely recover a wrapped, pinned or breached craft using a mechanical advantage system ensuring equalisation of load and anchors to minimise damage to craft.

SISOWWR403A PERFORM COMPLEX WHITE WATER RESCUES AND RECOVERIES

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to perform rescues and recoveries in complex and non-predictable situations in rafting, canoeing or kayaking activities on water up to Grade 4 standard.

Required Reading:No required text.

Assessment:Evidence of the following is essential: - Carry out multiple rescues utilising the full range of rescue and recovery methods, one of these being in a time critical environment - Release and rescue a wrapped, pinned or breached craft using the full range of mechanical advantage system ensuring equalisation of load anchors to minimise damage to craft - Safely rescue a victim or recover a craft using the full range of tethered craft - Lead and coordinate a rescue using an incident command system.

SISOWWR404A INSTRUCT WHITE WATER RESCUE

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to instruct white water rescue activities. This unit focuses on planning, instructing and evaluating instructional white water rescue sessions to enable participants to achieve the skills and knowledge required to participate independently

in white water rescue activities up to grade 4 water.

Required Reading:No required text.

Assessment:Evidence of the following is essential: - plan, instructs and monitors participant performance and response appropriately to participant behaviour to maintain an effective learning environment - activities are conducted safely according to participant's needs, characteristics and teaching location - applies effective contingency management techniques to deal with a range of problems and issues that may arise during the session, such as equipment failure and makes adjustments in response to changing situations - instructs sequential sessions that meet participant expectations, comply with legislative and organisation requirement, and are of sufficient duration to allow the participant to demonstrate white water rescue skills - evaluates participant and own performance and identifies improvements for future sessions - uses appropriate delivery technique to enhance client learning and performance - demonstrate correct rescue and recovery methods and techniques when transferring skills to participants.

SISSAFL201A PERFORM THE INTERMEDIATE SKILLS OF AUSTRALIAN FOOTBALL

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to perform the intermediate skills of Australian football. This unit focuses on the development and performance of intermediate Australian football skills during drills, activities, games and competitions.

Required Reading:No required text

Assessment:Evidence of the following is essential: -utilises knowledge and interpretation of intermediate skills of Australian football, and relevant rules, regulations and policies to perform the intermediate skills applicable to different positions -determines observable body movements for each stage of intermediate skills and links together and practices these during drills, activities, games and competitions -communicates appropriately with team mates, coach, umpires and support staff throughout drills, activities, games and competitions, and responds to feedback -reviews own and team's football performance to identify strengths and areas requiring improvement and or modifications.

SISSAFL202A PERFORM THE INTERMEDIATE TACTICS OF AUSTRALIAN FOOTBALL

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to perform the intermediate tactics of Australian football. This unit focuses on the development and performance of intermediate Australian football tactics through the participation in activities, discussions and games.

Required Reading:No required text

Assessment:Evidence of the following is essential: -h utilises knowledge and interpretation of intermediate tactics of Australian football, and relevant rules, regulations and policies to develop and follow game plans, and apply the intermediate tactics applicable to different positions -h determines strengths and weaknesses of individual player or players and teams and psychologically prepares to apply tactics and strategies accordingly -h communicates appropriately with team mates, coach, umpires and support staff throughout activities and games, and responds to feedback -h reviews own and team's football performance to identify strengths and areas requiring improvement and or modifications.

SISSAFL203A PARTICIPATE IN CONDITIONING FOR AUSTRALIAN FOOTBALL

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to participate in conditioning for Australian Football. This unit focuses on the development and understanding of fitness and conditioning programs relating to Australian Football, including techniques to improve speed, agility, endurance, strength, power and flexibility.

Required Reading:No required text

Assessment:Evidence of the following is essential: \hat{c} h utilises knowledge of energy systems and muscle groups to interpret how different conditioning applies to individual football positions \hat{c} h participates in conditioning sessions to improve speed, agility, endurance, strength, power and flexibility and identifies over-training symptoms communicates appropriately with coaches and specialists to respond to feedback and seek advice from specialist or specialists to plan and implement a recovery plan \hat{c} h evaluates conditioning sessions and reviews own performance to identify strengths and areas requiring improvement and or modifications.

SISSAFL304A PERFORM THE ADVANCED SKILLS OF AUSTRALIAN FOOTBALL

Locations:Industry, Footscray Park.

Prerequisites:SISSAFL201A - PERFORM THE INTERMEDIATE SKILLS OF AUSTRALIAN FOOTBALL

Description:This unit describes the performance outcomes, skills and knowledge required to perform the advanced skills of Australian football. This unit focuses on the development and performance of advanced Australian Football skills through drills, activities, games and competitions.

Required Reading:no required text

Assessment:- utilises knowledge and interpretation of advanced skills of Australian football, and relevant rules, regulations and policies to perform and apply the advanced skills applicable to different positions - determines observable body movements for each stage of advanced skills and links together and practices these during drills, activities, games and competitions - communicates appropriately with team members, coaches, umpires and support staff throughout drills, activities, games and competitions, and responds to feedback - reviews own and team's football performance to identify strengths and areas requiring improvement or modifications.

SISSAFL305A PERFORM THE ADVANCED TACTICS OF AUSTRALIAN FOOTBALL

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to perform the advanced tactics of Australian football. This unit focuses on the development and performance of advanced Australian football tactics through the participation in activities, discussions and games.

Required Reading:no required text

Assessment:- utilises knowledge and interpretation of advanced tactics of Australian football, and relevant rules, regulations and policies to develop and follow game plans, and apply the advanced tactics applicable to different positions - determines strengths and weaknesses of individual player or players and teams and psychologically prepares to apply tactics and strategies accordingly - communicates appropriately with team members, coach, umpires and support staff throughout activities and games, and responds to feedback - reviews own and team's football performance to identify strengths and areas requiring improvement and or modifications.

SISSAFL406A TEACH THE INTERMEDIATE SKILLS OF AUSTRALIAN FOOTBALL

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to teach and develop the intermediate skills of Australian football. This unit focuses on planning, conducting and evaluating drills, activities and games to develop the intermediate skills of Australian football.

Required Reading:No required text

Assessment:-plans and delivers precise relevant information, explanations and demonstrations for intermediate Australian football session or sessions to ensure activities are conducted safely according to participant's needs and characteristics - observes and monitors the progress of participants and provides constructive feedback and intervention to improve and develop the intermediate skills of Australian football -uses and modifies teaching and coaching techniques and or drills, activities and games to cater for a range of individual learning styles -evaluates and reflects on own coaching performance to identify strengths, weaknesses and areas that need improvement.

SISSAFL407A TEACH THE INTERMEDIATE TACTICS OF AUSTRALIAN FOOTBALL

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to teach and develop the tactics and strategies of intermediate Australian Football. This unit focuses on planning, conducting and evaluating drills, activities and games to develop the tactics and strategies of intermediate Australian football.

Required Reading:No required text

Assessment:-plans and delivers precise relevant information, explanations and demonstrations to ensure all activities are conducted safely, according to participant's needs and characteristics -observes and monitors the progress of participants and provides constructive feedback and intervention to improve and develop intermediate attacking and defensive tactics and strategies of Australian football -uses and modifies coaching techniques, drills, activities and or games to cater for a range of individual learning styles -evaluates and reflects on own coaching performance to identify strengths, weaknesses and areas that need improvement.

SISSATH201A TEACH THE FUNDAMENTAL SKILLS OF ATHLETICS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to teach the fundamental skills of athletics. This unit focuses on planning, conducting and evaluating drills, activities and games to develop the fundamental skills of athletics.

Required Reading:No required text

Assessment:Evidence of the following is essential: -plans and delivers precise relevant information, explanations and demonstrations for athletics session or sessions to ensure activities are conducted safely, according to participant's needs and characteristics -observes and monitors participants to identify the physical preparation required to improve fundamental skills of athletics and to recognise participant's readiness to progress to the next level -modifies teaching and coaching techniques, drills, activities and games to cater for a range of individual learning styles and provides constructive feedback and intervention to develop the fundamental skills of athletics -evaluates and reflects on own coaching performance to identify strengths, weaknesses and areas that need improvement.

SISSBSB201A TEACH FUNDAMENTAL BASKETBALL SKILLS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to teach players fundamental basketball skills. It requires the ability to plan, conduct and evaluate drills, activities and games which focus on player development of the foundation skills of basketball.

Required Reading:No required text

Assessment:-conducts multiple and diverse safe drills, activities and games that reflect the needs and characteristics of a diverse range of junior or beginner participants and are of sufficient duration and breadth to demonstrate competency and consistency of performance -plans and delivers information, explanations and demonstrations for basketball sessions to ensure activities are conducted safely and according to junior or beginner participant's needs and characteristics -observes and monitors the progress of participants and provides constructive feedback and intervention to improve and develop the fundamental skills of basketball -uses basketball drills and activities in practice sessions to progress player skills to game situations -uses and modifies teaching and coaching techniques and drills, activities and games to cater for a range of individual learning styles -evaluates and reflects on own coaching performance to identify strengths, weaknesses and areas that need improvement.

SISSBSB202A TEACH FUNDAMENTAL BASKETBALL TACTICS AND GAME STRATEGY

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to develop and teach fundamental overarching game strategy and player tactics. It requires the ability to plan, conduct and evaluate drills, activities, and games which focus on player development of the fundamental tactics of basketball.

Required Reading:No required text

Assessment:- conducts multiple and diverse safe drills, activities and tactical games that reflect the needs and characteristics of a range of junior or beginner participants and are of sufficient duration and breadth to demonstrate competency and consistency of performance. - plans and delivers precise relevant information, explanations and demonstrations to ensure all activities are conducted safely and according to junior or beginner participant's needs and characteristics - observes and monitors the progress of participants and provides constructive feedback and intervention to improve and develop fundamental level attacking and defending tactics and game strategies - uses basketball drills and activities in practice sessions to progress player tactical skills to game situations - uses and modifies coaching techniques, drills, activities and games to cater for a range of individual learning styles - evaluates and reflects on own coaching performance, game strategy and tactics

SISSBSB303A TEACH INTERMEDIATE LEVEL BASKETBALL SKILLS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to teach players intermediate basketball skills. It requires the ability to plan, conduct and evaluate drills, activities, and games which focus on player development of the intermediate skills of basketball.

Required Reading:No required text

Assessment:-conducts multiple and diverse safe drills, activities and games that

reflect the needs and characteristics of a diverse range of participants -plans and delivers precise relevant information, explanations and demonstrations for intermediate level basketball sessions to ensure activities are conducted safely and according to youth participant's needs and characteristics -observes and monitors the progress of participants and provides constructive feedback and intervention to improve and develop the intermediate level skills of basketball -uses basketball drills and activities in practice sessions to progress player skills to game situations -uses and modifies teaching and coaching techniques and drills, activities and games to cater for a range of individual learning styles -evaluates and reflects on own coaching performance to identify strengths, weaknesses and areas that need improvement.

SISSBSB304A TEACH INTERMEDIATE LEVEL BASKETBALL TACTICS AND GAME STRATEGY

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to develop and teach intermediate level overarching game strategy and player tactics. It requires the ability to plan, conduct and evaluate drills, activities, and games which focus on player development of the intermediate tactics of basketball.

Required Reading:No required text

Assessment:-conducts multiple and diverse safe drills, activities and tactical games that reflect the needs and characteristics of a range of participants -plans and delivers precise relevant information, explanations and demonstrations to ensure all activities are conducted safely and according to participant's needs and characteristics - observes and monitors the progress of participants and provides constructive feedback and intervention to improve and develop intermediate level attacking and defending tactics and game strategies -uses basketball drills and activities in practice sessions to progress player tactical skills to game situations -uses and modifies coaching techniques, drills, activities and games to cater for a range of individual learning styles -evaluates and reflects on own coaching performance, game strategy and tactics to identify strengths, weaknesses and areas that need improvement.

