



Screening & Programming RPL/RCC Information Sheet

Related Units of Competency

- SISFFIT001 Provide health screening and fitness orientation
- SISFFIT003 Instruct fitness programs
- SISFFIT006 Conduct fitness appraisals
- SISXCCS001 Provide quality service

Please Note; *Gaining RPL for Screening & Programming, only covers the requirements specifically related to this cluster. To gain RPL for the FULL units of competency listed above, you will **also** need to satisfy the industry placement requirements.*

Cluster Description:

This cluster covers the knowledge and skills required to take a client through a full fitness consultation including;

- Administer a pre-exercise health screening questionnaire, health screening tests and fitness tests
- Plan, instruct and evaluate a variety of fitness programs and circuit sessions

Instructions

Please read the following requirements and tick the applicable box. If you wish to apply for RPL/RCC for this cluster, you MUST complete and provide:

- this document
- the relevant evidence you have stated which **MUST** be included with your RPL application
- the specific units of competency RPL applications

Please note: *An RPL/RCC application will not be reviewed without these completed documents. No exceptions.*

1. Gaining RPL (Tick boxes relevant to your application)

In order to gain RPL for this cluster you MUST provide the following evidence:

- Relevant transcript & certificate, or
- Resume of applicant outlining previous and/or current work within health/community environment, and,
- Letter from employer stating the applicant's current job role within health/community environment

And,

- Provide 5 x exercise programs of clients previously completed that includes;
 - Pre-exercise health screening questionnaire, health screen and fitness testing result
 - Program and program modifications



2. Practical Evidence Required *(Tick boxes relevant to your application)*

To gain recognition for practical components of this cluster after enrolment you acknowledge that you will be required to demonstrate that you can:

Complete a full client consultation that includes;

- plan, instruct and evaluate a fitness program aimed at the health-related components of fitness. It involves programming and instruction of cardiovascular, resistance and flexibility programs for low or moderate risk clients
- interact with clients in a polite, courteous and professional manner using appropriate communication strategies and organisational channels to provide relevant information
- use appropriate communication strategies and organisational channels to collect and handle sensitive information
- use a risk stratification process for each client contact session for clients with differing needs, goals and preferences
- conduct calculations and measurements to adequately complete health screening procedures
- explain available programs, services and facilities to match each client's needs, goals and preferences
- prepare referral letters with supporting pre-exercise health screening documentation
- plan and conduct health and fitness appraisals in a safe manner incorporating a range of testing methods and equipment
- plan, document, implement and evaluate fitness programs using the principles of program design
- plan, document, implement and evaluate circuit training sessions with interrelated components
- conduct sessions that incorporate and target a variety of fitness types and training types
- demonstration, explanation, and instruction using a variety of exercise equipment
- modify programs for clients for a variety of reasons

3. Acknowledgement

Name: _____

Email Address: _____

- I understand that I **MUST** provide relevant and verifiable evidence to support my claim for RPL/RCC and my application will not be reviewed/approved without this requirement
- I understand I may be required to provide additional information to support my claim for RPL/RCC
- I understand that I may be required to demonstrate my knowledge and skills related to this cluster through the example RPL assessment outlined in this document