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Certificate IV in Fitness Industry Placement Requirements – Personal Training  
RPL/RCC Information Sheet

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**Related Units of Competency**

- SISFFIT013 Instruct exercise to young people aged 13 to 17 years
- SISFFIT015 Collaborate with medical and allied health professionals in a fitness context
- SISFFIT016 Provide motivation to positively influence exercise behaviour
- SISFFIT017 Instruct long-term exercise programs
- SISFFIT018 Promote functional movement capacity
- SISFFIT019 Incorporate exercise science principles into fitness programming
- SISFFIT020 Instruct exercise programs for body composition goals
- SISFFIT021 Instruct personal training programs
- SISFFIT023 Instruct group personal training programs
- SISFFIT024 Instruct endurance programs
- SISFFIT025 Recognise the dangers of providing nutrition advice to clients
- SISFFIT026 Support healthy eating through the Eat for Health program
- SISSSTC301A Instruct strength and conditioning techniques
- SISSSTC402A Develop strength and conditioning techniques
- BSBSMB404 Undertake small business planning
- BSBSMB405 Monitor and manage small business operations
- BSBSMB406 Manage small business finances
- BSBSMB403 Market the small business
- ICTICT203 Operate application software packages
- SISXRES001 Conduct sustainable work practices in open spaces

**Cluster description:**

Personal Training Work Experience is structured workplace learning that helps prepare students for the workforce. It is designed to help students better understand the knowledge and skills gained within the course, by putting knowledge and skills into practice within the workplace.

**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

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

In order to gain exemption from completing work placement an applicant **MUST** provide the following evidence:

- Resume of applicant outlining previous and/or current work as a Personal Trainer within fitness environment, and,
- Letter from employer stating the applicant's current job role as a Personal Trainer within fitness environment

And,

- Successfully gain RPL for all units listed above that have a requirement to be assessed within a fitness workplace



## 2. 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