SISSCGP201A APPLY LEGAL AND ETHICAL COACHING PRACTICES

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to develop and apply legal and ethical coaching practices that comply with specific sport or activity best practice principles.

Required Reading:No required text

Assessment:Evidence of the following is essential: -carries out coaching role in a professional manner according to organisational policies and procedures, legal and ethical standards and sport or activity-specific codes of conduct -anticipates legal and ethical issues that may arise during sport or activities, and manages these appropriately according to legal requirements and sport or activity codes of conduct - determines coaching styles appropriate to the needs of participants and develops session plans according to best practice principles and specific rules, policies and regulations.

SISSCGP202A REFLECT ON PROFESSIONAL COACHING ROLE AND PRACTICE

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to evaluate personal coaching style and capacity to determine continuing developmental needs and opportunities.

Required Reading:No required text

Assessment:Evidence of the following is essential: -reviews personal coaching performance taking account of personal experience and feedback from key personnel -considers the impact of factors such as personal coaching philosophy, values and lifestyle on approach to coaching and reflects on coaching style to identify personal and professional development needs -researches current developments and trends that influence coaching role -sets appropriate developmental goals and designs, and monitors and adjusts a developmental plan and coaching techniques as required.

SISSCGP303A COACH JUNIOR PLAYERS TO DEVELOP FUNDAMENTAL PERCEPTUAL MOTOR SKILLS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to develop fundamental perceptual motor skills of junior sports players as a precursor to sports coaching.

Required Reading:No required text

Assessment:Evidence of the following is essential: -selects and delivers learning activities to develop fundamental perceptual motor skills and applies strategies to maintain engagement and enthusiasm of young players -monitors learning progress of players and modifies activities accordingly -assesses constraints and risks associated with the program and structures sessions to provide appropriate skill progression and regression to suit style of learning -delivers safe coaching according to organisational policies and procedures, relevant legislation and codes of conduct.

SISSCGP304A COACH JUNIOR SPORTS PLAYERS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to develop coaching session plans and select and apply coaching methods appropriate to the needs of junior sports players.

Required Reading:no required text

Assessment:Evidence of the following is essential: - applies knowledge of junior player development and related learning needs and capacities to select, implement and monitor effective coaching methods that deliver appropriate skills development - structures sessions to provide appropriate skill progression and regression for individuals and groups and monitors learning progress to provide corrective strategies - reviews and adapts the teaching of a skill in response to feedback - delivers coaching according to organisational policies and procedures, OHS and other legal requirements and sport-specific professional codes of conduct.

SISSCGP305A PLAN COACHING PROGRAMS FOR JUNIOR SPORTS PLAYERS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to develop coaching programs to outline developmental activities and delivery methods suited to junior sports players

Required Reading:no required text

Assessment:Evidence of the following is essential: - designs and documents multi-session coaching plans to meet the diverse needs of junior sports players - applies knowledge of junior player's physical and psychological development stage and related learning needs or capacities - assesses constraints and risks associated with developing coaching programs for junior players - plans coaching programs and methods to deliver appropriate sequencing of skills that are consistent with professional codes of conduct.

SISSCGP306A CUSTOMISE COACHING FOR SPECIAL NEEDS GROUPS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to identify the needs of special needs groups such as athletes with a disability or mature aged athletes, customise inclusive teaching and coaching practices to involve special needs groups and review and adapt coaching outcomes.

Required Reading:No required text

Assessment:Evidence of the following is essential: -applies inclusive and non-discriminatory coaching practices and adapts coaching styles and resources to encourage athlete participation and interaction using communication strategies appropriate to the specific needs of the athletes -conducts and monitors coaching sessions for athletes with special needs that take into consideration the readiness of the athlete to develop the required skills and other factors and reviews and adapts the teaching of a skill in response to feedback -maintains group control to ensure the safety and enjoyment of the individual athlete and group, and a satisfactory outcome to the experience -evaluates and reflects on own work performance to identify ways in which coaching outcomes can be improved.

SISSCGP307A IMPLEMENT SELECTION POLICIES

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to utilise selection criteria and policies to make selection decisions in consultation with relevant personnel for a team or group in specific sporting areas and or activities. It focuses on conveying selection criteria and policy to potential candidates, compiling selection data for potential candidates and applying organisational selection policies.

Required Reading:No required text

Assessment:utilises knowledge of selection objectives to implement selection policies and procedures that comply with organisational and specific sport objectives and requirements, relevant legislation and ethical requirements -selects and adapts communication strategies appropriate to the information needs of candidates to convey information about selection policies within relevant timeframes -assesses candidate performance using appropriate methods and researches and compiles data that is current and objectively addresses selection criteria -works effectively with panel members to objectively evaluate data against selection criteria to come to a negotiated agreement and documents agreed outcomes -applies contingency management techniques to deal with a range of problems and issues that may arise during implementation of selection policies and procedures such as ethical issues and dilemmas.

SISSCGP308A PROVIDE DRUGS IN SPORT INFORMATION

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to provide information about performance enhancing and prohibited drugs to athletes and implement strategies to assist athletes to effectively address those issues according to legislative and sport-specific regulations.

Required Reading:No required text

Assessment:Evidence of the following is essential: -acquires, selects and adapts information in relation to drugs in sport issues to develop and maintain professional knowledge for own sporting area and to meet coaching obligations -selects and adapts communication strategies appropriate to the information needs of athletes to convey information clearly and accurately regarding drugs in sport issues -consults

with athletes to develop, implement and review strategies to support them with these issues in a coaching setting -develops a rapport with athletes and encourages them to clarify information and access supporting resources.

SISSCGP309A DEVELOP NUTRITIONAL STRATEGIES

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to enable coaches to develop strategies to support their athletes to apply the principles and practices of nutrition to achieve peak performance in the relevant sporting activity.

Required Reading:No required text

Assessment:Evidence of the following is essential: -acquires, selects and adapts information on nutritional principles and practices to develop and maintain professional knowledge for own sporting area -works with support personnel to identify nutritional requirements for sport-specific peak performance and selects and communicates information appropriate to the needs of athletes -consults with athletes and support personnel to develop, implement and review strategies to enhance peak performance and to support them in a coaching setting -monitors nutritional practices of athletes and refers issues of nutritional deficiencies to appropriate support personnel.

SISSCGP310A SUPPORT ATHLETES TO ADOPT PRINCIPLES OF SPORTS PSYCHOLOGY

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to enable coaches to support their athletes to apply the principles of sports psychology to their specific sporting activity. It focuses on assisting athletes to implement and evaluate psychological approaches to optimise their sporting performance.

Required Reading:No required text

Assessment:Evidence of the following is essential: -acquires, selects and adapts information in relation to sports psychology principles and approaches for optimal performance to develop and maintain professional knowledge for own sporting area - works with support personnel to identify sport-specific psychological approaches for peak performance and selects and adopts communication strategies appropriate to the information needs of athletes -consults with athletes and support personnel to develop, implement and review psychological approaches to support them in a coaching setting -monitors psychological approaches of athletes and refers psychological barriers to appropriate support personnel.

SISSCGP411A WORK WITH OFFICIALS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to consult with sports officials to develop and maintain an effective working relationship in relation to sporting activities or competition.

Required Reading:No required text

Assessment:Evidence of the following is essential: -interacts with relevant sports officials according to knowledge and expectations of roles and responsibilities as well as developing and implementing organisational strategies to facilitate a professional and effective working relationship with officials -uses effective communication techniques to consult with officials and develops trust and confidence in dealings with

sports officials -applies a continuous improvement approach to evaluate relationships with sports officials and recommend potential improvements.

SISSCGP412A IMPLEMENT RECOVERY PROGRAMS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to enable coaches to support their athletes to apply the principles of recovery to the relevant sporting activity. It focuses on assisting athletes to implement and evaluate recovery methods after training or competition to optimise subsequent sporting performance.

Required Reading:No required text

Assessment:Evidence of the following is essential: -acquires, selects and adapts information in relation to training recovery principles and techniques to develop and maintain professional knowledge for own sporting area and to meet coaching obligations to athletes -works with support personnel to identify sport-specific recovery methods and selects and adopts communication strategies appropriate to the information needs of athletes to convey information clearly and appropriately - consults with athletes and support personnel to develop, implement and review a recovery program to support them in a coaching setting -monitors training responses of athletes and refers signs of negative adaptation to appropriate support personnel.

SISSCGP413A IMPLEMENT A TALENT IDENTIFICATION PROGRAM

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge to develop, implement and evaluate a talent identification system or systems for athletes. It focuses on identifying and developing potential athletes to perform at elite competition level in the relevant sport.

Required Reading:No required text

Assessment:-works with appropriate personnel to develop a non discriminatory and systematic approach to identifying and developing talented athletes at the elite level of the relevant sport in response to the objectives and performance requirements of the sport -develops testing criteria and conducts testing to select suitable athletes according to criteria and adopts communication strategies appropriate to the information needs of candidates to convey information clearly and accurately within relevant timeframes and to counsel unsuccessful athletes -develops, implements, monitors and evaluates talent development programs and applies contingency management techniques to deal with issues that may arise during implementation and review of the program.

SISSCKT201A PERFORM THE INTERMEDIATE SKILLS OF CRICKET

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to perform the intermediate skills of cricket. This unit focuses on the development and performance of intermediate cricket skills during drills, activities, games and competitions.

Required Reading:No required text

Assessment:Evidence of the following is essential: -h utilises knowledge and interpretation of skills and relevant rules, regulations and policies to perform the intermediate skills of cricket applicable to own fielding positions and batting order -h identifies observable body movements for each stage of intermediate skills and links together and practices these during drills, activities, games and competitions -h communicates appropriately with team members, coach, umpires and support staff

throughout drills, activities, games and competitions, and responds to feedback &h reviews own and team's cricket performance to identify strengths and areas requiring improvement and or modifications.

SISSCKT202A PERFORM THE INTERMEDIATE TACTICS AND STRATEGIES OF CRICKET

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to perform the intermediate tactics and strategies of cricket. This unit focuses on the development and performance of intermediate cricket tactics and strategies through the participation in activities, discussions and games.

Required Reading:No required text

Assessment:Evidence of the following is essential: &h utilises knowledge and interpretation of tactics and strategies of cricket and relevant rules, regulations and policies to develop and follow game plans, and apply the tactics and strategies applicable to different positions at an intermediate level &h determines strengths and weaknesses of individual players and teams and psychologically prepares to apply tactics and strategies accordingly &h communicates appropriately with team members, coach, umpires and support staff throughout activities and games, and responds to feedback &h reviews own and team's cricket performance to identify strengths and areas requiring improvement or modifications.

SISSCKT303A PARTICIPATE IN CONDITIONING FOR CRICKET

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to participate in conditioning for cricket. This unit focuses on the development and understanding of fitness and conditioning programs relating to cricket, including techniques to improve strength, endurance, power and flexibility.

Required Reading:No required text

Assessment:Evidence of the following is essential: -utilises knowledge of energy systems, muscle groups and fitness components to interpret the different conditioning requirements of individual cricket positions and skills -identifies over training symptoms, and communicates appropriately with coaches and specialists to plan and implement a recovery plan and respond to feedback -evaluates conditioning sessions and reviews own performance to identify strengths and areas requiring improvement and or modifications.

SISSCKT306A TEACH THE INTERMEDIATE SKILLS OF CRICKET

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to teach and develop the intermediate skills of cricket. This unit focuses on planning, conducting and evaluating drills, activities and games to develop the skills of cricket to an intermediate level.

Required Reading:No required text

Assessment:Evidence of the following is essential: -plans and delivers precise relevant information, explanations and demonstrations for cricket sessions to ensure activities are conducted safely according to participant's needs and characteristics -observes and monitors the progress of participants and provides constructive feedback and intervention to improve and develop the skills of cricket to an intermediate level -uses and modifies teaching and coaching techniques and or drills, activities and games to cater for a range of individual learning styles -evaluates and reflects on own coaching performance to identify strengths, weaknesses and areas that need improvement.

