



AUSTRALIAN SPORTS ACADEMY

SIS 30813

CERTIFICATE III IN SPORTS TRAINER



International Sports Academy (S) Pte Ltd
A: 1 Stadium Place, #01-11 Singapore 397628
T: (65) 64230668 E: Info@isa.edu.sg
W: www.isa.edu.sg
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CERTIFICATE III IN SPORTS TRAINER

DESCRIPTION

This qualification reflects the role of individuals who apply the skills and knowledge to undertake a career as a sports trainer at a regional, state or territory level. Likely functions for someone with this qualification include performing pre and post event taping as part of providing injury prevention and treatment for athletes, developing warm up and cool down programs and assisting with the management of sports injuries under the guidance of a health professional. Those with this qualification would also liaise with coaching and other related support staff.

JOB ROLES

The following is an indicative job role for this qualification:

- Sports trainer.

COURSE DURATION

The delivery for SIS30813 Certificate III in Sport Trainer is 2 months, full-time, and 3 months, part-time.

Course Title: (PART-TIME)	CERTIFICATE III IN SPORT TRAINER
Total No. of Months:	3
Total No. of Days Per Week:	2.0
Total No. of Hours Per Day:	8.0

NOTE:

The number of hours listed above are subject to change. Students will be eligible for the certification so long as they fulfil the requisite number of hours, and successfully complete all the assessments as required of them.



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ENTRY REQUIREMENTS

Minimum Age : 16

Minimum Academic Qualification : 3 O Level passes at C6 or higher, NITEC, or Higher NITEC, Formal education equivalent to O levels

English Language Proficiency : Pass in ASA LLN Test or O Level Pass in English at C6 or higher or IELTS 5.0

PACKAGING RULES

The following 14 units must be completed:

Entry Unit	Unit Description
HLTAID003	Provide first aid
SISSSPT201A	Implement sports injury prevention
SISSSPT302A	Provide initial management of sports injuries
SISSSPT303A	Conduct basic warm-up and cool-down programs
SISSSPT304A	Tape ankle, thumb and fingers
SISSSPT305A	Support sports injury management
SISSSPT307A	Conduct advanced taping
SISXRSK301A	Undertake risk analysis of activities
SISXWHS101	Follow work health and safety policies
HLTREM513C	Provide remedial massage treatment to athletes
SISSSCO512	Assist athletes to prevent and manage injury and illness
SISSSCO307	Provide nutrition information to athletes
SISSSCO308	Support athletes to adopt principles of sports psychology
SISSSTC301A	Instruct strength and conditioning techniques

UNIT DESCRIPTIONS

HLTAID003 – Provide first aid

This unit describes the skills and knowledge required to provide a first aid response to a casualty. The unit applies to all workers who may be required to provide a first aid response in a range of situations, including community and workplace settings.

SISSSPT201A – Implement sports injury prevention

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.

This unit applies to those working in a sport and recreation environment. It applies to sports trainers who are responsible for supporting improvement in athlete performance and making sport safer in a sport specific training or competition setting such as on the playing field, court or open or enclosed areas at sporting events.

SISSSPT302A – Provide initial management of sports injuries

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.

This unit applies to those working in a sport and recreation environment. It applies to sports trainers who are responsible for providing initial management of sports injury for athletes in a sport-specific training or competition setting such as on the playing field, court or open or enclosed areas at sporting events.

SISSSPT303A – Conduct basic warm-up and cool-down programs

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.

This unit applies to those working in a sport and recreation environment at a local, state or national level. It applies to personnel providing sports trainer support in a sport setting such as on the playing field, court, change rooms, open or enclosed areas at sporting events, accommodation venues or in

transit, with a responsibility for providing programs to assist with pre-activity preparation and post-activity recovery for athletes.

SISSSPT304A – Tape ankle, thumb and fingers

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.

This unit applies to those working under some supervision in a sport and recreation environment. It applies to personnel working as sports trainers who are responsible for providing injury treatment for athletes in a sport-specific training or competition setting such as on the playing field, court, change rooms, open or enclosed areas at sporting events, accommodation venues or in transit.

SISSSPT305A – Support sports injury management

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.

This unit applies to those working in a sport environment. It applies to sports trainers who are responsible for providing sports trainer support in a sport setting such as on the playing field, court or open or enclosed areas at sporting events.

SISSSPT307A – Conduct advanced taping

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.

This unit applies to personnel working autonomously as sports trainers who are responsible for performing pre- and post-event taping as part of providing injury prevention and treatment for athletes, and providing treatment to assist with injury rehabilitation in a sport-specific training or competition setting such as on the playing field, court, change rooms, open or enclosed areas at sporting events, accommodation venues or in transit.

SISXRSK301A – Undertake risk analysis of activities

This unit describes the performance outcomes, skills and knowledge required to undertake a risk-analysis 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.

This unit applies to those who work in a range of roles and settings in the sport, fitness and recreation industry. This may include those working in after-school or holiday-care programs in a range of locations, in coaching activities or those undertaking a role in outdoor recreation activities, such as camps and other guided activities as well as indoor recreation and fitness activities.

SISXWHS101 – Follow work health and safety policies

This unit describes the performance outcomes, skills and knowledge required to apply general work health and safety requirements in the workplace. It describes generic work health and safety responsibilities applicable to employees without managerial or supervisory responsibilities.

This unit applies to those working under supervision in a range of sport, fitness and recreation environments. This may include those working as assistants in after-school or holiday-care programs in a range of locations, those assisting a responsible person in coaching or officiating activities or those undertaking a supporting role in indoor recreation and fitness activities, as well as outdoor recreation activities, such as camps and other guided activities.

