### RPL Standard



SISFFIT024 Instruct endurance 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, skills and knowledge required to plan, instruct and evaluate endurance training programs for 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:**

* The applicant must have industry experience within a fitness service where direct client contact is involved, this can be within work placement from previous health courses.
* The applicant must have ability to identify and analyse specific client needs, instruct specialised endurance tests, and organise and implement a range of endurance training methods to achieve identified goals.
* This unit does not cover the more complex methods of extensive speed training, power training, agility training or plyometric training.
* Applicants who may have completed a similar unit within a fitness course
* The applicant must demonstrate knowledge of all Performance Criteria, Essential Knowledge and Skills

**Example Evidence:**

* Relevant transcript & certificate
* Evidence of working with the industry
* Evidence of competency to manage signs and symptoms of overtraining, where applicable.
* Evidence of ability to calculate heart rate and use exercise intensity guidelines, including rate of perceived exertion.
* Evidence of ability to determine appropriate endurance training program within appropriate environment to suit client needs and abilities.

### 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 five (5) endurance training programs developed for individuals, groups or teams to meet specific needs and goals of the participants. The programs must individually or cumulatively demonstrate knowledge and ability to implement:
* appropriate selection, sequencing and monitoring of a range of current equipment
* appropriate and effective use of phases of training; warm-up, conditioning, cool-down
* application of at least 4 of the following within the programs:
* aerobic training
* interval training
* circuit training
* gym based training
* fartlek training
* anaerobic threshold
* strength
* lactate tolerance
* Injury prevention strategies specific to client needs
* Modification to at least three (3) of the five (5) programs submitted

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

A practical demonstration will be completed to ensure current knowledge and skills of specific performance and knowledge requirements of this unit.

### *Unit Evidence Description*



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| **Applicant Name** |  |  |  |



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| ***SIS40215*** | | Certificate IV in Fitness | | | **SISFFIT024** | Instruct endurance programs | **Office Use Only** | |
| **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 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 screening and fitness appraisal. | | |  |  |
| 1.3 | Refer client to medical or allied health professional 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, methods and equipment required to achieve client goals. | | |  | | |  |  |
| 2.2 | Calculate total training volume required to achieve client goals. | | |  |  |
| 2.3 | Develop and document an endurance program incorporating key instructional information, phases of sessions, and adherence strategies. | | |  |  |
| 2.4 | Develop customised and contemporary training sessions to meet client specific needs. | | |  | | |  |  |

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| **3. Conduct endurance sessions** | | | | |
| 3.1 | Allocate sufficient space, assemble resources and check equipment for safety and maintenance requirements. |  |  |  |
| 3.2 | Provide clear and accurate endurance training exercise instruction and confirm client understanding. |  |  |
| 3.3 | Demonstrate skills, techniques and equipment to client. |  |  |
| 3.4 | Monitor participation and performance of client and adjust as required. |  |  |
| 3.5 | Select and use communication techniques that encourage and support client. |  |  |
| 3.6 | Recognise signs and symptoms of overtraining and implement appropriate intervention and prevention strategies. |  |  |
| 3.7 | Monitor temperature regulation and implement appropriate strategies to prevent adverse reactions to environmental conditions. |  |  |
| 3.8 | Monitor client for signs and symptoms of intolerance. |  |  |
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| 3.9 | Seek feedback and answer questions during exercise sessions. |
| 3.10 | Complete session documentation and progress notes. |  |  |

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| **4. Evaluate endurance program.** | | | | |
| 4.1 | Monitor and evaluate program at appropriate intervals. |  |  |  |
| 4.2 | Request and respond to feedback from client. |  |  |
| 4.3 | Review own performance and identify areas needing improvement. |  |  |
| 4.4 | Identify aspects needing further emphasis or attention in future sessions. |  |  |  |
| 4.5 | Implement modifications to future instruction and discuss changes with client. |
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| 4.6 | Document and update program and evaluation records. |  |  |

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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 requirements regarding endurance programs:   * work health and safety * duty of care |  |  |  |
| Organisational policies and procedures in regards to:   * industry endorsed client pre-exercise screening processes * industry endorsed risk stratification procedures, exercise implications and referral requirements * ventilation and/or climate control * hygiene * emergency * risk management * standards of personal presentation * participant’s clothing and footwear * use, care and maintenance of equipment * equipment use and maintenance * client supervision * incident reporting |  |  |  |
| Endurance training program exercise methods:   * aerobic training * interval training * circuit training * gym based training * fartlek * anaerobic threshold * strength * lactate tolerance |  |  |  |
| Phases of training:   * warm-up * conditioning * cool-down |  |  |  |
| * Specialised fitness tests related to endurance training programs: * cardiorespiratory * anaerobic threshold * muscle endurance |  |  |  |
| Major body systems, bones, joints muscles and their function to enable the selection, instruction and adjustment of appropriate exercises to meet needs of clients |  |  |  |
| Signs and symptoms of exercise intolerance and overtraining, and appropriate management strategies |  |  |  |
| * Motivational techniques to maximise program adherence and encourage clients: * intrinsic and extrinsic motivation * goal setting * feedback * rewards * habit forming |  |  |  |
| Training principles relevant to endurance programs:   * overload * progression * adaptation * specificity * individualisation * maintenance |  |  |  |
| Injury prevention strategies and resources suitable for endurance training programs |  |  |  |
| Anatomical terminology relevant to the planning and instruction of endurance training programs |  |  |  |

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| * Potentially harmful practices to avoid: * hyperextension * exercising while sick * exercising in extreme environmental conditions * inappropriate prescription of exercise to client |  |  |  |
| * Adaptations that occur as a result of endurance training programs: * physiological: * cardiovascular changes * thermoregulation (hot and cold environments) * energy system and substrate utilisation * pulmonary and nervous system changes * musculoskeletal * respiratory * psychological: * increased self esteem * increased confidence * biomechanical |  |  |  |
| * Environmental considerations of training: * Heat, cold, wind * Water, humidity, snow. |  |  |  |

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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.** |
| Plan, implement and evaluate at least five endurance training programs that meet specific needs and goals of individuals, groups or teams | *This evidence will be collected via submission of documentation requested on the first & second page* |  |  |
| * Conduct sessions that individually or cumulatively incorporate: * appropriate selection, sequencing and monitoring of a range of current equipment * appropriate and effective use of phases of training: * warm-up * conditioning * cool-down | *This evidence will be collected via submission of documentation requested on the first & second page and via a practical demonstration* |  |  |
| Demonstration, explanation, and instruction of exercises in at least four of the following:   * aerobic training, interval training * circuit training, gym based training * fartlek, anaerobic threshold * strength, lactate tolerance | *This evidence will be collected via submission of documentation requested on the first & second page and via 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, oral questioning and via a practical demonstration* |  |  |
| Temperature regulation of client | *This evidence will be collected via oral questioning* |  |  |
| * Monitor exercise intensity during each session using at least one of the following methods: * heart rate response * perceived rate of exertion * talk test | *This evidence will be collected via oral questioning and a practical demonstration* |  |  |

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| * Modify at least three existing exercise plans for clients, addressing at least four 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 and via a practical demonstration* |  |  |
| Document exercise plans and exercise programs for all clients using clear and structured forms | *This evidence will be collected via submission of documentation requested on the first & second page and via a practical demonstration* |  |  |
| * Use the following communication skills: * clear verbal communication * modelling and demonstration * motivational techniques | *This evidence will be collected via 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:* | |