SISSCKT307A TEACH THE INTERMEDIATE TACTICS AND STRATEGIES OF CRICKET

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to teach the tactics and strategies of intermediate level cricket. This unit focuses on planning, conducting and evaluating drills, activities and games to develop the tactics and strategies of cricket to an intermediate level.

Required Reading:No required text

Assessment:Evidence of the following is essential: -plans and delivers precise relevant information, explanations and demonstrations to ensure cricket activities are conducted safely, according to participant's needs and characteristics -observes and monitors the progress of participants and provides constructive feedback and intervention to improve and develop tactics and strategies of cricket to an intermediate level -uses and modifies coaching techniques, drills, activities and games to cater for a range of individual learning styles -evaluates and reflects on own coaching performance to identify strengths, weaknesses and areas that need improvement.

SISSCNO201A PERFORM THE INTERMEDIATE SKILLS AND TACTICS OF CANOEING

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to perform the intermediate skills and tactics of flat water, white water or canoe polo during drills, activities, games and or competitions.

Required Reading:No required text

Assessment:Evidence of the following is essential: &h utilises knowledge and interpretation of intermediate skills and tactics of canoeing and relevant rules, regulations and policies to perform these skills and tactics relevant to the canoeing discipline &h determines observable body movements for each stage of the intermediate skills and tactics of the relevant canoeing discipline and links together and practices these during drills, activities, games and competitions &h communicates appropriately with team members, coach and referees throughout drills, activities, games and competitions, and responds to feedback &h reviews own and team's canoeing performance to identify strengths and areas requiring improvement and or modifications.

SISSCOP201A PREPARE A PRE OR POST EVENT MEAL

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to prepare pre- or post-event meals with the correct nutritional requirements for persons participating in sport.

Required Reading:No required text

Assessment:Evidence of the following is essential: -applies nutritional information to planning pre- or post-events meals -prepares, handles and stores food safely.

SISSCOP202A DEVELOP A PERSONAL MANAGEMENT PLAN

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to develop and implement a personal management plan. The unit focuses on the application of self-appraisal, planning and prioritising skills to enable the

development of personal goals and the effective use of time.

Required Reading:No required text

Assessment:Evidence of the following is essential: -plans, implements and evaluates an effective personal management plan -sets achievable personal career related goals -develops an integrated time management plan that includes all key activities and includes a diary and a weekly or monthly planner -reviews and adjusts the time management plan as required.

SISSCOP203A DEVELOP A TRAVEL AND ACCOMMODATION PLAN

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to make own travel and accommodation bookings.

Required Reading:No required text

Assessment:Evidence of the following is essential: çh makes travel and accommodation bookings according to organisational and personal requirements çh accesses, compares and selects most suitable travel and accommodation option.

SISSCOP204A DEVELOP PERSONAL MEDIA SKILLS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit covers the performance outcomes, knowledge and skills required to develop interpersonal skills to deal with the media. It focuses on communication skills to develop a rapport with the media, preparing for media interviews, conveying an effective personal image and applying appropriate communication techniques to participate in interviews and other media engagements.

Required Reading:No required text

Assessment:Evidence of the following is essential: -participates in media interviews to convey information fluently and coherently using appropriate vocabulary, language structures and communication techniques that engender respect between all parties -applies the organisation's protocols in preparing for and handling interview questions appropriately and in providing appropriate information -applies effective self-management techniques to deal with issues that may affect the outcome of the interview and evaluates and reflects on strategies that may enhance performance in future interviews.

SISSCOP306A PREPARE A SPONSORSHIP PROPOSAL

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to develop a sponsorship proposal for a specific sport or activity area. It focuses on identifying and accessing information about potential sponsors, preparing a sponsorship proposal and implementation plan and presenting it.

Required Reading:No required text

Assessment:Evidence of the following is essential: -conducts research to identify potential sponsors that meet organisational sponsorship requirements and compliment sporting or activity objectives -consults with appropriate personnel to develop, document and present a sponsorship proposal that incorporates all necessary information about the proposed activity and the organisation's action plan to implement the sponsorship contract within specific timeframes -seeks feedback on presentation from potential sponsors and follows up requests for further clarification or development of the proposal -develops and documents contingency management plans to deal with issues that may arise during the life of the sponsorship contract.

SISSCOP308A MODEL THE RESPONSIBILITIES OF AN ELITE ATHLETE

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to operate according to the legal and ethical responsibilities of an elite athlete. This unit focuses on the non-technical skills required to exhibit the behaviour expected of an elite athlete. It includes developing self-management strategies to address issues that may affect professional and personal performance outcomes in the relevant sport.

Required Reading:No required text

Assessment:Evidence of the following is essential: -demonstrates professional practice on and off the playing arena and in relationships with other athletes and sporting personnel -applies relevant international, national and sport specific standards, rules, regulations, codes and policies to practice -evaluates and reflects on strategies that may enhance professional and personal performance -communicates in a way that engenders respect between all parties.

SISSCOP309A DESIGN AN ATHLETE'S DIET

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to design a diet with the correct nutritional requirements for persons participating in sport in order to optimise sporting performance. It focuses on modifying the diet in response to changing sporting requirements such as training, competition and recovery.

Required Reading:No required text

Assessment:Evidence of the following is essential: -applies sport-specific nutritional knowledge to assess different dietary strategies for optimising an athlete's body composition and sporting performance -designs a diet that will provide nutritional requirements throughout training and modifies the diet to address changing competition and recovery needs -evaluates the effectiveness of the diet and adapts it to better enhance performance in relevant sport.

SISSGLF201A PERFORM THE A GRADE SKILLS OF GOLF

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to perform the A-Grade skills of golf. A-Grade golf is defined as a handicap of 5 to 12 for males and females and a National Skills Test score in the range of 50 to 60. This unit focuses on the development and performance of A-Grade golf skills during drills, activities, games and competitions.

Required Reading:No required text

Assessment:Evidence of the following is essential: çh utilises knowledge and interpretation of A-Grade skills of golf, and relevant rules, regulations and policies to achieve a handicap of 5 to 12 under competition conditions over a minimum of five rounds on a minimum of three 18 hole golf courses and achieves a score in the range of 50 to 60 on the National skills test çh identifies observable body movements for each stage of A-Grade skills and links these together during practice drills, activities, games and competitions çh communicates with coach, officials and support staff throughout drills, activities, games and competitions, and responds to feedback çh applies review and contingency strategies to own performance to identify strengths and areas requiring improvement and further development.

SISSGLF202A APPLY THE A GRADE TACTICS AND STRATEGIES OF GOLF

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to apply the A-Grade tactics and strategies of golf in a competitive situation. A-Grade golf is defined as a handicap of 5 to 12 for males and females and a National Skills Test score in the range of 50 to 60. This unit focuses on the development and performance of A-Grade tactics and strategies of golf through participation in activities and competitions.

Required Reading:No required text

Assessment:Evidence of the following is essential:  h utilises knowledge and interpretation of A-Grade tactics and strategies of golf, and relevant rules, regulations and policies to develop and follow game plans, and apply the tactics and strategies in competitive situations  h determines own psychological approaches and prepares to apply tactics and strategies accordingly  h communicates with colleagues, coach or mentor, officials and support staff throughout activities and games, and responds to feedback  h reviews own performance to identify strengths and areas requiring improvement or modifications.

SISSGLF203A INTERPRET AND APPLY THE RULES OF GOLF AT THE A GRADE LEVEL

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to interpret and apply the rules as they apply to golf played at an A-Grade level.

Required Reading:No required text

Assessment:Evidence of the following is essential:  h makes decisions in relation to own game based on the rules and etiquette of golf and recognises and reports when breaches of rules and etiquette occur according to appropriate channels and using appropriate communication strategies  h applies knowledge of golf rules, regulations and etiquette to mark playing cards.

SISSGYN201A TEACH FUNDAMENTAL GYMNASTIC SKILLS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to teach fundamental gymnastic skills. This unit focuses on planning, conducting and evaluating drills, activities and games to develop the fundamental skills of gymnastics.

Required Reading:No required text

Assessment:Evidence of the following is essential:  h plans and delivers information, explanations and demonstrations for gymnastics lessons to ensure activities are conducted safely, according to participant's needs and characteristics  h uses and modifies teaching and coaching techniques, drills, activities and games to cater for a range of individual learning styles  h provides constructive feedback and intervention to improve and develop the fundamental gymnastic skills  h evaluates and reflects on own coaching performance to identify strengths, weaknesses and areas that need improvement.

SISSMAR201A TEACH THE INTERMEDIATE SKILLS OF MARTIAL ARTS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to teach the intermediate skills of martial arts. This unit focuses on planning, conducting and evaluating drills, activities and games to develop the skills of a

chosen martial art or discipline to an intermediate level.

Required Reading:No required text

Assessment:Evidence of the following is essential: - plans and delivers information, explanations and demonstrations throughout the sessions to ensure activities are conducted safely according to participant's needs and characteristics - observes and monitors the progress of participants and provides constructive feedback and intervention to improve and develop the intermediate skills and core movements of the chosen martial art or discipline -uses and modifies teaching and coaching techniques, drills, activities and games to cater for a range of individual learning styles -evaluates and reflects on own coaching performance to identify strengths, weaknesses and areas that need improvement.

SISSMAR402A TEACH THE ADVANCED SKILLS OF MARTIAL ARTS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to teach the advanced skills of martial arts. This unit focuses on planning, conducting and evaluating drills, activities and games to develop the skills of a chosen martial art or discipline to an advanced level.

Required Reading:No required text

Assessment:plans and delivers information, explanations and demonstrations throughout the sessions to ensure activities are conducted safely according to participant's needs and characteristics -observes and monitors the progress of participants and provides constructive feedback and intervention to improve and develop the advanced skills and core movements of the chosen martial art or discipline -uses and modifies teaching and coaching techniques, drills, activities and games to cater for a range of individual learning styles -evaluates and reflects on own coaching performance to identify strengths, weaknesses and areas that need improvement.

SISSNTB201A USE INTERMEDIATE LEVEL NETBALL SKILLS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required by players to participate in netball activities at an intermediate level. It requires the ability to prepare for and participate in drills, activities, games and competitions using intermediate level skills and to review and evaluate self and team performance.

Required Reading:No required text

Assessment:Evidence of the following is essential: -performs intermediate level skills relevant to positional requirements and conditions on sufficient occasions to demonstrate competency and consistency of performance -utilises knowledge of intermediate level netball skills and relevant rules, regulations and policies when playing at an intermediate level -communicates appropriately with team members, coaches, umpires and support staff throughout drills, activities, games and competitions, and responds to feedback -reviews own and team's performance to identify strengths and areas requiring improvement or modifications.

SISSNTB202A USE INTERMEDIATE LEVEL NETBALL TACTICS AND GAME STRATEGY IN NETBALL PLAY

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required by players to use overarching game strategy and player tactics in netball activities at an intermediate level. It requires the ability to prepare for and participate

in drills, activities and games using intermediate level game strategy and tactical skills and to review and evaluate self and team tactical performance.

Required Reading:No required text

Assessment:Evidence of the following is essential: -performs intermediate level tactical skills relevant to positional requirements and conditions on sufficient occasions to demonstrate competency and consistency of performance -utilises knowledge of intermediate level game strategy, tactical netball skills and relevant rules, regulations and policies when playing at an intermediate level -determines strengths and weaknesses of individual players and teams and psychologically prepares to apply tactics and strategies accordingly -communicates appropriately with team members, coach, umpires and support staff throughout activities and games, and responds to feedback -reviews own and team's performance to identify strengths and areas requiring improvement or modifications.

