### RPL Standard


### SISFFIT003 Instruct Fitness Programs

**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 plan, instruct and evaluate a variety of fitness programs and circuit sessions aimed at the health-related components of fitness. It involves programming and instruction of cardiovascular, resistance and flexibility programs for low or moderate risk clients who have completed industry endorsed pre-exercise screening and risk stratification procedures.

### 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:**

* Applicant must provide evidence of working as a fitness instructor in a variety of fitness locations such as fitness, leisure and community centers
* Evidence of use fitness industry equipment must include: Free weights, machines, proprioception and stability training equipment
* Evidence of planning, documenting, implementing and evaluating programs
* Evidence of planning, documenting and implementing circuit training sessions
* Evidence of adjusting personalised programs for clients
* The applicant must demonstrate knowledge of all Performance Criteria, Essential Knowledge and Skills

**Example Evidence:**

### Relevant transcript & certificate

### Evidence of working with the industry through letters from employers outlining job role and duties

### Completion of ACFB e-learning quiz/oral questioning related to work within a fitness practice; If required this will be completed at a later stage.

### Evidence documents must include, but not limited to:

* Five (5) fitness programs including documentation of the planning phase in relation to pre-screening, health and fitness testing results, program documentation, implementing and evaluating and adjusting programs using the principles of program design. Each program should suit the needs of clients with goals related to health-related components of fitness
* Evidence of planning, documenting and implementing at least three (3) circuit training sessions with interrelated component

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

### Demonstration of designing a fitness program specific to the outcomes of a case presentation and suited to the needs of a client with health related goals

### *Unit Evidence Description*



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| **Applicant Name** |  |  |  |



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| ***SIS30315*** | Certificate III in Fitness | **SISFFIT003** | **Instruct Fitness Programs** | **Office Use only** |
| **Type of Unit: core** | **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 client fitness requirements** |
| 1.1 | Consider and confirm client needs, expectations and preferences using suitable questioning techniques |  |  |  |
| 1.2 | Review and advise client of outcomes of pre-exercise health screening procedures |  |  |
| 1.3 | Refer client to medical or allied health professionals as required |  |  |
| 1.4 | Identify potential barriers to participation |  |  |
| 1.5 | Develop and document client profile for re-evaluation purposes |  |  |
| **2. Develop program plans** |
| 2.1 | Determine type of training, training methods and equipment required to achieve client goals |  |  |  |
| 2.2 | Calculate total training volume required to achieve client goals |  |  |
| 2.3 | Develop and document program plans that incorporate key instructional information to target components of fitness |  |  |
| 2.4 | Develop customised training sessions that include a variety of exercises and equipment to meet client needs |  |  |
| **3. Conduct exercise sessions** |
|  3.1 | Allocate sufficient space, assemble resources and check equipment for safety and maintenance requirements |  |  |  |
| 3.2 | Provide clear exercise instructions and confirm client understanding |  |  |
| 3.3 | Demonstrate exercises, techniques and equipment to client |  |  |
| 3.4 | Monitor participation and performance to identify signs of exercise intolerance and modify as required |  |  |  |
| 3.5 | Select and use communication techniques that encourage and support clients |  |  |  |
| 3.6 | Modify session as required considering basic mechanics, safety and fitness outcomes |  |  |  |
| 3.7 | Respond to clients experiencing difficulties and answer questions as required |  |  |  |
| 3.8 | Complete session documentation and progress notes |  |  |  |
| **4. Evaluate program**  |
| 4.1 | Monitor and evaluate exercise program at appropriate intervals |  |  |  |
| 4.2 | Request and respond to feedback from clients |  |  |  |
| 4.3 | Review own performance and identify areas needing improvement |  |  |  |
| 4.4 | Identify aspects needing further emphasis or attention in future sessions |  |  |  |
| 4.5 | Evaluate program or activities and discuss modifications to program |  |  |  |
| 4.6 | Document and update records of evaluation and modification of programs |  |  |  |

