

Diploma of Sport (Development)

SRS50506, CRICOS 062301G

Course Outline

This course provides training for individuals who wish to pursue employment in the sport and fitness industry at a supervisory level and develop skills and knowledge for successful coaching, instruction, officiating and leadership.

Students will also develop skills in project organisation and management. Chisholm diploma graduates are well prepared for future university study.

There is continuous assessment for each module via tests, individual assignments, assessment of practical competencies and assessment of performance in the workplace. Depending on electives, students can also gain: Fitness Instructor certification, Austswim Certificate (swim teacher), Pool Lifeguard Certificate and Community Bronze Surf Lifesaving.

Campus

Berwick

Duration

2 Years

Intake

February

Costs (2012 intake)

Year 1 \$10,400 + \$775 Materials Fee

Year 2 \$10,400 + \$1,275 Materials Fee

Entry Requirements

Equivalent Year 12

Equivalent IELTS 5.5

Study Areas

CORE MODULES

Camp Management

MANAGE MEETINGS

Determine the needs of client populations

Students will learn the skills to research, organise and implement all aspects of a residential camp for our incoming first year students.

PRACTICAL PLACEMENT

Lead work teams

A terrific opportunity for students to involve themselves in industry, performing a leadership role within a camp, program or clinic.

TEAM CHALLENGE

Manage projects

Another practical outcome for this subject area. Students will undergo an intense and thorough organisation process and implement a team challenge activity day.

CULTURE AND EDUCATION

Manage culture and education

Explores the cultural and education issues restricting participation in sport and recreation, and strategies to attract non-participants.

ETHOS OF PLAY

Foster the values and ethos of play

Looks at different levels and interests in participation in sport and recreation for those who don't necessarily seek competitive participation.

OCCUPATIONAL HEALTH & SAFETY/RISK

Establish, maintain and evaluate occupational health & safety

Manage an organisation's risk

Look at recognised policies and procedures of Occupational Health and Safety in a Sport and Recreation environment, identification of potential risks and elimination of risks.

INFORMATION TECHNOLOGY

Use advanced features of computer applications

Understanding more advanced technology in the Sport and Recreation industry and undertaking projects using computers and information technology.

STREAM MODULES

COACHING

Work with officials

Drugs in sport

Sports psychology

Support athletes eating for peak performance

Monitor coach welfare

Implement recovery programs

A closer look at coaching practices, techniques and issues within the industry, which can be adapted to a wide range of sporting pursuits and participants.

OFFICIATING

Evaluate, analyse and modify officiating

Manage conflict related to officiating

Plan, implement and evaluate fitness programs

A closer look at the techniques and issues involved in officiating sports, which can be adapted to a wide range of sporting pursuits.

LONG TERM TRAINING

Plan and prepare a long term program

Conduct, monitor and adjust long term program

Evaluate, analyse and modify long term program

Deal with conflict

Developing further skills to plan, prepare and conduct long term Sport and Recreation programs.

SPORTS TRAINER

Sports first aid

Students will undergo training and accreditation in Sports Trainer Level 1

ELECTIVES

ELECTIVE OPTION 1 - FITNESS

FITNESS

- Provide information to clients**
- Undertake client induction and screening**
- Develop basic fitness programs**
- Apply basic exercise science**
- Use and maintain core fitness industry equipment**
- Provide advice on basic anatomy and physiology**
- Provide nutrition advice to clients**
- Instruct fitness activity skills**
- Customise gym instructional skills**
- Develop and apply awareness of specific populations**

Students selecting this option will undergo all of the required modules to attain an industry qualification to allow employment as a Gym Instructor.

ELECTIVE OPTION 2 - AQUATICS

AUSTSWIM

- Respond to an aquatic emergency using basic water saving techniques**
- Principles of movement to water**
- Water familiarisation, buoyancy and mobility**
- Instruct water safety and survival**
- Instruct the strokes of swimming**
- Philosophy and structure of aquatics industry**

POOL LIFEGUARD

- Monitor pool water quality**
- Maintain pool water quality**
- Supervise clients at an aquatic facility**
- Respond to an aquatic emergency using advanced water saving techniques**

SURF LIFESAVING

- Implement minimal environmental practices**
- Apply basic outdoor recreation logistics**
- Plan outdoor recreation activities**
- Apply surf survival and self rescue skills**
- Perform basic surfing manoeuvres in controlled conditions**
- Perform a simple rescue in moderate surf conditions**

Students selecting this option will undergo all of the required modules to attain the industry qualifications to allow employment as a swimming Teacher, Pool Lifeguard and Surf Lifesaver.

