### RPL Standard

SISSSTC402A Develop strength and conditioning techniques

**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, knowledge and skills required to develop, implement and evaluate a strength and conditioning program.

### 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 fitness service where direct client contact is involved, this can be within work placement from previous fitness courses
* Applicants who may have completed a similar unit within a fitness/strength & conditioning course
* The applicant must have knowledge and skills required to plan, develop and implement strength and conditioning programs which meets the needs of individual athletes or groups of athletes according to their sport-specific needs or those undertaking fitness programs to achieve personal fitness goals.
* The applicant must demonstrate knowledge of all Performance Criteria, Essential Knowledge and Skills

**Example Evidence:**

* Relevant transcript & certificate
* Evidence of working within the industry as a fitness trainer or a strength and conditioning coach working with athletes
* Evidence of planning and organising skills to schedule the strength and conditioning program
* Evidence of capability to provide guidelines and suggestions tailored to client to increase incidental physical activity and adhere to regular exercise program.
* Completion of ACFB e-learning quiz/oral questioning to assess knowledge requirements. If required, this will be organised after enrolment.

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

* Submission of three (3) strength and conditioning programs for three (3) different athletes including;
* Screening, fitness testing documents
* Needs analysis for client needs, goals and specific to the athlete’s sport
* Periodised program plans for a training year
* Strength and conditioning program cards
* Evaluation & modification

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

### A practical demonstration will be required after enrolment to demonstrate your current ability to perform the strength and conditioning skills and teach this information to an athlete as set out in the Performance Evidence and performance criteria.

### *Unit Evidence Description*

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| **Applicant Name** |  |  |  |

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| ***SIS40215*** | | Certificate IV in Fitness | | **SISSSTC402A** | Develop strength and conditioning techniques | **Office Use Only** | |
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| **Unit Type:** Elective | | **Prerequisite:** None | | **Sufficient** | **F.E.R.** |
| **Elements / Performance Criteria** | | | **EVIDENCE** *(Applicant; Explain in detail how your evidence relates to the required knowledge listed)* | | |  |  |
| **1. Identify the needs and requirements of the athlete or team members** | | | | | | | |
| 1.1 | Analyse the strength and conditioning needs and requirements of the activity or sport of the target individual or group. | |  | | |  |  |
| 1.2 | Develop profiles for each individual or group member participating in the strength and conditioning program using appropriate assessment measures. | |  |  |
| 1.3 | Develop short, medium and long-term objectives for the strength and conditioning program through negotiation with athletes and support personnel. | |  |  |
| 1.4 | Identify the career phase of athlete and the training phase of the selected sport or activity to be addressed in the program. | |  |  |
| **2. Plan a strength and conditioning training program to meet identified needs** | | | | | | | |
| 2.1 | Develop a strategy to meet the identified needs and requirements of the athlete or team. | |  | | |  |  |
| 2.2 | Select the core lifts and exercises and techniques of strength and conditioning to address identified needs and requirements of the athlete according to organisational policies and procedures | |  |  |
| 2.3 | Establish fixed points of the program and identify and document training phases within the training program. | |  |  |

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| 2.4 | Apply exercise selection and exercise order to maximise conditioning outcomes throughout the program. |  |  |  |
| 2.5 | Identify equipment and resource requirements for each session within the program. |  |  |
| 2.6 | Develop and document a program schedule to meet the identified needs, requirements and objectives of the athlete. |  |  |
| 2.7 | Include evaluation methods to monitor the training program prior to implementation. |  |  |
| **3. Prepare for strength and conditioning session** | | | | |
| 3.1 | Allocate sufficient space and ***resources*** for the drill, activity or game. |  |  |  |
| 3.2 | Check exercise area is free from obstacles prior to commencement of session. |  |  |
| 3.3 | Check equipment is in good working order prior to commencement of session. |  |  |
| 3.4 | Quarantine and report faulty equipment according to organisational policies and procedures. |  |  |
| 3.5 | Arrange equipment according to exercise plan and relevant legislation and organisational policies and procedures. |  |  |
| **4. Instruct strength and conditioning session** | | | | |
| 4.1 | Communicate session objectives and the **benefits**of strength and conditioning to athlete or athletes. |  |  |  |
| 4.2 | Explain common types of injuries that would prevent participation in the session and confirm athlete or athletes are not affected. |  |  |

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| 4.3 | Instruct session according to strength and conditioning plan, relevant legislation and organisational policies and procedures and best practice principles of strength and conditioning training. |  |  |  |
| 4.4 | Demonstrate and instruct correct use of equipment according to organisational policies and procedures and manufacturer's instructions. |  |  |
| 4.5 | Demonstrate exercises within the strength and conditioning class using appropriate instructional techniques. |  |  |
| 4.6 | Monitor athlete intensity, technique and safety during the class. |  |  |
| 4.7 | Incorporate **motivation techniques**to maximise exercise program adherence. |  |  |  |
| **5. Evaluate the strength and conditioning program and make modifications** | | | | |
| 5.1 | Review athletes or athletes' training diary or diaries to monitor ongoing progress. |  |  |  |
| 5.2 | Implement modifications to the program where relevant to meet identified needs |  |  |
| 5.3 | Use testing protocols to assess athlete's ongoing progress. |  |  |
| 5.4 | Review own performance and identify potential improvements. |  |  |

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| **Knowledge Evidence** | **EVIDENCE**  (please explain in detail how your evidence relates to each of the required skills listed) | **Office Use Only** | |
|  | | **Sufficient** | **F.E.R.** |
| Motivational techniques to provide appropriate feedback to athletes |  |  |  |
| The major body systems, bones, joints muscles and their function to enable the selection, instruction and adjustment of appropriate exercises to meet the needs of athletes |  |  |  |
| Legislation and organisational policies and procedures to enable the safe delivery of exercise programs including the safe use of equipment and a safe learning environment |  |  |  |
| Drills, activities and games to teach the techniques of strength and conditioning |  |  |  |
| * Physiological, psychological and biomechanical changes that occur with strength and conditioning training to enable informed planning and instruction of sessions and prompt response to athlete difficulties during the class. |  |  |  |

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| **Performance Evidence** | **EVIDENCE** *(This evidence will be collected via documents outlined on first page)* | **Office Use Only** | |
|  | | **Sufficient** | **F.E.R.** |
| Instructs strength and conditioning classes that meet athlete expectations, comply with legislative and organisational requirements, and are of sufficient duration to allow the candidate to demonstrate the use of drills, activities and games to instruct in strength and conditioning techniques | *This evidence will be collected via a practical demonstration and submission of documents on page 1 & 2.* |  |  |
| Assesses athletes current training status and needs and applies knowledge of human anatomy and physiology to select and modify an appropriate program | *This evidence will be collected via a practical demonstration and submission of documents on page 1 & 2.* |  |  |
| Carries out tasks responsibly and safely using an athlete centred approach to encourage athlete participation using appropriate motivational and communication strategies. | *This evidence will be collected via a practical demonstration and oral questioning.* |  |  |

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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:* | |