SISSNTB203A PARTICIPATE IN CONDITIONING FOR NETBALL

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required for players to participate in conditioning for netball activities. It requires the ability to comprehend information on physiological elements used in netball activities, follow the guidance of specialists, use techniques and equipment to improve speed, agility, endurance, strength, power and flexibility, use post-training recovery methods and evaluate self progress.

Required Reading:No required text

Assessment:Evidence of the following is essential: -participates in multiple and diverse conditioning sessions to improve speed, agility, endurance, strength, power and flexibility, that are of a sufficient duration to demonstrate competence, consistency of performance -utilises knowledge of energy systems and muscle groups to determine appropriate conditioning techniques for different levels of play and player positions -recognises over training symptoms, seeks advice from specialists to plan and implement a recovery plan and utilises correct recovery methods - communicates appropriately with coaches and specialists throughout conditioning, and responds to feedback -evaluates conditioning sessions and reviews own performance to identify strengths and areas requiring improvement and or modifications.

SISSNTB204A TEACH FOUNDATION NETBALL SKILLS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to teach players fundamental netball skills. It requires the ability to plan, conduct and evaluate drills, activities and games which focus on player development of the foundation skills of netball.

Required Reading:No required text

Assessment:-conducts multiple and diverse safe drills, activities and games that reflect the needs and characteristics of a diverse range of junior or beginner participants and are of sufficient duration and breadth to demonstrate competency and consistency of performance -plans and delivers information, explanations and demonstrations for netball sessions to ensure activities are conducted safely and according to junior or beginner participant's needs and characteristics -observes and monitors the progress of participants and provides constructive feedback and intervention to improve and develop the fundamental skills of netball -uses netball drills and activities in practice sessions to progress player skills to game situations - uses and modifies teaching and coaching techniques and drills, activities and games to cater for a range of individual learning styles -evaluates and reflects on own

coaching performance to identify strengths, weaknesses and areas that need improvement.

SISSNTB305A USE ADVANCED LEVEL TACTICS AND GAME STRATEGY IN NETBALL PLAY

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required by players to use overarching game strategy and player tactics in netball activities at an advanced level. It requires the ability to prepare for and participate in drills, activities, games and competitions using advanced level game strategy and tactical skills and to review and evaluate self and team tactical performance.

Required Reading:No required text

Assessment:Evidence of the following is essential: -performs advanced level tactical skills relevant to positional requirements and conditions on sufficient occasions to demonstrate competency and consistency of performance -utilises knowledge of advanced level game strategy, tactical netball skills and relevant rules, regulations and policies when playing at an advanced level -determines strengths and weaknesses of individual players and teams and psychologically prepares to apply tactics and strategies accordingly -communicates appropriately with team members, coaches, umpires and support staff throughout drills, activities, games and competitions, and responds to feedback -reviews own and team's performance to identify strengths and areas requiring improvement or modifications.

SISSNTB306A USE ADVANCED LEVEL NETBALL SKILLS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required by players to participate in netball activities at an advanced level. It requires the ability to prepare for and participate in drills, activities, games and competitions using advanced level skills and to review and evaluate self and team performance.

Required Reading:No required text

Assessment:Evidence of the following is essential: -performs advanced level skills relevant to positional requirements and conditions on sufficient occasions to demonstrate competency and consistency of performance -utilises knowledge of advanced level netball skills and relevant rules, regulations and policies when playing at an advanced level -communicates appropriately with team members, coaches, umpires and support staff throughout drills, activities, games and competitions, and responds to feedback -reviews own and team's performance to identify strengths and areas requiring improvement or modifications.

SISSNTB407A TEACH INTERMEDIATE LEVEL NETBALL SKILLS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to teach players intermediate netball skills. It requires the ability to plan, conduct and evaluate drills, activities, and games which focus on player development of the intermediate skills of netball.

Required Reading:No required text

Assessment:-conducts multiple and diverse safe drills, activities and games that reflect the needs and characteristics of a diverse range of participants and are of sufficient duration and breadth to demonstrate competency and consistency of performance. -plans and delivers precise relevant information, explanations and demonstrations for intermediate level netball sessions to ensure activities are conducted safely and according to participant's needs and characteristics -observes

and monitors the progress of participants and provides constructive feedback and intervention to improve and develop the intermediate level skills of netball -uses netball drills and activities in practice sessions to progress player skills to game situations -uses and modifies teaching and coaching techniques and drills, activities and games to cater for a range of individual learning styles -evaluates and reflects on own coaching performance to identify strengths, weaknesses and areas that need improvement.

SISSNTB408A TEACH INTERMEDIATE LEVEL NETBALL TACTICS AND GAME STRATEGY

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to develop and teach intermediate level overarching game strategy and player tactics. It requires the ability to plan, conduct and evaluate drills, activities, and games which focus on player development of the intermediate tactics of netball.

Required Reading:No required text

Assessment:-conducts multiple and diverse safe drills, activities and tactical games that reflect the needs and characteristics of a range of participants and are of sufficient duration and breadth to demonstrate competency and consistency of performance. -plans and delivers precise relevant information, explanations and demonstrations to ensure all activities are conducted safely and according to participant's needs and characteristics -observes and monitors the progress of participants and provides constructive feedback -uses netball drills and activities in practice sessions to progress player tactical skills to game situations -uses and modifies coaching techniques, drills, activities and games to cater for a range of individual learning styles -evaluates and reflects on own coaching performance, game strategy and tactics to identify strengths, weaknesses and areas that need improvement.

SISSOGP301A CONDUCT GAMES OR COMPETITIONS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge to facilitate the outcome of a game or competition according to relevant rules and regulations. It includes the application of strategies to deal with disputes surrounding the outcome of the activity and self-reflection to review and analyse the conduct and outcomes of performance to modify and improve future performances.

Required Reading:No required text

Assessment:Evidence of the following is essential: -utilises knowledge and interpretation of relevant rules, regulations and competition requirements to conduct competitions or games responsibly, safely and ethically -applies effective negotiation and contingency management techniques to deal with problems or disputes that arise during or following the competition or game and makes adjustments in response to changing situations -observes and monitors the progress of the competition or game and makes decisions objectively within required time frames and communicates these to relevant personnel -seeks feedback from stakeholders and evaluates and reflects on own work performance to identify ways in which the conduct of games and competitions and benefits to participants can be improved.

SISSOGP402A CONDUCT A FITNESS AND RECOVERY PROGRAM FOR OFFICIALS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge

apply the principles of training and recovery to plan, implement and evaluate a fitness and recovery program for sports officials.

Required Reading:No required text

Assessment:Evidence of the following is essential: - acquires, selects and adapts information on fitness and recovery training techniques for specific sports - conducts a training needs analysis to inform the development of fitness and recovery programs to meet the needs of officials - organises resources to implement fitness and recovery programs for officials - monitors responses to the program and modifies relevant program components as appropriate.

SISSRGL201A USE INTERMEDIATE LEVEL RUGBY LEAGUE GAME SKILLS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required by players to participate in Rugby League competitions at an intermediate level according to the International Laws of Rugby League. It requires the ability to prepare for and participate in drills, activities and competition games at an intermediate level and to review and evaluate self and team performance.

Required Reading:No required text

Assessment:Evidence of the following is essential:  h performs skills at an intermediate level which are relevant to positional requirements and conditions on sufficient occasions to demonstrate competency and consistency of performance  h utilises knowledge of intermediate level Rugby League game skills and relevant rules, regulations and policies when playing at an intermediate level  h communicates appropriately with team members, coaches, referees and support staff throughout drills, activities, games and competitions, and responds to feedback  h reviews own and team's performance to identify strengths and areas requiring improvement or modifications.

SISSRGL202A USE INTERMEDIATE LEVEL TACTICS AND GAME STRATEGY IN RUGBY LEAGUE PLAY

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required by players to use overarching game strategy and player tactics in Rugby League activities at an intermediate level. It requires the ability to prepare for and participate in drills, activities and games using intermediate level game strategy and tactical skills and to review and evaluate self and team tactical performance.

Required Reading:No required text

Assessment:Evidence of the following is essential:  h performs tactical skills at an intermediate level which are relevant to positional requirements and conditions on sufficient occasions to demonstrate competency and consistency of performance  h utilises knowledge of intermediate level game strategy, tactical Rugby League skills and relevant rules, regulations and policies when playing at an intermediate level  h determines strengths and weaknesses of individual players and teams and psychologically prepares to apply tactics and strategies accordingly  h communicates appropriately with team members, coach, referees and support staff throughout activities and games, and responds to feedback  h reviews own and team's performance to identify strengths and areas requiring improvement or modifications.

SISSRGL203A PARTICIPATE IN CONDITIONING FOR RUGBY LEAGUE

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge

required for players to participate in conditioning for Rugby League activities. It requires the ability to comprehend information on physiological elements used in Rugby League activities, to follow the guidance of specialists, use techniques and equipment to improve speed, agility, endurance, strength, power and flexibility, use post-training recovery methods and evaluate self progress.

Required Reading:No required text

Assessment:Evidence of the following is essential:  h participates in multiple and diverse conditioning sessions to improve speed, agility, endurance, strength, power and flexibility, that are of a sufficient duration to demonstrate competence and consistency of performance  h utilises knowledge of energy systems and muscle groups to determine appropriate conditioning techniques for different levels of play and player positions  h recognises over training symptoms, seeks advice from specialists to plan and implement a recovery plan and utilises correct recovery methods  h communicates appropriately with coaches and specialists throughout conditioning, and responds to feedback  h evaluates conditioning sessions and reviews own performance to identify strengths and areas requiring improvement and or modifications.

SISSRGL204A TEACH THE SKILLS OF RUGBY LEAGUE FOR MODIFIED GAMES

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to teach junior players fundamental Rugby League skills for modified games. It requires the ability to plan, conduct and evaluate drills, activities and games which focus on junior player development in the fundamental skills of Rugby League.

Required Reading:No required text

Assessment:Evidence of the following is essential:  h conducts multiple and diverse safe drills, activities and modified games that reflect the needs and characteristics of a diverse range of young participants that are of sufficient duration and breadth to demonstrate competency and consistency of performance  h plans and delivers information, explanations and demonstrations for fundamental Rugby League sessions to ensure activities are conducted safely and according to young participant's needs and characteristics  h observes and monitors the progress of participants and provides constructive feedback and intervention to improve and develop player skills in Rugby League to a fundamental level  h uses and modifies teaching and coaching techniques and drills, activities and games to cater for a range of individual learning styles and player differences  h evaluates and reflects on own coaching performance to identify strengths, weaknesses and areas that need improvement.

SISSRGU201A PERFORM FOUNDATION LEVEL RUGBY UNION SKILLS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to perform the foundation skills of Rugby Union. This unit focuses on the development and performance of Rugby Union skills at a foundation level during drills, activities, games and competitions.

Required Reading:No required text

Assessment:Evidence of the following is essential:  h determines observable body movements for each stage of foundation skills performance and links together and practices these during drills, activities, games and competitions  h performs skills relevant to position requirements and conditions at an accuracy rate of 60-70%  h communicates appropriately with team members, coach, umpires and other support staff throughout drills, activities, games and competitions, and responds to feedback

 h reviews own and team's performance to identify strengths and areas requiring improvement or modifications.

SISSRGU203A PARTICIPATE IN CONDITIONING FOR RUGBY UNION

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to participate in conditioning for Rugby Union. This unit focuses on the development and understanding of fitness and conditioning programs relating to Rugby Union, including techniques to improve speed, agility, endurance, strength, power and flexibility.

Required Reading:No required text

Assessment:Evidence of the following is essential:  h utilises knowledge of energy systems and muscle groups to interpret how different conditioning applies to individual Rugby Union positions  h participates in conditioning sessions to improve speed, agility, endurance, strength, power and flexibility required for Rugby Union games  h identifies over training symptoms and seeks advice from specialists to plan and implement a recovery plan  h communicates appropriately with coaches and specialists throughout conditioning and responds to feedback  h evaluates conditioning sessions and reviews own performance to identify strengths and areas requiring improvement and or modifications.

