



Group Exercise & Motivation RPL/RCC Information Sheet

Related Units of Competency

- SISFFIT007 Instruct group exercise sessions
- SISFFIT011 Instruct approved community fitness programs
- SISFFIT016 Provide motivation to positively influence exercise behaviour
- SISXRES001 Conduct sustainable work practices in open spaces

Please note that SISXRES001 is a new unit to the fitness training package and can be completed as a stand-alone unit if the applicant has no prior experience in this area.

Cluster Description:

This cluster covers the knowledge and skills to plan, instruct, motivate and evaluate group exercise sessions including those within the community.

The unit SISXRES001 covers the knowledge to consider local government requirements, industry codes of practice, safe use of open spaces and providing feedback on the environmental impact of conducting sessions in open spaces.

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
- completed RPL forms for each unit where the applicant is wanting RPL reviewed

Please note:

An RPL/RCC application will not be reviewed without these completed documents. No exceptions will be made.

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 fitness/community environment, and,
- Letter from employer stating the applicant's current job role that includes the specific delivery of **at least 5** group exercise classes within fitness/community environment

And,

- Oral questioning on underpinning knowledge of the application of group exercise sessions and implementing motivational techniques within a fitness and community setting

SISXRES001 – Conduct sustainable work practices in open spaces

- Provide documented evidence of 5 x Environmental Impact Assessments completed on different open spaces that demonstrates your ability to conduct research on the current land condition, capability, uses and practices, and develop and implement strategies to achieve sustainable practices for your outdoor programs conducted.
- Oral questioning on underpinning knowledge of the application related to the environmental impact of conducting sessions in open spaces



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:

- Deliver 2 x group exercise sessions focussing different fitness outcomes that includes;
 - plan, instruct and evaluate 2 x group exercise sessions including submission of documented exercise session
 - monitor exercise intensity during every session using a variety of methods
 - use communication skills that incorporate clear verbal communication, modelling and demonstration
 - use motivational techniques
 - use knowledge of exercise behaviour change strategies to improve own instructional practice to improve exercise adherence of clients by collecting information from clients regarding attitude towards exercise

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