HLTREM513C – Provide remedial massage treatment to athletes

This unit of competency describes the skills and knowledge required to administer remedial massage treatments for athletes.

SISSSCO512 – Assist athletes to prevent and manage injury and illness

This unit describes the performance outcomes skills and knowledge required enable coaches to assist their athletes with injury prevention and provide strategies to deal with illness and injury.

This unit applies to those personnel who are responsible for coaching athletes at a high performance level. Personnel will already have achieved senior level coaching accreditation through their NSO.

SISSCO307 – Provide nutrition information to athletes

This unit describes the performance outcomes, skills and knowledge required to enable coaches to provide information to support their athletes to apply the principles and practices of nutrition to achieve peak performance in the relevant sporting activity.

This unit applies to those working autonomously and within supervisory roles in a sport and recreation environment. It applies to personnel who are responsible for coaching athletes in a sport-specific training or competition setting.

SISSCO308 – Support athletes to adopt principles of sports psychology

This unit describes the performance outcomes, skills and knowledge required to enable coaches to provide information to support their athletes to apply the principles and practices of nutrition to achieve peak performance in the relevant sporting activity.

This unit applies to those working autonomously and within supervisory roles in a sport and recreation environment. It applies to personnel who are responsible for coaching athletes in a sport-specific training or competition setting.

SISSSTC301A – Instruct strength and conditioning techniques

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.

This unit applies to coaches working with individuals or teams. It also applies to fitness instructors who provide a range of fitness programs and services to individuals or groups. The unit is applicable to those working with sporting groups, in fitness centres, gyms or autonomously in the fitness industry.

DELIVERY METHODS

The course will be delivered using one or more of the following methods:

- Classroom;
- Theory; or
- Practical.

ASSESSMENT METHODS

Assessment methods can include one or more of the following:

- Questions and answers;
- Panel of workplace presenters/personal trainers;
- Simulation;
- Role plays;
- Written and/or oral examinations;
- Projects and case studies;
- Observation;
- Third party report; or
- Practical demonstration and assessment.

CREDIT TRANSFER

The organisation recognises qualifications issued by the Australian Qualification framework and statements of attainment which are issued by any other Registered Training Organisation.

Students may be entitled to a credit transfer in the following circumstances:

- Completed units of competency from a relevant National Training Package.
- Approved units of competency from a National Training Product.
- Successful RPL application.



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RECOGNITION OF PRIOR LEARNING

Recognition of Prior Learning (RPL) is a process where a candidate may be granted credit or partial credit towards a qualification in recognition of skills and knowledge gained through work experience and/or formal training. For additional information relating to RPL for this course, please contact our admissions team.

ACCREDITATION

This course has been developed under the Australian Quality Framework (AQF) and is recognised in Australia. Qualifications granted by Australian Sports Academy are accredited by the Australian Government; Department of Education, Employment and Workplace Relations.

QUALIFICATION FEE (LOCAL Students)

FEES STRUCTURE	
Fees Breakdown	Total Payable (S\$) (with GST)
Application Fee (Non-Refundable)	190.50
Fee Protection Scheme	102.00
Course fee	3,745.00
Course material fee	321.00
Examination fee	1027.20
TOTAL FEES PAYABLE	5,093.20
NO. OF INSTALMENTS	2
INSTALMENT AMOUNT	2,546.60

QUALIFICATION FEE (INTERNATIONAL Students)

FEES STRUCTURE	
Fees Breakdown	Total Payable (S\$) (with GST)
Application Fee (Non-Refundable)	345.50
Medical Insurance Fee	96.30
Fee Protection Scheme	102.00
Fees for Banker's Guarantee (Non-Refundable)	To be determined
Course fee	3,745.00
Course material fee	321.00
Examination fee	1027.20
TOTAL FEES PAYABLE	5,093.20
NO. OF INSTALMENTS	1
INSTALMENT AMOUNT	5,093.20

MISCELLANEOUS FEE (Applicable for both LOCAL and INTERNATIONAL Students)

MISCELLANEOUS FEES	
Purpose of Fee	Amount (with GST S\$)
Deferment Fee (if applicable)	235.40
Re-Assessment per unit	214.00
Re-Module per unit	856.00
Penalty for late payment (each week of late payment)	10.70
Printing cost per Sheet	0.20
Replacement of student ID	21.40
Medical Insurance (if applicable)	96.30
ISA T-shirt	30.00

Note: Miscellaneous Fees refer to any optional fees which the students pay only when applicable.



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About ISA

The International Sports Academy (ISA) was officially opened in 2005 and has been appointed as the sole partner in Singapore by the United States Sports Academy (USSA), to provide quality academic sports certifications and diplomas. The ISA was founded in order to meet the growing need for sports education in Singapore. With the growing interest in sports to promote a healthier lifestyle and a means of social cohesion, the sporting industry has grown substantially over the past years. The ISA provides the much needed knowledge and skills required to empower individuals with the right tools to achieve success in the sporting industry today.

Our Mission

Preparing the next generation of sports leaders for the industry of tomorrow.

Our Vision

To become the region's leader in sports education, providing the tools to empower individuals with both knowledge and skills required to achieve success in the sporting world.

Our Values

PASSION | PURPOSE | PROGRESS

Our Culture

An environment where our passion for sports meets the love of learning.

Where success is not quantified by just the end result, but rather by the calibre of the pursuit.