SISSRGU204A OFFICIATE JUNIOR LEVEL RUGBY UNION

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to officiate Rugby Union at a junior level. This unit focuses on the ability to apply the laws of Rugby Union, use communication strategies, demonstrate correct positioning and develop reports on junior matches.

Required Reading:No required text

Assessment:Evidence of the following is essential:  h assesses suitability of players and other officials to participate in the match, and interprets and applies the laws and regulations of Rugby Union for the given situation  h makes accurate and consistent decisions and communicates decisions to players, other officials, coaches and spectators  h conveys a confident and friendly manner and maintains optimal position to view play throughout the game  h completes written and oral formal and informal reports for junior level game, and implements changes to improve the quality of officiating based on formal and informal feedback.

SISSRGU205A OFFICIATE LOCAL OR DISTRICT LEVEL RUGBY UNION

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to officiate Rugby Union at a local or district level. This unit focuses on the ability to apply the laws of Rugby Union, use communication strategies, demonstrate correct positioning and develop reports for local or district matches.

Required Reading:No required text

Assessment:Evidence of the following is essential:  h assesses suitability of players and other officials to participate in the match, and interprets and applies the laws and regulations of Rugby Union for the given situation  h makes accurate and consistent decisions and communicates decisions to players, other officials, coaches and spectators  h conveys a confident manner and maintains optimal position to view play throughout the game  h provides written and oral formal and informal

reports for local or district level game, and implements changes to improve the quality of officiating based on formal and informal feedback.

SISSCO306 PROVIDE DRUGS IN SPORT INFORMATION

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to provide information about performance enhancing and prohibited drugs to athletes and implement strategies to assist athletes to effectively address those issues according to legislative and sport-specific regulations.

Required Reading:No required text

Assessment:Evidence of the following is essential: issues to develop and maintain professional knowledge for own sporting area and to meet coaching obligationsselects and adopts communication strategies appropriate to the information needs of athletes to convey information clearly and accurately regarding drugs in sport issuesconsults with athletes to develop, implement and review strategies to support them with these issues in a coaching settingdevelops a rapport with athletes and encourages them to clarify information and access supporting resources.

SISSPA301A COORDINATE REGIONAL TOURING ATHLETES

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge to plan, coordinate and evaluate inter or intra state tours for athletes.

Required Reading:No required text

Assessment:-interacts and liaises with relevant stakeholders to plan, conduct and evaluate regional tours for athletes within organisational policies and procedures and timeframes and facilitates a professional and effective working relationship with touring party members -uses effective communication techniques to collect and document athlete information and tour requirements, convey relevant information to all touring party members and to manage the touring group within identified budgetary constraints -applies a continuous improvement approach to evaluate tour outcomes and recommend potential improvements.

SISSPA402A COORDINATE INTERNATIONAL TOURING ATHLETES

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge to plan, coordinate and evaluate international tours for athletes.

Required Reading:No required text

Assessment:-interacts and liaises with relevant stakeholders according to roles and responsibilities to plan, conduct and evaluate international tours for athletes to achieve organisational objectives within organisational policies and procedures and timeframes and facilitates a professional and effective working relationship with touring party members -uses effective communication techniques to collect and document athlete information and international tour requirements, convey relevant information to all touring party members and to manage the touring group within identified budgetary constraints -applies a continuous improvement approach to evaluate tour outcomes and recommend potential improvements.

SISSPA505A COORDINATE TEAM OR GROUP MANAGEMENT

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge to

plan and implement the management of teams or groups within a sporting club or organisation, and includes the management of teams or groups, human resources requirements and public relations.

Required Reading:No required text

Assessment:-consults widely to establish, club or organisational needs to achieve team performance objectives and utilises knowledge of these to plan, manage and evaluate human resource and public relations requirements of the team or group within the activity or activities -develops a communication system to establish links with club members and the media appropriate to the information needs of the club or organisation and to convey information about group or club activities, performance and commitments to relevant stakeholders -applies contingency management techniques to deal with a range of problems and issues that may impact on club or organisation activities and manages conflict within the organisation.

SISSPA506A COORDINATE TEAM OR GROUP ADMINISTRATION

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge to develop and implement strategies to coordinate the administration of teams or groups within a club or organisation including assessing and securing resources, developing and implementing team or club budgets and determining and communicating the roles and responsibilities of club or organisational personnel.

Required Reading:No required text

Assessment:Evidence of the following is essential: - consults with all relevant personnel to establish activity, club or organisational administrative requirements and plans, manages and evaluates a resource management plan which also identifies opportunities to generate additional income - develops club systems and processes to lead effective club or organisational administration and monitors and evaluates their implementation to determine their effectiveness - develops a communication system appropriate to the information needs of the club or organisation through which to convey information about group or club activities and commitments - applies contingency management techniques to deal with a range of problems and issues that may impact on club or organisation activities.

SISSPA507A DEVELOP VOLUNTEER MANAGEMENT POLICIES

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge to develop an organisational policy for recruiting, inducting, managing and retaining volunteers in sporting clubs and organisations.

Required Reading:No required text

Assessment:Evidence of the following is essential: - researches and analyses all relevant organisational and legislative requirements to develop a volunteer management policy and procedures that detail the recruitment, induction, management and retention of volunteers - applies organisational procedures to prepare, submit, amend and approve policy - communicates policy to all relevant organisational personnel.

SISSPT201A IMPLEMENT SPORTS INJURY PREVENTION

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to implement an effective injury prevention program. It focuses on contributing to injury surveillance, implementing intervention measures and evaluating the effectiveness of these measures.

Required Reading:No required text

Assessment:Evidence of the following is essential: -uses appropriate communication strategies to interact with athletes and relevant personnel within own accepted roles and responsibilities to assist in implementing effective injury prevention programs in response to injury surveillance data -supports and encourages safe sport participation and correct techniques to prevent injury for individual athletes and monitors the effect of interventions to reduce injury -applies effective contingency management techniques according to own level of responsibility to respond to problems impacting on effective injury prevention -evaluates and reflects on own performance in implementing injury prevention programs and strategies.

SISSSPT302A PROVIDE INITIAL MANAGEMENT OF SPORTS INJURIES

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to provide an immediate response to sports injuries in training or competition situations until the arrival of a health care professional or paramedic. It includes carrying out an initial assessment, managing injuries in line with organisational procedures and best practice and completing reporting requirements.

Required Reading:No required text

Assessment:Evidence of the following is essential: -operates effectively as a sports trainer within own roles and responsibilities and organisational systems and procedures to provide initial management of sports injuries -interacts with injured athletes and promptly assesses a range of injuries, including spinal and neck injuries, and undertakes initial management of injuries -selects and applies appropriate first aid techniques for the relevant injury and monitors the response of the athlete within organisational systems and best practice sports trainer principles -evaluates and reflects on own performance in managing the injury to identify ways in which initial management of the injury can be improved.

SISSSPT303A CONDUCT BASIC WARM-UP AND COOL-DOWN PROGRAMS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge to implement basic warm up and cool down programs incorporating stretching to assist athletes to prepare for activity and also aid in post activity recovery.

Required Reading:No required text

Assessment:Evidence of the following is essential: -interacts with athletes to determine contraindications to warm-up and cool-down exercises and refers the athlete to appropriate medical personnel as required -applies knowledge of biomechanics and human anatomy and physiology to select and safely demonstrate appropriate warm-up and cool-down techniques to athletes and monitors their safe application within organisational safety systems and best practice sports trainer principles -evaluates and reflects on own work performance to identify ways in which warm-up and cool-down programs and benefits to athletes can be improved.

SISSSPT304A TAPE ANKLE, THUMB AND FINGERS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to apply taping techniques to the ankle, thumb and fingers to assist athletes in relation to ongoing injury prevention and post-injury support and management.

Required Reading:No required text

Assessment:Evidence of the following is essential: -communicates with athletes using appropriate communication strategies to determine contraindications to taping -

clearly conveys information about the purpose and process of taping and refers athlete to medical personnel as appropriate -selects and safely applies appropriate taping techniques to the ankle, thumb and fingers and removes tape effectively with minimum discomfort to the athlete -completes taping activities within organisational safety systems and implements self-care protocols.

SISSSPT305A SUPPORT SPORTS INJURY MANAGEMENT

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to assist health care professionals with the ongoing management of injured athletes. It also covers the provision of ongoing monitoring of relatively minor injuries such as cuts and abrasions where a professional diagnosis is not indicated.

Required Reading:No required text

Assessment:Evidence of the following is essential: -works within own area of responsibility to assist in the ongoing management of sports injuries and interacts with health professionals, athletes and other relevant stakeholders to communicate progress as required -works under the direction of health care professionals to implement and monitor ongoing injury management programs -treats minor injuries and makes judgements within area of responsibility to refer athletes to health professionals to obtain a more detailed assessment of their condition -applies effective contingency management techniques to deal with a range of issues that may affect the responses of athletes.

SISSSPT306A DEAL WITH MEDICAL CONDITIONS IN A SPORT SETTING

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to deal with known or common medical conditions such as asthma, epilepsy and diabetes in a sport setting.

Required Reading:No required text

Assessment:Evidence of the following is essential: -utilises knowledge of common medical conditions and their impact on sporting performance to determine contraindications to sporting participation and conveys information about the condition to the athlete and coaching staff -selects and applies appropriate techniques to manage the relevant condition and monitors the response of the athlete within organisational systems and best practice sports trainer principles and assesses the need to refer the athlete to appropriate health professionals where appropriate -evaluates and reflects on own performance in managing the condition to identify ways in which initial management of the condition can be improved to maximise performance.

SISSSPT307A CONDUCT ADVANCED TAPING

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge to apply taping and bracing techniques including knee joints, Achilles, shoulders and elbows to assist athletes in relation to ongoing injury prevention and post-injury support.

Required Reading:No required text

Assessment:Evidence of the following is essential: -communicates effectively with athletes to determine contraindications to taping and or bracing, clearly convey information about the purpose and process of taping and refer athlete to medical personnel as appropriate -selects and safely applies appropriate taping and bracing techniques which includes elbows, shoulders, achilles and knees and removes tape

effectively with minimum discomfort to the athlete -completes taping activities within organisational safety systems and implements self care protocols.

SISSQU201A TEACH THE FUNDAMENTAL SKILLS OF SQUASH

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to teach and develop the fundamental skills of squash. This unit focuses on planning, conducting and evaluating drills, activities and games to develop the skills of squash to a fundamental level.

Required Reading:No required text

Assessment:Evidence of the following is essential:  h plans and delivers information, explanations and demonstrations for squash session or sessions to ensure activities are conducted safely according to participant's needs and characteristics  h observes and monitors the progress of participants through skill analysis and provides constructive feedback and intervention to improve and develop the fundamental skills of squash  h uses and modifies teaching and coaching techniques and or drills, activities and games to cater for a range of individual learning styles  h evaluates and reflects on own coaching performance to identify strengths, weaknesses and areas that need improvement.

SISSQU202A TEACH THE BASIC TACTICS AND STRATEGIES OF SQUASH

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to teach and develop the basic tactics and strategies of squash. This unit focuses on planning, conducting and evaluating drills, activities and games to develop the tactics and strategies of squash to a basic level.

Required Reading:No required text

Assessment:Evidence of the following is essential:  h plans and delivers information, explanations and demonstrations to ensure squash activities are conducted safely, according to participant's needs and characteristics  h observes and monitors the progress of participants and provides constructive feedback and intervention to improve and develop the basic tactics, rally and game strategies of squash  h uses and modifies coaching techniques, drills, activities and games to cater for a range of individual learning styles  h evaluates and reflects on own coaching performance to identify strengths, weaknesses and areas that need improvement.

