



Posture & Functional Movement RPL/RCC Information Sheet

Related Units of Competency

- SISFFIT018 Promote functional movement capacity

Please Note; *Gaining RPL for Posture & Functional Movement, 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.*

Unit Description:

Describes the performance outcomes, skills and knowledge required to assess client movement and exercise capacity and develop an appropriate exercise program. It requires the use of functional movement knowledge in day-to-day professional practice to encourage healthy posture, effective movement patterns and safe exercise technique for clients.

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,

- Provide 5 x programs developed for a client with postural and joint range of motion correction outcomes including submission of the health screening and testing forms with evidence of the assessment of posture, functional movement patterns, balance and coordination.



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:

- Complete a health screen and fitness testing protocol that includes analysis of;
 - static postural assessment with knowledge of postural deviations and causes
 - functional movement analysis to identify posture, movement, strength and neuromuscular deviations, limitations and imbalances
 - joint ROM and flexibility testing
 - significance of results for exercise programming, technique and prevention of injury
 - precautions to exercise relevant to functional movement observations and client risk status, in accordance with industry guidelines or guidance from medical or allied health professionals where applicable
 - modify incorrect client exercise technique and poor dynamic posture

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