Assessment

Traditional methods of assessment, such as written reports, exams, and presentations. Practical and group projects form a large part of assessment requirements.

Career Opportunities

Sport Development Officer, Activity Program Co-ordinator, Fitness Instructor, Sports Trainer and Consultant, Aquatic Instructor, Lifeguard.

Certificate IV in Sport (Development)

The Certificate IV is included in the Diploma, and makes up the first year of the Qualification

Course Outline

This course, with key study areas in Coaching, Instruction, Officiating and Sports Sciences, is designed to provide students with the theoretical and practical skills to undertake coaching roles at a supervisory level. Students develop skills in leadership and development, project organisation and management, working with industry to plan and implement sporting events. People already working in the field who want to gain a qualification, and those who want to move into this exciting area of employment for the first time, are encouraged to apply.

Study Areas

CORE MODULES

BUSINESS COMMUNICATION

Exercise initiative in a business environment

Develop work priorities

Conduct projects

Examines the business and administration aspects of the Sport and Recreation industry, particularly organisation of time and resources, working with a team and individuals, communication skills, leadership and developing ideas.

CLIENT SERVICES

Create client relationship

Deal with client feedback

Address client needs

Co-ordinate client service activities

Dealing with client services within the Sport and Recreation industry, exceptional customer service, dealing with complaints and difficult clients and assessing the client's needs.

INDUSTRY KNOWLEDGE

Apply sport and recreation law

Analyse participation patterns in sport and recreation

Promote compliance with laws

Introduces the infrastructure of the Sport and Recreation industry and investigates the associated laws, policies and guidelines to ensure quality and professionalism.

OH&S/RISK

Follow defined OH&S policies and procedures

Implement and monitor the organisation's OH&S policies and procedures

Undertake risk analysis of activities

Looks at recognised policies and procedures of Occupational Health & Safety in a Sport and Recreation environment, identification of potential risks and elimination of risks.

TECHNOLOGY

Operate computing packages

Understanding the role of technology in the Sport and Recreation industry and undertaking projects using computers and information technology.

STREAM MODULES

COACHING

Operate in accord with accepted coaching practices

Include special interest groups

Implement fund principles of sports psychology

Eating for peak performance

An overview of coaching practices and techniques, which can be adapted to a wide range of sporting pursuits and participants.

OFFICIATING

Operate in accord with accepted officiating practices

Apply rules and regulations to conduct games

Apply self reflection techniques to evaluate performance

Resolve conflict related to officiating

Develop a fitness and recovery program for officials

An overview of techniques involved in officiating sports which can be adapted to a wide range of sporting pursuits.

COACHING & INSTRUCTION

Assist in preparing sport and recreation session

Assist in conducting sport and recreation session

Provide equipment for activities

Plan a session or program for participants

Conduct a sport and recreation session for participants

Organise a sport and recreation program

Conduct a sport and recreation program

Developing the skills to plan, prepare and conduct a range of sport and recreation sessions and programs.

GROUPS

Facilitate a group

Deal with conflict

Provide leadership to groups

Understanding and management of group dynamics and leadership techniques

ELECTIVE MODULES

BASKETBALL

Teach or develop skills of basketball

Teach or develop the intermediate tactics and strategies of basketball

Focuses on the skills, rules and tactics involved in the game of basketball, enabling an insight into coaching the game.

NETBALL

Teach and develop fundamental skills of netball

Interpret and apply fundamental rules of netball

Use basic communication strategies to umpire netball

Demonstrate fundamental positioning skills to umpire netball

Focuses on the skills, rules and tactics involved in the game of netball enabling an insight into coaching and umpiring the game.

FIRST AID

Provide first aid

Provide advanced first aid response

Students will undergo training and accreditation in Level 2 First Aid with an emphasis placed upon treating patients in a sport and recreation environment.

AFL

Perform the skills of AFL football

Perform the tactics of AFL football

Participate in conditioning for AFL football

Interpret and apply rules of AFL football

Use communication strategies to umpire AFL football

Demonstrate positioning skills to umpire AFL football

Focuses on the skills, rules and tactics involved in the game of Australian Rules Football enabling an insight into coaching and umpiring the game.

Need more information? Want to apply?

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Please note: All information is correct at time of publication (November 2011). Chisholm Institute reserves the right to alter this information and/or withdraw courses listed.