SISSSTC301A INSTRUCT STRENGTH AND CONDITIONING TECHNIQUES

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, knowledge and skills required to use drills, exercises and activities to instruct strength and conditioning techniques to individual athletes or groups of athletes according to their sport-specific needs, or those undertaking fitness programs to achieve personal fitness goals.

Required Reading:No required text

Assessment:Evidence of the following is essential: -instructs strength and conditioning classes that meet athlete expectations, comply with legislative and organisational requirements, and are of sufficient duration to allow the candidate to demonstrate the use of drills, activities and games to instruct in strength and conditioning techniques -assesses athletes current training status and needs and applies knowledge of human anatomy and physiology to select and modify an appropriate program -carries out tasks responsibly and safely using an athlete centred approach to encourage athlete participation using appropriate motivational and communication strategies.

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SISSSTC402A DEVELOP STRENGTH AND CONDITIONING PROGRAMS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, knowledge and skills required to develop, implement and evaluate a strength and conditioning program. It focuses on the skills needed to develop a program which meets the needs of individual athletes or groups of athletes according to their sport-specific needs or those undertaking fitness programs to achieve personal fitness goals.

Required Reading:No required text

Assessment:Evidence of the following is essential: -assesses athlete's or athletes' current training status and needs and applies knowledge of human anatomy and physiology to develop programs to meet stated objectives for strength and conditioning -plans strength and conditioning classes that meet athlete expectations, comply with legislative and organisational requirements, and are of sufficient duration to allow the candidate to demonstrate the use of strength and conditioning techniques -evaluates and modifies the training program according to feedback received and the results of evaluation procedures.

SISSSUR201A TEACH THE BASIC SKILLS OF SURF LIFE SAVING

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to teach the basic skills of surf life saving. This unit focuses on planning, conducting and evaluating drills, activities and games to develop the skills of surf life saving to a basic level.

Required Reading:No required text

Assessment:Evidence of the following is essential:  h plans and delivers precise relevant information, explanations and demonstrations for surf life saving session or sessions to ensure activities are conducted safely according to participant's needs and characteristics  h observes and monitors the progress of participants and provides constructive feedback and intervention to improve and develop the basic skills of surf life saving  h uses and modifies teaching and coaching techniques and drills, activities and games to cater for a range of individual learning styles  h evaluates and reflects on own coaching performance to identify strengths, weaknesses and areas that need improvement.

SISSSUR202A OFFICIATE BEGINNER LEVEL SURF LIFE SAVING COMPETITIONS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to officiate surf life saving at the beginner level. This unit focuses on the ability to apply the rules of surf life saving, use communication strategies, demonstrate correct positioning and assist in the prevention of emergencies in competitions.

Required Reading:No required text

Assessment:Evidence of the following is essential:  h assesses external influences and conditions for surf life saving competition prior to commencement and applies the rules and regulations of surf life saving at the beginner level  h makes consistent decisions and communicates these to competitors, other officials, coaches and spectators  h conveys a confident and friendly manner and maintains optimal position to marshal, start, judge and record events throughout the competition  h reports potential emergency situations and takes appropriate action to correct hazards and minimise risks.

SISSSWM301A TEACH THE COMPETITIVE STROKES OF SWIMMING

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to teach the competitive strokes of swimming. This unit focuses on planning, conducting and evaluating drills, activities and games to develop swimming strokes, starts, turns and finishes.

Required Reading:No required text

Assessment:Evidence of the following is essential: -plans and delivers information, explanations and demonstrations for swimming session to ensure activities are conducted safely according to participant needs and characteristics -observes and monitors the progress of participants and provides constructive feedback and intervention to improve and develop the competitive strokes, starts, turns and finishes of swimming -uses and modifies teaching and coaching techniques and drills, activities and games to cater for a range of individual learning styles -evaluates and reflects on own coaching performance to identify strengths, weaknesses and areas that need improvement.

SISSSWM302A PLAN A PROGRAM FOR A COMPETITIVE SWIMMER

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to plan a training program for a competitive swimmer. It focuses on the skills needed to develop a program which meets the needs of individual or groups of swimmers and involves planning for competitive swimming situations.

Required Reading:No required text

Assessment:Evidence of the following is essential: -assesses swimmer's needs and current training status and applies this information to develop individual profiles and identify program requirements and objectives -develops programs for individuals and groups of competitive swimmers that incorporate drills, activities and games that are aimed to improve swimming performance -evaluates and modifies the training program according to swimmer's performance and required improvement.

SISSSWM303A TEACH THE ADVANCED SKILLS OF COMPETITIVE SWIMMING

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to use drills, activities and games to teach the advanced skills of swimming. This unit focuses on planning, conducting and evaluating drills, activities and games to develop advanced swimming skills of competitive swimming.

Required Reading:No required text

Assessment:plans and delivers information, explanations and demonstrations for swimming session to ensure activities are conducted safely according to participant's needs and characteristics -observes and monitors the progress of participants and provides constructive feedback and intervention to improve and develop the advanced skills of competitive swimming -uses and modifies teaching and coaching techniques and drills, activities and games to cater for a range of individual learning styles -evaluates and reflects on own coaching performance to identify strengths, weaknesses and areas that need improvement.

SISSTNS201A ASSIST IN CONDUCTING TENNIS ACTIVITIES FOR BEGINNER PLAYERS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge

required to assist in the preparation and conduct of basic tennis activities for beginner players.

Required Reading:No required text

Assessment:Evidence of the following is essential: -assists in planning processes required for tennis activities and identifies individual roles, responsibilities and activity objectives in consultation with activity leader -interacts effectively with beginner level participants and communicates information about safety aspects -uses a variety teaching and coaching techniques to cater for a range of individual learning styles and monitors participant's performance throughout game-based tennis activities - contributes to the evaluation of tennis activities and reflects on own performance to identify areas that need improvement.

SISSTNS202A INTERPRET AND APPLY THE RULES OF TENNIS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to interpret and apply rules of tennis to support the role of court supervisor of non-umpired games such as local and junior games.

Required Reading:No required text

Assessment:Evidence of the following is essential: -interprets and applies tennis rules, etiquette and dress and equipment regulations -informs and supports players to observe tennis etiquette and rules in non-umpired games -monitors behaviour of players and spectators and manages issues or disputes appropriately to ensure tennis etiquette is maintained -seeks feedback on opportunities to improve approach and strategies used to support court supervision.

SISSTNS303A COACH STROKE PRODUCTION AND TACTICS FOR JUNIOR TENNIS PLAYERS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to coach junior tennis players in fundamental stroke production and tactical strategies appropriate to singles and doubles.

Required Reading:No required text

Assessment:Evidence of the following is essential: -demonstrates technical tennis skills to support explanation of aspects of stroke production, major stroke types and tactics -analyses player progress and determines appropriate corrective strategies and improvement plans -structures sessions to provide appropriate skill progression and regression for individuals and groups -structures and delivers coaching activities to support and reinforce positive learning outcomes for junior players.

SISSTOU201A PERFORM THE INTERMEDIATE SKILLS OF TOUCH

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to perform the intermediate skills of Touch. This unit focuses on the development and performance of Touch skills at an intermediate level during drills, activities, games and or competitions.

Required Reading:No required text

Assessment:Evidence of the following is essential: -utilises knowledge and interpretation of Touch skills, rules, regulations and policies to perform and apply the skills at an intermediate level -determines observable body movements for each stage of intermediate skills and links together and practices these during drills, activities, games and competitions -communicates appropriately with team members, coach, referees and support staff throughout drills, activities, games and

competitions, and responds to feedback. They review own and team's performance to identify strengths and areas requiring improvement or modifications.

SISSTOU202A PERFORM THE INTERMEDIATE TACTICS AND STRATEGIES OF TOUCH

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to perform the intermediate tactics and strategies of Touch. This unit focuses on the development and performance of Touch tactics and strategies at an intermediate level through the participation in activities, discussions and games.

Required Reading:No required text

Assessment:Evidence of the following is essential: They utilise knowledge and interpretation of tactics and strategies of Touch, and relevant rules, regulations and policies to develop and follow game plans, and apply the tactics and strategies applicable to different positions at an intermediate level. They determine strengths and weaknesses of individual player or players and teams and psychologically prepares to apply tactics and strategies accordingly. They communicate appropriately with team members, coach, referees and support staff throughout activities and games, and responds to feedback. They review own and team's Touch performance to identify strengths and areas requiring improvement or modifications.

SISSTPB201A TEACH FUNDAMENTAL TENPIN BOWLING SKILLS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to teach the fundamental skills of tenpin bowling. This unit focuses on planning, conducting and evaluating drills, activities and games to develop the skills of tenpin bowling to a fundamental level.

Required Reading:No required text

Assessment:Evidence of the following is essential: They plan and deliver information, explanations and demonstrations for tenpin bowling sessions to ensure activities are conducted safely according to participant's needs and characteristics. They observe and monitors the progress of participants and provides constructive feedback and intervention to improve and develop the fundamental skills of tenpin bowling. They use and modifies teaching and coaching techniques and drills, activities and games to cater for a range of individual learning styles. They evaluate and reflects on own coaching performance to identify strengths, weaknesses and areas that need improvement.

SISXCA101A PROVIDE EQUIPMENT FOR ACTIVITIES

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to prepare, use and store equipment for activities.

Required Reading:No required text

Assessment:Evidence of the following is essential: They identify, confirm and carries out assigned duties according to own level of responsibility, and refers matters outside level of responsibility to appropriate personnel. They carries out allocated tasks according to instructions of responsible person and reports any difficulties with accessing and providing equipment for the planned sessions to appropriate personnel. They conveys information about essential safety aspects of equipment use for the session to assist and encourage participants to safely participate in the session.

SISXCA102A ASSIST IN PREPARING AND CONDUCTING SPORT AND RECREATION SESSIONS

Locations:Industry, Footscray Park, VETiS.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to assist in the preparation and conduct of sessions within the sport and recreation industry. The unit also focuses on assisting the responsible person to monitor and evaluate the sessions.

Required Reading:No required text

Assessment:Evidence of the following is essential: -identifies, confirms and carries out assigned duties, according to own level of responsibility; referring to appropriate personnel when outside level of responsibility -carries out allocated tasks responsibly and in a non-discriminatory manner, according to instructions of responsible person and reporting difficulties to appropriate personnel -clearly conveys necessary information about essential aspects of the session to assist and encourage participants to participate fully -contributes to the evaluation of the session, suggesting how it could be improved and reflecting on own work performance.

SISXCA103A PLAN AND CONDUCT SPORT AND RECREATION SESSIONS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to plan and conduct a non-instructional sport and recreation session for a range of participants. The unit focuses on the ability to identify participant needs, develop a suitable session plan, then conduct and supervise the session in a safe manner. It requires the ability to resource the session, ensure the welfare and satisfaction of participants, and develop and maintain group cooperation and interaction during the session.

Required Reading:No required text

Assessment:Evidence of the following is essential: -plans and conducts sport and recreation sessions that reflect the needs of a range of participants, comply with budgetary restraints, and incorporate techniques to build group cohesion and balance individual and group needs -monitors session progress, applies negotiation and contingency-management techniques to deal with a range of problems and issues that may arise during the session, and makes adjustments in response to changing situations -evaluates and reflects on own work performance to identify ways in which session outcomes and benefits to participants can be improved.

SISXCA104A PLAN AND CONDUCT SPORT AND RECREATION PROGRAMS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to plan and conduct a range of non-instructional sport and recreation programs in a variety of contexts for a diversity of needs and situations. The unit focuses on the application of planning skills to develop a program to safely conduct and supervise a sport and recreation program for participants that takes into account participant needs and resource requirements.

Required Reading:No required text

Assessment:Evidence of the following is essential: -resources and delivers sport and recreation programs within budgetary constraints and demonstrates techniques to build group cohesion and balance individual and group needs -delivers monitors and adjusts sport and recreation programs that meet the needs of participants and responds to problems or issues that arise -provides positive feedback to enhance participant motivation and self-esteem -evaluates and reflects on own work

performance to identify ways in which program outcomes and benefits can be improved.

