



Certificate III in Fitness Industry Placement Requirements – Fitness Trainer

RPL/RCC Information Sheet

Related Units of Competency

- SISXFAC001 Maintain equipment for activities
- SISXFAC002 Maintain sport, fitness and recreation facilities
- SISXIND001 Work effectively in sport, fitness and recreation environments
- SISFFIT001 Provide health screening and fitness orientation
- SISFFIT002 Recognise and apply exercise considerations for specific populations
- SISFFIT003 Instruct fitness programs
- SISFFIT004 Incorporate anatomy and physiology principles into fitness programming
- SISFFIT005 Provide healthy eating information
- SISFFIT006 Conduct fitness appraisals
- SISFFIT014 Instruct exercise to older clients
- SISXCCS001 Provide quality service
- HLTWHS001 Participate in workplace health and safety

- SISFFIT015 Collaborate with medical and allied health professionals in a fitness context
- SISFFIT025 Recognise the dangers of providing nutrition advice to clients
- SISFFIT026 Support healthy eating through the Eat for Health program

Cluster Description:

Fitness Trainer Work Experience is structured workplace learning that helps prepare students for the workforce. It is designed to help students better understand the knowledge and skills gained within the course, by putting knowledge and skills into practice within the workplace.

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 exemption from completing work placement an applicant **MUST** provide the following evidence:

- Resume of applicant outlining previous and/or current work within fitness environment, and,
- Letter from employer stating the applicant's current job role within fitness environment

And,

- Successfully gain RPL for all units listed above that have a requirement to be assessed within a fitness workplace



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