



Advanced Exercise Science RPL/RCC Information Sheet

Related Units of Competency

- SISFFIT019 Incorporate exercise science principles into fitness programming

Please Note; *Gaining RPL for Advanced Exercise Science, 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:

This unit describes the performance outcomes, skills and knowledge required to incorporate an understanding of exercise science principles 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
- 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,

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- Copy of five (5) different client forms including screening, fitness testing and programs cards that individually or cumulatively incorporate:
- A variety of exercises which are targeted at health-and skill-related components of fitness, for achieving improvements and adaptations in:
 - Muscle contractility and force
 - Bone strength
 - Nervous system activation
 - Submaximal and resting heart rates
 - Cardiovascular system adaptations
- Variations of exercise
- With and without equipment



- Exercises to change:
 - Joint action
 - Stabilisation of the body
 - Forces which act on the body during exercise
- Variations in the contribution of energy from three different energy systems
- Consideration of:
 - Musculoskeletal anatomy and physiology
 - Mechanical principles
- Physiology concepts

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