SISXCAI305A CONDUCT INDIVIDUALISED LONG-TERM TRAINING PROGRAMS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to apply sport or activity-specific knowledge to plan, implement and evaluate long-term training programs designed to develop an individual's sporting capacity.

Required Reading:No required text

Assessment:assesses participant needs, and develops a long-term training program to meet objectives -plans and conducts individualised training sessions that meet participant expectations, comply with legislative and organisational requirements, and demonstrate use of a range of training techniques -evaluates and modifies the training program according to feedback received and the results of evaluation procedures.

SISXCAI306A FACILITATE GROUPS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to establish a functional group within the context of a sport and recreation activity. The unit focuses on the ability to facilitate a group of clients participating in a sport and recreation activity or persons within a recreation organisation.

Required Reading:No required text

Assessment:Evidence of the following is essential: -identifies and clarifies group and individual goals and interacts effectively with group members who have diverse styles, aspirations, cultures and perspectives -analyses problems and barriers to group development and participation, and develops appropriate strategies to address and resolve them -communicates clearly and concisely with the group and handles uncertainty and conflict in a positive manner before it adversely affects group performance -encourages group to openly propose, discuss and resolve issues and creates opportunities to celebrate and promote group and individual success by providing positive leadership.

SISXCAI507A PLAN AND IMPLEMENT HIGH PERFORMANCE

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to apply sport-specific knowledge to implement a high-performance training program designed to refine the skills and performance of individuals participating at a high level.

Required Reading:No required text

Assessment:Evidence of the following is essential: - assesses athlete's needs and develops and implements a training program to meet objectives for high-performance situations - plans training sessions that meet athlete expectations, comply with legislative and organisational requirements, and allow the candidate to demonstrate the use of training techniques used during a high-performance training program - applies knowledge of anatomy, physiology and biomechanics to the development of a high-performance training program - evaluates and modifies the training program according to feedback received and the results of evaluation procedures - monitors and manages competitive and or performance situations during a long-term program

SISXCCS201A PROVIDE CUSTOMER SERVICE

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to deliver quality customer service to customers. The unit focuses on the application of organisational policies and procedures to identify and effectively respond to customer needs and to promptly receive and respond to customer complaints.

Required Reading:No required text

Assessment:Evidence of the following is essential: -receives and responds to client requests and complaints according to organisational requirements and develops a rapport with clients by using communication strategies in the provision of customer service -interacts with clients professionally and in a non-discriminatory manner to provide quality customer service and resolve complaints within an appropriate timeframe.

SISXCCS402A COORDINATE CLIENT SERVICE ACTIVITIES

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to coordinate client service activities. The unit focuses on the application of service standards to maintain and improve the level of service activities provided to clients.

Required Reading:No required text

Assessment:Evidence of the following is essential: -ensures delivery of client services to industry standards and in an appropriate timeframe -develops improved client service procedures based on analysis of client feedback -identifies staff training needs and arranges appropriate training.

SISXCCS403A DETERMINE NEEDS OF CLIENT POPULATIONS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to gather, analyse and interpret data to plan and evaluate client service relationships and develop methods of improvement.

Required Reading:No required text

Assessment:Evidence of the following is essential: -works within organisational systems to build knowledge of client population profiles and needs by using a range of sources to research and analyse client market segments and to identify issues of potential significance that may impact on the organisation's capacity to plan and deliver appropriate services -uses research knowledge to assess, plan and develop systems to deliver professional and quality service to client populations in an appropriate timeframe -modifies existing service-delivery systems in response to changes in client populations and client feedback within organisational quality improvement systems.

SISXCCS404A ADDRESS CLIENT NEEDS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit of competency describes the skills and knowledge required to source and evaluate evidence based research information and apply findings to the prescription of exercise management strategies to support the long and short term goals of clients with various identified medical conditions or musculoskeletal needs.

Required Reading:No required text

Assessment:Evidence of the following is essential: -interacts with clients

professionally and in a non-discriminatory manner, using a client-centred approach to convey information about the organisation's services -identifies client needs, and develops and recommends customised solutions using appropriate communication strategies -interacts with a range of clients to identify their needs and develops a rapport with clients to obtain satisfactory outcomes.

SISXEMR201A RESPOND TO EMERGENCY SITUATIONS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to recognise and respond appropriately in emergency situations, such as those caused by fire, accident or weather. The unit focuses on the application of organisational policies and procedures to maintain the welfare of participants in an activity in response to emergency situations.

Required Reading:No required text

Assessment:Evidence of the following is essential: -identifies and follows all organisational emergency procedures in relation to own work role and level of responsibility -responds to emergency situations safely and promptly with consideration for the welfare of all participants -applies contingency-management techniques to respond to emergencies -responds to different types of emergency situations relevant to the candidate's current or intended work situation.

SISXEMR402A COORDINATE EMERGENCY RESPONSES

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to coordinate a response to an emergency situation according to an organisation's policies and procedures. The unit focuses on assessing emergency situations, implementing an emergency action plan, and coordinating a prompt and effective response.

Required Reading:No required text

Assessment:Evidence of the following is essential: -identifies and implements organisational policies and procedures to assess and coordinate emergency responses promptly and safely -coordinates participatory arrangements for the management of the emergency response -completes all relevant documentation -evaluates and reflects on performance to identify ways in which emergency procedures can be improved.

SISXFAC201A MAINTAIN SPORT AND RECREATION EQUIPMENT FOR ACTIVITIES

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to undertake routine maintenance and minor repairs on sport and recreation equipment.

Required Reading:no required text

Assessment:Evidence of the following is essential: - works within own role and responsibility to safely and responsibly carry out minor maintenance tasks on sport and recreation equipment - refers equipment repairs and maintenance beyond own level of responsibility to relevant personnel within designated timeframes and monitors storage and condition of maintenance equipment - maintains records of repairs and maintenance.

SISXFAC202A MAINTAIN SPORT AND RECREATION FACILITIES

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to maintain facilities within a sport and recreation context according to organisational policies and procedures.

Required Reading:No required text

Assessment:Evidence of the following is essential: - carries out cleaning, service and administrative tasks in facility areas according to organisational requirements and with minimal disruption to clients - complies with safety requirements with respect to the use and storage of chemicals and the disposal of wastes - reports hazards to appropriate personnel promptly and applies effective contingency-management techniques to respond to problems appropriately - completes required documentation according to organisational requirements.

SISXFAC207 MAINTAIN SPORT, FITNESS AND RECREATION EQUIPMENT FOR ACTIVITIES

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to undertake routine maintenance and minor repairs on sport, fitness and recreation equipment.

Required Reading:No required text

Assessment:Evidence of the ability to: work within own role and responsibility to safely and responsibly carry out minor maintenance tasks on sport, fitness and recreation equipment according to organisation policies and procedures refer equipment repairs and maintenance beyond own level of responsibility to supervisor within designated timeframes and monitor storage and condition of maintenance equipment maintain records of repairs and maintenance

SISXFAC208 MAINTAIN SPORT, FITNESS AND RECREATION FACILITIES

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to maintain facilities within a sport, fitness and recreation context according to organisational policies and procedures.

Required Reading:No required text

Assessment:Evidence of the ability to: carry out cleaning, service and administrative tasks in facility areas according to organisation policies and procedures and with minimal disruption to clients comply with safety and legislative requirements with respect to the use and storage of chemicals and the disposal of wastes report hazards to supervisor promptly and apply effective contingency-management techniques to respond to problems appropriately complete required documentation according to policies and procedures.

SISXFAC404A COORDINATE FACILITY AND EQUIPMENT ACQUISITION AND MAINTENANCE

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to develop a maintenance plan for a facility and coordinate the implementation and review of acquisition and maintenance requirements. It does not include specialist skills, but focuses on the need for managers to proactively plan for and manage the acquisition and maintenance of physical assets.

Required Reading:No required text

Assessment:Evidence of the following is essential: - develops, implements and documents maintenance plans to ensure that the condition and performance of

equipment and facilities are maintained at optimal level to provide an effective service to users - liaises with and monitors the work of maintenance personnel and contractors to ensure quality outcomes and minimal disruption to service users - seeks feedback on the maintenance plan and modifies as appropriate -uses knowledge of future needs of service provision to provide input into the selection of new equipment and facilities to improve service delivery to users.

SISXFAC405A PLAN AND PROVIDE SPORT AND RECREATIONAL SERVICES

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to determine the sport and recreation services required by clients and to plan, implement and evaluate the services from a facility management perspective.

Required Reading:No required text

Assessment:Evidence of the following is essential: -plans and provides services within budgetary constraints that reflect the needs of a range of participants -monitors the provision of services and applies effective contingency-management techniques to deal with a range of new or changing situations that may arise, and makes adjustments in response to these changing situations -evaluates and makes recommendations on services and reflects on own work performance to identify ways in which service outcomes and benefits to participants can be improved.

SISXFAC506A MANAGE STOCK SUPPLY AND PURCHASE

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to establish and monitor stock control and stock-purchasing systems within a multi-use facility.

Required Reading:No required text

Assessment:Evidence of the following is essential: -works within organisational systems to develop, implement and document purchasing and stock-control systems, based on assessment of organisational stock requirements -monitors use of stock to identify patterns of demand, responds to changes in demand to adjust stock supply, identifies wastage and ways to minimise it, and documents stocktaking processes and outcomes within required timeframes -selects reputable suppliers based on product specifications, monitors quality and performance, and takes appropriate action as required -applies contingency-management techniques to deal with a range of order and supply issues that may affect the timely supply of required stock.

SISXIND101A WORK EFFECTIVELY IN SPORT AND RECREATION ENVIRONMENTS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to work effectively in a sport and recreation environment. The unit focuses on the application of industry knowledge and organisational work practices to support the completion of day-to-day work activities.No licensing, legislative, regulatory or certification requirements apply to this unit at the time of endorsement.

Required Reading:No required text

Assessment:Evidence of the following is essential: -accesses information on the sport and recreation industry and applies knowledge of industry and own sector to the performance of own work role -interacts with a range of clients and staff according to industry standards of ethical practice -completes work tasks efficiently, within defined timeframes and responsibilities, and according to organisational policies and procedures -deals with contingencies according to own levels of responsibility.

SISXIND202A PROCESS ENTRY TRANSACTIONS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to process entry transactions in relation to a range of services provided in a range of facilities.

Required Reading:No required text

Assessment:Evidence of the following is essential: -works within own area of responsibility to process client entry transactions in a professional and timely manner according to organisational policies and procedures -applies security procedures to the conduct of all entry transactions and refers transactions outside area of responsibility to supervisor.

SISXIND403A ANALYSE PARTICIPATION PATTERNS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to analyse current participation patterns in sport, recreation or fitness activities. The unit focuses on reviewing and evaluating market penetration and identifying potential directions for future marketing to targeted specific market segments in order to increase participation levels.

Required Reading:No required text

Assessment:Evidence of the following is essential: -works within organisational guidelines and systems and applies marketing principles to build organisational knowledge -uses a range of sources to research and analyse participation patterns in key market segments of the sport and recreation industry and identify trends of potential significance to the organisation -analyses comparative importance of the variety of influences on participation levels and patterns for differing market segments and communicates observations and interpretations to colleagues and management -applies research knowledge to scope potential opportunities to increase participation and makes logical recommendations to colleagues and management.

SISXIND404A PROMOTE COMPLIANCE WITH LAWS AND LEGAL PRINCIPLES

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to apply legislation relevant to organisational operations. The unit focuses on analysis and interpretation of relevant legislation to inform the review of current organisational systems to determine compliance with legal obligations and promote the modification or development and implementation of systems to promote business compliance.