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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.** |
| Legislative and regulatory requirementsregarding fitness programs, sessions andcircuit sessions:Work health and safety/occupational health and safetyDuty of care |  |  |  |
| Organisational policies and procedures in regards to:* Pre-session screening
* Overcrowding
* Ventilation and/or climate control
* Hygiene
* Participant to
* instructor ratio
* Emergency
* Risk management
* Standards of personal presentation
* Participant’s clothing and footwear
* Use, care and maintenance of equipment
 |  |  |  |
| Principles of program design:* FITT
* Overload
* Progression
* Specificity
 |  |  |  |
| Fitness program planning for improvement of health-related components of fitness:* Body composition
* Muscle endurance
* Cardiorespiratory endurance
* Flexibility
 |  |  |  |
| Program design and variables relevant to health-related components of fitness and factors affecting program design Components of a circuit training session plan; Phases:• Preparation• Conditioning• Recovery• Adaptation* Rest intervals

• Required equipment• Floor plan for equipment arrangement |  |  |  |
| Circuit training session planning considerations and inclusions:• Equipment• Layout• Number of participants• Phases of session |  |  |  |
| Training methods and consideration ofintensity, program types, sets and reps, circuits, matrices, super-sets, pre fatigue and interval training  |  |  |  |
| Benefits of fitness sessions and circuit sessions |  |  |  |
| Contraindications and precautions to participation in session, and suitable modification * options for participants where the safety of the participant is not compromised
 |  |  |  |
| Exercises and programming requirements for* Flexibility:
* Dynamic or active range of motion, Static
* Muscular endurance and strength
* Balance and coordination, Body weight, Equipment
* Cardiorespiratory endurance
 |  |  |  |
| Effects of different exercises on the major body systems* Cardiovascular
* Muscular
* Nervous
* Skeletal
 |  |  |  |
| Methods of monitoring exercise intensity, techniques and progression:* Heart rate
* Rate of perceived exertion
* Observation of technique
* Completed sets and repetitions
* Loads lifted
 |  |  |  |
| Manufacturer and exercise equipment specifications for safe use and techniques |  |  |  |
| Signs and symptoms of exercise intolerance |  |  |  |
| Motivational techniques and exercise adherence strategies |  |  |  |

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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.** |
| Plan, document, implement and evaluate at least five fitness programs using the principles of program design to suit the needs of clients with goals related to health-related components of fitness | *This evidence will be collected via submission of documentation requested on the first & second page.**This evidence will be collected via completion of a practical demonstration.* |  |  |
| * Plan, document, implement and evaluate at least three circuit training sessions with interrelated components
 | *This evidence will be collected via submission of documentation requested on the first & second page.**This evidence will be collected via completion of a practical demonstration.* |  |  |
| Conduct sessions that individually or cumulatively incorporate:* demonstration, explanation, and instruction in the following:
* cardiovascular exercises
* dynamic warm-up and cool-down components
 | *This evidence will be collected via submission of documentation requested on the first & second page.**This evidence will be collected via completion of a practical demonstration.* |  |  |
| * Resistance exercises:
* squat
* static lunge
* push-up
* triceps dips
* prone back extension
* shoulder press
* abdominal crunches
* bent over row
* lateral raise
* modified dead lift
* prone hover
 | *This evidence will be collected via submission of documentation requested on the first & second page.**This evidence will be collected via completion of a practical demonstration.* |  |  |
| * Flexibility exercises – static and dynamic stretches
 | *This evidence will be collected via submission of documentation requested on the first & second page.**This evidence will be collected via completion of a practical demonstration.* |  |  |
| * Injury prevention strategies specific to client needs and program
 | *This evidence will be collected via submission of documentation requested on the first & second page.**This evidence will be collected via completion of a practical demonstration.* |  |  |
| Modify programs for clients, addressing at least three of the following:* technical requirements
* changing needs due to fitness adaptations
* changing goals
* client needs, objectives, likes and dislikes
* Technical difficulty adjustments of exercises.
 | *This evidence will be collected via submission of documentation requested on the first & second page.**This evidence will be collected via completion of a practical demonstration.* |  |  |

**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:* |