### RPL Standard



SISFFIT016 Provide motivation to positively influence exercise behaviour

**How to complete this form**

Complete all areas in **blue** on the following pages by providing information on your previous skills and qualifications using the information below as a guide.

**Unit Description:**

### This unit describes the performance outcomes, skills and knowledge required to promote exercise and incorporate behaviour change strategies into fitness instruction, programming and provision of fitness advice.

### To gain RPL for this unit of competency the applicant must meet the following benchmarks along with providing evidence that their current level of knowledge and skills is

Relevant to all performance criteria, knowledge and **performance evidence**.

**The applicant must provide evidence of the following to gain RPL for this unit:**

* The applicant must have industry experience within a health/fitness service where direct client contact is involved, this can be within work placement from previous health courses.
* Applicants who may have completed a similar unit within a health course
* The skills and knowledge required to promote exercise and incorporate behaviour change strategies into fitness instruction, programming and provision of fitness advice.
* The applicant must demonstrate knowledge of all Performance Criteria, Essential Knowledge and Skills.

**Example Evidence:**

* Relevant transcript & certificate
* Evidence of working within the industry
* Evidence of providing clients with information related to exercise in a manner which they can understand and implement to their exercise sessions.
* Evidence of capability to provide guidelines and suggestions tailored to client to increase incidental physical activity and adhere to regular exercise program.
* Evidence of competency to acquire information about current exercise behaviour, attitude, perceived barriers to exercise and determinants of exercise adherence.
* Evidence of evaluating lifestyle modifications and strategies to promote behaviour changes and modifications.
* Completion of ACFB e-learning quiz/oral questioning may be required

**Evidence documents MUST include, but not limited to:**

* Copy of 3 different client screening and fitness testing forms where behavioural change was required including information related to determining lifestyle and exercise factors and goal setting

**Practical Demonstrations *(completed after enrolment to determine currency of knowledge and skills)***

Clustered with either group exercise or personal training clusters to demonstrate performance evidence requirements.

### *Unit Evidence Description*



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| **Applicant Name** |  |  |  |



| ***SIS40215*** | | Certificate IV in Fitness | | | **SISFFIT016** | Provide motivation to positively influence exercise behaviour | **Office Use only** | |
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| **Prerequisite:** None | | | **Prerequisite:** None | | **Sufficient** | **F.E.R.** |
| **Elements / Performance Criteria** | | | | **EVIDENCE** *(Applicant; Explain in detail how your evidence relates to the required knowledge listed)* | | |  |  |
| **1. Consolidate understanding of behaviour change strategies** | | | | | | | | |
| 1.1 | Source and access information on motivation and behaviour change relevant to fitness outcomes. | | |  | | |  |  |
| 1.2 | Use knowledge of motivation and behaviour change in day-to-day professional practice. | | |  |  |
| 1.3 | Discuss/explain how understanding of motivation and behaviour change contribute to client commitment and confidence. | | |  |  |
| 1.4 | Use a wide range of motivation and behaviour change relevant to fitness outcomes. | | |  |  |
| **2. Apply knowledge to own professional practice** | | | | | | | | |
| 2.1 | Assess ways in which knowledge of motivation and behaviour change may be used, adapted or challenged in instruction and provision of fitness advice. | | |  | | |  |  |
| 2.2 | Identify current and emerging knowledge of motivation and behaviour change relevant to development of own professional practice. | | |  |  |

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| 2.3 | Modify approach to fitness programming activities and advice as required. |  |  |  |
| **3. Maintain and update knowledge of motivation and behaviour change** | | | | |
| 3.1 | Identify and use opportunities to update and expand own knowledge of motivation and behaviour change. |  |  |  |
| 3.2 | Monitor response to changes made to own professional practice or instruction. |  |  |
| 3.3 | Continue to adjust own practice to optimise results. |  |  |

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| **Knowledge Evidence** | **EVIDENCE**  (please explain in detail how your evidence relates to each of the required knowledge listed) | **Office Use Only** | |
|  | | **Sufficient** | **F.E.R.** |
| Organisational policies and procedures in relation to:   * Work health and safety/occupational health and safety * Confidentiality of client information * Ethical considerations |  |  |  |
| Strategies to promote exercise behaviour change:   * Contracting, Prompts, Reinforcement * Perceived choice, Feedback, Rewards * Self-monitoring, Goal setting, * Social support, Decision balance sheet * Physical setting, Exercise variety * Minimised discomfort and injury * Group training, Enjoyment * Periodic fitness and health assessment * Progress charts |  |  |  |
| * Components of motivation to enable effective assessment of progress: * Direction of effort * Intensity of effort * Persistence of behaviour |  |  |  |

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| * Role of intrinsic and extrinsic motivation in exercise behaviour |  |  |  |
| Methods of evaluating self-motivation, self-efficacy and stages of change |  |  |  |
| Personal and situational factors that may affect behaviour and/or exercise adherence:   * Family, cultural and social situation * Habits * Lifestyle * Personality * Self concept |  |  |  |
| * Stages of change: * Pre-contemplation * Contemplation * Preparation * Action * Maintenance * Relapse |  |  |  |
| * Principles of goal setting: * Short, medium and long term goals * Smart goals * Outcome, process and performance goals * Goal achievement strategies * Goal support * Evaluation and feedback * Recording goals |  |  |  |
| Arousal control techniques:   * Anxiety management * Progressive relaxation * Stress management * Visualisation * Self-talk |  |  |  |
| * Common barriers to exercise participation: * Perceived versus actual barriers * Initial low fitness level * Time and access to facilities * Self-consciousness in client |  |  |  |
| * Methods of collecting information about client’s attitude towards exercise |  |  |  |
| * Scope of practice for a personal trainer |  |  |  |

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| **Performance Evidence** | **EVIDENCE** *(This evidence will be collected via documents outlined on first & second page)* | **Office Use Only** | |
|  | | **Sufficient** | **F.E.R.** |
| Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role. This must include period(s) totalling at least three hours comprising at least three different client contact sessions and:  Use knowledge of exercise behaviour change strategies to improve own instructional practice to improve exercise adherence of clients:   * Collect information from each client regarding attitude towards exercise: * Belief systems and values * Client expectations * Coping techniques * Social support systems * Stage of readiness for change * Perceived barriers to exercise participation and adherence | *This evidence will be collected via evidence documents listed on page 1 and practical demonstration.* |  |  |
| * Implement behaviour change models | *This evidence will be collected via evidence documents listed on page 1 and via oral questioning* |  |  |
| * Provide guidance relevant to client characteristics | *This evidence will be collected via evidence documents listed on page 1, practical demonstration and oral questioning.* |  |  |
| * Consider personal and situational factors   Motivate clients during exercise programs using:   * Principles of goal setting * Arousal control techniques * Positive feedback | *This evidence will be collected via evidence documents listed on page 1, practical demonstration and oral questioning.* |  |  |

**Office Use Only**

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| **RPL Outcome** | | | | |
| **RPL Achieved** | Yes □ | No □ | |
| **Further Evidence Required** | Yes □ | No □ | |
| **Further Evidence *(list of required evidence)*** | | | | |
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| *RPL Assessor Name:* | | | *Date:* | |