Required Reading:No required text

Assessment:Evidence of the following is essential: -identifies and clarifies the implications of laws, legal requirements and organisational contracts on operating systems and services and seeks legal advice where appropriate -reviews current organisational systems to determine areas of operation that do not comply with laws and legal requirements, and documents and reports findings to appropriate personnel in a timely manner -makes recommendations to better promote compliance and supports staff in implementing policies and procedures that promote compliance with laws and legal requirements -anticipates problems or constraints that may affect the organisation's ability to comply with legal and contractual obligations and incorporates them into a contingency plan.

SISXIND405A CONDUCT PROJECTS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to prepare for and conduct projects in specific activity areas, according to a project-management plan. It also involves undertaking contingency planning to enable the achievement of project outcomes.

Required Reading:No required text

Assessment:Evidence of the following is essential: -implements, monitors and reviews a project-management plan according to organisational recording and reporting systems -liaises with relevant personnel and allocates and coordinates project tasks and resources to maximise timely project outcomes -uses communication strategies and systems to encourage and maintain information flow and exchange between project team personnel -applies contingency-management techniques to deal with a range of problems and issues that may arise during the project and reports those outside own level of responsibility to relevant personnel -evaluates and reflects on own work performance to identify ways in which future project outcomes and benefits to the organisation and individuals can be improved.

SISXIND406A MANAGE PROJECTS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to scope, implement, monitor and evaluate project-management plans and outcomes in specific activity areas, ensuring all resources are available to achieve project goals and that the project complies with legislative and organisational requirements.

Required Reading:No required text

Assessment:Evidence of the following is essential: -applies the critical elements of project management in order to scope, develop, implement, monitor and review a project-management plan -develops a resource strategy and coordinates project tasks and resources to maximise timely outcomes for the project -uses communication strategies and systems to convey project responsibilities, encourage and maintain information flow and exchange, and build trust and respect within the project team - applies contingency-management techniques to deal with a range of problems and issues that may arise during the project and takes action to address these -evaluates and reflects on own work performance to identify ways in which future project outcomes and benefits to the organisation and individuals can be improved.

SISXIND507A MANAGE EDUCATION INITIATIVES

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to apply strategic management skills to expand participation in a sport, recreation or fitness service by using information compiled about the market for current sport and recreation service delivery, and to develop educational strategies to act on recommendations to attract non-participants.

Required Reading:No required text

Assessment:Evidence of the following is essential: -uses organisational knowledge of key market segments and trends to implement, monitor and review education initiatives that expand participation in the relevant sport and recreation service - analyses comparative importance of the variety of influences on participation levels and patterns for differing market segments and uses observations and interpretations to respond to recommendations to expand participation -liaises with education providers to evaluate current initiatives and modifies these where appropriate.

SISXOHS101A FOLLOW OCCUPATIONAL HEALTH AND SAFETY POLICIES

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to apply general occupational health and safety (OHS) requirements in the workplace. It describes generic OHS responsibilities applicable to employees without managerial or supervisory responsibilities.

Required Reading:No required text

Assessment:Evidence of the following is essential: -accesses and interprets relevant workplace safety information to carry out all work tasks safely and responsibly - addresses safety issues within the limits of own role and responsibility and identifies, clarifies and reports safety issues outside area of responsibility to appropriate personnel, including actual and potential hazards -contributes to participative arrangements for the management of the organisation's OHS program.

SISXOHS402A IMPLEMENT AND MONITOR OCCUPATIONAL HEALTH AND SAFETY POLICIES

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to implement occupational health and safety (OHS) policies, procedures and programs within the context of an established organisational OHS system.

Required Reading:No required text

Assessment:Evidence of the following is essential: -works effectively within organisational management systems to implement and monitor OHS policies and apply and review risk-management procedures -conveys health and safety information to user groups using appropriate media and creates opportunities for group members to contribute to and participate in training -identifies the interrelationship between all aspects of organisational safety systems and implements and monitors all components to achieve a safe working environment - proposes recommendations to address inadequacies in health and safety management systems and applies contingency-management techniques to deal with a range of problems and issues.

SISXOHS503A ESTABLISH AND MAINTAIN OCCUPATIONAL HEALTH AND SAFETY SYSTEMS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to develop, implement and sustain effective, professional and contemporary occupational health and safety (OHS) management practices. It focuses on the establishment and review of systems, policies and procedures designed to ensure a safe workplace. The unit specifically addresses, at an organisational level, the establishment of procedures applicable to risks that affect the health and safety of people, including staff, clients and spectators. Other risks that may impact upon an organisation, such as financial, professional and product liability, are addressed in the unit SISXRSK502A Manage organisational risks.

Required Reading:No required text

Assessment:Evidence of the following is essential: -establishes, implements, evaluates and makes ongoing improvements to a complete OHS system for a given industry operation according to regulatory requirements -develops comprehensive OHS system documents inclusive of policies, procedures, hazard identification and risk-assessment documents and undertakes extensive consultation -applies

contingency-management techniques to respond to problems arising from OHS systems.

SISXRES301A PROVIDE PUBLIC EDUCATION ON THE USE OF RESOURCES

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to identify and address problems in relation to use of activity resources, and to contribute to developing and conveying information to the public on the use of the resources.

Required Reading:No required text

Assessment:Evidence of the following is essential: -delivers educational programs to target user groups that encourage audience participation and interaction -evaluates educational programs to identify improvements and develop contingency plans - maintains and updates records of information and programs.

SISXRES402A SUPPORT IMPLEMENTATION OF ENVIRONMENTAL MANAGEMENT PRACTICES

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to support the implementation of environmental management practices within an organisation. The unit focuses on working effectively within organisational management systems to support staff to implement environmental management practices in their work tasks and to review outcomes.

Required Reading:No required text.

Assessment:Evidence of the following is essential: - analyses organisational environmental management plan to develop, implement and monitor initiatives that support effective environmental management practices - uses resources efficiently and responsibly according to budgetary constraints to support the achievement of identified outcomes - applies a continuous improvement approach to evaluate and recommend potential improvements to strategies.

SISXRES403A USE RESOURCES EFFICIENTLY

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to plan and use resources effectively. The unit includes assessing current use of resources; and planning, implementing and monitoring strategies to maximise the efficiency of resource usage.

Required Reading:No required text

Assessment:Evidence of the following is essential: -works within organisational systems to research and recommend options for efficient and viable use of resources that are congruent with the organisation's business and policy directions -develops and implements strategies to promote the efficient use of resources, and monitors and reviews changes in resource usage to modify strategies as required -applies effective contingency-management techniques according to own level of responsibility to respond to problems affecting implementation of resource usage.

SISXRSK301A UNDERTAKE RISK ANALYSIS OF ACTIVITIES

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to undertake a risk-management process in relation to an activity and in accordance with an organisation's risk-management policies and procedures. In this

context, the risk-analysis process is conducted using structured analysis methodology according to the current Australian and New Zealand standard.

Required Reading:No required text

Assessment:Due to issues such as differences in risk associated with different client groups, different equipment, different locations and different environmental conditions, this unit of competency must be assessed through the analysis of risk associated with more than one activity (or one activity with different client groups and or in different locations) in order to ensure consistency of performance over the range statement and contexts applicable to risk analysis of activities.

SISXRSK502A MANAGE ORGANISATIONAL RISKS

Locations:Industry, Footscray Park.

Prerequisites:Nil.

Description:This unit describes the performance outcomes, skills and knowledge required to develop, implement and evaluate a risk-management program for an organisation. It incorporates an assessment of potential risks facing the organisation and the development of strategies and procedures to mitigate risk situations according to the current Australian and New Zealand standard.

Required Reading:No required text

Assessment:Evidence of the following is essential: -works within organisational risk-management systems and objectives and complies with legislative requirements to undertake risk assessments that align with organisational risk-management policy and operational requirements -accesses and clarifies information to: - identify and document organisational risk in each of the relevant classifications -develop an organisational management plan -assess, select and implement viable risk-treatment options -monitors the effectiveness of the plan and applies contingency-management techniques to deal with a range of changing circumstances that may alter the management of organisational risk.

THHHSO3B PROVIDE FIRST AID

Prerequisites:Nil.

Description:Assess the situation; Apply basic first aid techniques; Monitor the situation; Prepare required documentation.

Assessment:Tests, assignments, presentations, portfolio, observations

VPAU073 USE A RANGE OF TECHNIQUES TO SOLVE MATHEMATICAL PROBLEMS

Locations:Footscray Nicholson, Werribee, Melton, Footscray Park, City Flinders, St Albans, 22182VIC Certificate IV in Tertiary Preparation: City Flinders, Footscray Nicholson, Melton, St Albans and Werribee Campuses only..

Prerequisites:Nil.

Description:The purpose of this unit is to provide learners with the knowledge and skills to use a range of specialist techniques and concepts to solve mathematical problems.

Required Reading:Course Reader and Subject Reader for the cluster unit.-

Assessment:The critical aspects for assessment and evidence required to demonstrate competency in this unit is proof that the learner has the ability to apply a wide range of strategies and techniques to solve mathematical problems, demonstrate estimating skills to check calculations and reasonableness of outcomes and use mathematical symbolism, charts, diagrams and graphs as appropriate to convey mathematical thinking and processing. The anticipated methods of assessment will be, diagrams and models created by the learner, practical demonstration, records of teacher observations of learner's activities, discussions and practical tasks, self-assessment sheets and online responses, written and verbal reports of investigations and problem-solving activities.

VPAU430 WORK WITHIN A MYOTHERAPY FRAMEWORK

Locations:Footscray Park, Whitten Oval - Footscray.

Prerequisites:Nil.

Description:This unit is designed to provide the skills and knowledge to enable the participant to work effectively within a myotherapy framework. It assumes that the participant already has the competency to work within a massage framework. There are no licensing requirements related to this unit, but there are a range of State and Federal laws and regulations that relate to its practice by a myotherapist.

Required Reading:No required text

VPAU431 APPLY MYOTHERAPY CLINICAL ASSESSMENT FRAMEWORK

Locations:Footscray Park, Whitten Oval - Footscray.

Prerequisites:Nil.

Description:This unit is designed to interpret information gathered during an examination and make an accurate assessment for myotherapy treatment. It assumes that the participant already has the competency to apply a remedial massage assessment framework. There are no licensing requirements related to this unit, but there are a range of State and Federal laws and regulations that relate to its practice by a myotherapist.

Required Reading:No required text

VPAU432 PERFORM MYOTHERAPY CLINICAL ASSESSMENT

Locations:Footscray Park, Whitten Oval - Footscray.

Prerequisites:Nil.

Description:This unit is designed to provide the knowledge and skills required to observe the condition of the client and gather information in order to provide myotherapy treatment. It assumes that the participant already has the competency to perform remedial massage health assessment. There are no licensing requirements related to this unit, but there are a range of State and Federal laws and regulations that relate to its practice by a myotherapist.

Required Reading:No required text

VPAU433 PLAN MYOTHERAPY TREATMENT STRATEGY

Locations:Footscray Park, Whitten Oval - Footscray.

Prerequisites:Nil.

Description:This unit is designed to provide the knowledge and skills required to enable the participant to prepare for myotherapy treatment and to negotiate with client the planning of myotherapy treatment. It assumes that the participant already has the competency to plan remedial massage treatment strategies. There are no licensing requirements related to this unit, but there are a range of State and Federal laws and regulations that relate to its practice by a myotherapist.

Required Reading:No required text

VPAU434 PROVIDE MYOTHERAPY TREATMENT

Locations:Industry, Whitten Oval.

Prerequisites:Nil.

Description:This unit is designed to provide the knowledge and skills required to required to administer myotherapy treatment according to the techniques and practices of a myotherapy framework. It assumes that the participant already has the competency to provide remedial massage treatment. There are no licensing requirements related to this unit, but there are a range of State and Federal laws and regulations that relate to its practice by a myotherapist.

Required Reading:nil

