

## **Year 10 Fitness Certificate II**

The Certificate II in Community Recreation prepares graduates for roles as group leaders in a range of recreational settings. Graduates of this qualification will be competent in conducting sport and recreation sessions, providing basic first aid, assisting with the organisation of recreational events from preparation of the facility and equipment to promotion of events.

Learning modules include:

- Occupational health & safety (OH&S)
- Respond to emergencies
- Senior First Aid Course
- Complete daily work activities
- Assist in preparing sport and recreation sessions
- Provide equipment for activities
- Develop knowledge of the sport and recreation industry
- Apply the principles of community development
- Promote the benefits of healthy eating to participants
- Assist in conducting sport and recreation sessions
- Perform warm-up, stretching and cool-down techniques
- Apply basic exercise science
- Respond to clients at risk
- Apply point of sale handling in a recreation setting
- Deal with client feedback