



Strength & Conditioning RPL/RCC Information Sheet

Related Units of Competency

- SISFFIT013 Instruct exercise to young people aged 13 to 17 years
- SISSSTC301A Instruct strength and conditioning techniques
- SISSSTC402A Develop strength and conditioning techniques

Please Note; *Gaining RPL for Strength & Conditioning, 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 performance outcomes, knowledge and skills to develop, implement and evaluate a strength and conditioning programs for adults and adolescents 13-17 years of age.

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 fitness/health environment, and,
- Letter from employer stating the applicant's current job role within fitness/health environment

And,

- Submission of 5 exercise sessions for adolescents 13-17 years of age including screening and fitness testing documents
- Submission of three (3) strength and conditioning programs for three (3) different adult 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



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:

Practical Demonstration 1

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.

Practical Demonstration 2

A practical demonstration will be required after enrolment to demonstrate your current ability to develop and conduct an exercise session with adolescents 13-17 years of age as set out in the Performance Evidence and performance criteria.

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