**YEAR 11 & 12 - Subject Information**

- **Faculty & Location**: HPE - K Block
- **QSA Subject Name (school code)**: Tennis Excellence (TEN)
- **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/

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**YEAR 10 - Subject Information**

- **Subject Name (school code)**: Tennis Excellence (TEN)
- **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.

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**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