



Personal Training RPL/RCC Information Sheet

Related Units of Competency

- SISFFIT017 Instruct long-term exercise programs
- SISFFIT020 Instruct exercise programs for body composition goals
- SISFFIT021 Instruct personal training programs
- SISFFIT023 Instruct group personal training programs
- SISFFIT024 Instruct endurance programs

Please Note; *Gaining RPL for Personal Training, 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.*

Cluster Description:

This cluster covers the knowledge and skills to design, implement and evaluate personal training sessions & group personal training sessions over a period of time, specific to the identified needs of the individuals, including body composition needs. This cluster will also focus on the ability to design and instruct endurance programs to 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
- the specific units of competency RPL applications

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

And,

- SISFFIT017; Submission of at least 5 long term exercise programs you have developed for 5 different clients (including screening, fitness testing forms & exercise program forms, re-evaluation and modified programs) that address at least 4 of the following;
 - Technical requirements
 - Changing needs due to fitness adaptations
 - Changing goals
 - Client needs, objectives, likes and dislikes
 - Technical difficulty adjustments of exercises



SISFFIT020 & SISFFIT021;

- Evidence of working within the industry totalling at **least ten hours and comprising at least ten different client contact sessions**
- Submission of Five (5) different clients screening, fitness testing, programming & evaluation forms that meet specific body composition needs and goals, that meet current industry endorsed best practice for client pre-exercise screening and risk stratification/injury prevention strategies.

SISFFIT023;

- Letter from employer with job description, information should also include the number of group personal training sessions delivered. To meet unit requirements, the group personal training sessions needs to total at least ten (10) different sessions.
- Submission of three (3) group exercise documentation of sessions you have delivered with a group of between 3-12 participants, including; session focus/client group, program plan, evaluation & modifications. The program plans should individually or cumulatively incorporate all of the following performance evidence:
 - The program plans need to demonstrate that it meets the needs and goals of the individuals within the group
 - A variety of indoor and outdoor training environments, methods and equipment; promotes sustainability of environment, permission of use of public space as required (this may include permits from council)
 - Flexibility training
 - Resistance training
 - Cardiovascular training
 - Modification of personal training plans addressing at least three of the following; technical requirements, changing needs & goals, likes & dislikes and difficulty

SISFFIT024;

- 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



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:

- Practical Demonstration 1 – SISFFIT020 & SISFFIT021 (personal training session with an individual)*

A practical demonstration will be required after enrolment to demonstrate your current ability to complete a full consultation with an individual client including; screening, fitness testing, programming, conducting session & evaluation as set out in the Performance Evidence and performance criteria.

- Practical Demonstration 2 – SISFFIT023*

A practical demonstration will be required after enrolment to demonstrate your current ability to develop and conduct a group personal training session with a group of 3-12 participants as set out in the Performance Evidence and performance criteria.

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