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Exercise Science  
RPL/RCC Information Sheet

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**Related Units of Competency**

- SISFFIT004 Incorporate anatomy and physiology principles into fitness programming

**Please Note;** *Gaining RPL for Exercise Science, only covers the requirements specifically related to this cluster. To gain RPL for the FULL unit of competency listed above, you will **also** need to satisfy the industry placement requirements.*

**Cluster Description:**

This unit describes the performance outcomes, skills and knowledge required to incorporate an understanding of the human body structure and physiology into fitness instruction, programming and provision of fitness advice.

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

And,

- Oral questioning of exercise science underpinning knowledge
- Oral questioning of relevant joints, actions and muscles for common resistance training exercises



## 2. 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