Football School of Excellence

YEAR 11 & 12 - Subject Information

- Faculty & Location: HPE - K Block
- QSA Subject Name (school code): Football Excellence (SOC)
- Year Levels for Course of Study: 11 & 12
- OP & (OP Ineligible) Rank Status: Does not contribute to OP or Rank
- QCE Status: Students can receive a total of 8 QCE points through completion of a Certificate III in fitness, which is undertaken from year 10.
- VET Status: NA
- Semester Assessment Types: Physical Performance through Fitness and Skills testing
- Costs: Contact Excellence Coordinator
- Prerequisites: Students accepted by completion of a trial. Contact Excellence Coordinator
- Course Content & Notes: Skills, tactics and strategies, game play, tournament preparation, physiotherapy screening, nutrition, sport psychology, fitness and conditioning.

Further information available on the College website: http://kelvingrovesc.eq.edu.au/wcms/

YEAR 10 - Subject Information

- Subject Name (school code): Football Excellence (SOC)
- QSA Subject Name (school code): Not a QSA subject
- Year 10 Course of Study: Semester 1 & 2
- QCE & Rank Status: Students can receive a total of 8 QCE points through completion of a Certificate III in fitness, which is undertaken from year 10.
- Semester Assessment Types: Physical Performance through skills and fitness testing
- Costs: Contact Excellence Coordinator
- Prerequisites: Students accepted by completion of a trial. Contact Excellence Coordinator
- Course Content & Notes: Skills, tactics and strategies, game play, tournament preparation, physiotherapy screening, nutrition, sport psychology, fitness and conditioning.

SIS30310 Certificate III in Fitness

- SISFFIT301A Provide fitness orientation and health screening
- SISFFIT302A Provide quality service in the fitness industry
- SISFFIT303A Develop and apply an awareness of specific populations to exercise delivery
- SISFFIT305A Apply anatomy and physiology principles in a fitness context
- SISFFIT306A Provide healthy eating information to clients in accordance with recommended guidelines
- SISXFAC201A Maintain sport and recreation equipment for activities

Units of Competency

- SISXIND101A Work effectively in sport and recreation environments
- SISXOHS101A Follow occupational health and safety policies
- SISXRSK301A Undertake risk analysis of activities
- HLTFA301B Apply first aid
- SISFFIT304A Instruct and monitor fitness programs
- SISFFIT310A Plan and deliver water based fitness activities
- SISFFIT309A Plan and deliver group exercise sessions
- SISFFIT307A Undertake client health assessment