### RPL Standard


### SISFFIT004 Incorporate Anatomy and Physiology Principles into Fitness Programming

**How to complete this form**

Complete all areas in **blue** on the following pages by providing information on your previous skills and qualifications using the information below as a guide.

**Unit 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

### To gain RPL for this unit of competency the applicant must meet the following benchmarks along with providing evidence that their current level of knowledge and skills is

relevant to all performance criteria, knowledge and **performance evidence**.

**The applicant must provide evidence of the following to gain RPL for this unit:**

* Applicant must provide evidence of working as a fitness instructors who work in a variety of fitness locations such as fitness, leisure and community centres.
* The applicant must demonstrate knowledge of all Performance Criteria, Essential Knowledge and Skills

**Example Evidence:**

### Relevant transcript & certificate

### Evidence of working with the industry

### Evidence of working with the industry through letters from employers outlining job role and duties

### Completion of ACFB e-learning quiz/oral questioning related to work within a fitness practice; If required this will be completed at a later stage.

### Evidence of use a wide range of anatomical terminology relevant to injury prevention and fitness outcomes.

### Evidence documents must include, but not limited to:

* Five (5) fitness programs including pre-screening, health and fitness testing results, program documentation and instruction

**Oral questioning on the following areas:** *(completed after enrolment to determine currency of knowledge and skills)*

* the major movements of the body, while identifying major muscles
* actions of major joints during resistance training exercises
* muscle actions and functions during different types of contractions.
* relevant information regarding structure and function of skeletal muscle, and process of muscle contraction during exercise

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### *Unit Evidence Description*



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| --- | --- | --- | --- |
| **Applicant Name** |  |  |  |



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| --- | --- | --- | --- | --- |
| ***SIS30315*** | Certificate III in Fitness | **SISFFIT004** | Incorporate Anatomy and Physiology Principles into Fitness Programming | **Office Use only** |
| **Type of Unit: Core**  | **Prerequisite:** None | **Sufficient** | **F.E.R.** |
| **Elements / Performance Criteria** | **EVIDENCE** *(Applicant; Explain in detail how your evidence relates to the required knowledge listed)* |  |  |
| **1.** **Consolidate understanding of anatomy and physiology** |
| 1.1 | Source and access information on anatomy and physiology relevant to fitness outcomes |  |  |  |
| 1.2 | Use knowledge of anatomy and physiology in day-to-day professional practice |  |  |
| 1.3 | Discuss/explain how understanding of anatomy and physiology contribute to safe/optimum technique and skill development |  |  |
| 1.4 | Use a wide range of anatomical terminology relevant to injury prevention and fitness outcomes |  |  |  |
| 1.5 | Identify how anatomical structures respond to physical activity |  |  |  |
| 1.6 | Apply a sound understanding of injury prevention techniques to fitness instruction and programming |  |  |  |
| 2. Apply knowledge to own professional practice |
| 2.1 | Identify and use opportunities to update and expand own knowledge of anatomy and physiology |  |  |  |
| 2.2 | Monitor response to changes made to own professional practice or instruction |  |  |
| 2.3 | Continue to adjust own practice to optimise results |  |  |
| **3. Conduct exercise sessions** |
|  3.1 | Identify and use opportunities to update and expand own knowledge of anatomy and physiology |  |  |  |
| 3.2 | Monitor response to changes made to own professional practice or instruction |  |  |
| 3.3 | Continue to adjust own practice to optimise results |  |  |

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| **Knowledge Evidence** | **EVIDENCE** *(Applicant; Explain in detail how your evidence relates to the required knowledge listed)* | **Office Use Only** |
|  | **Sufficient** | **F.E.R.** |
| Anatomical terminology:* Anatomical position
* Superior, Inferior
* Proximal, Distal
* Lateral, Medial
* Superficial, Deep
* Planes of movement – sagittal, frontal, horizontal
 |  |  |  |
| Movement terminology and muscle actions:* Flexion, Extension
* Abduction, Adduction
* Pronation, Supination
* Dorsiflexion, Plantarflexion
* Circumduction
* Inversion, Eversion
 |  |  |  |
| Structural levels of body organisation:Cells, Tissues, Organs, Organisms  |  |  |  |
| Fitness program planning for improvement of health-related components of fitness:• Body composition• Muscle endurance* Cardiorespiratory endurance

 Flexibility |  |  |  |
| Functions of major muscles during exercise and movement:* Agonist, Prime mover, Antagonist
* Synergist, Fixator
 |  |  |  |
| Types of muscle contractions:* Isotonic – concentric and eccentric
* Isokinetic
* Isometric
 |  |  |  |
| Tissue types:* Connective, Muscle, Nervous, Epithelial
 |  |  |  |
| Body systems, their interdependence and contribution to a healthy body:* Cardiovascular, Musculoskeletal
* Nervous, Digestive

Structure and function of:Muscles:* Types and classifications
* Global and local muscular systems
* Major muscle groups
* Contractibility and activation

Nervous system:* Nerves and nerve impulses
* Reflex arcs and relationship to stretching
* Role of nervous system in different types of training

Skeletal system:* Types of bones
* Major bones
* Bony landmarks
* Major joints

Cardiovascular system:* Heart and blood vessel anatomy
* Circulation pathways
* Role of blood
* Oxygen demands of fitness activities
* Relationships between exercise intensity and circulatory and ventilator responses

Respiratory system:* Mechanics of breathing
* Respiratory volumes and relationships to fitness levels and exercise
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| * Energy systems, pathways and substrates and relevant recovery options
 |  |  |  |
| Thermoregulation of the human body:* Consideration of the methods of cooling and warming
* Current environmental conditions
 |  |  |  |
| Exercises to promote ideal postural alignment and prevent development of pathological postures, with consideration of:• Spinal curves• Muscle balance• Joint alignment |  |  |  |

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| **Performance Evidence** | **EVIDENCE** *(This evidence will be collected via documents outlined on first page)* | **Office Use Only** |
|  | **Sufficient** | **F.E.R.** |
| Effectively use knowledge of the following body systems to improve own instructional practice to plan and instruct at least five different client sessions:* cardiovascular
* respiratory
* musculoskeletal, with attention to:
* bone strength
* muscle endurance
* muscle strength
* nervous
* digestive
 | *This evidence will be collected via submission of documentation requested on the first & second page.* |  |  |
| Explain and demonstrate:* the major movements of the body, while identifying major muscles
* actions of major joints during exercise
* relevant information regarding structure and function of skeletal muscle, and process of muscle contraction during exercise
* muscle actions and functions during different types of contractions.
 | *This evidence will be collected via completion of oral questioning.* |  |  |

**Office Use Only**

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| **RPL Outcome** |
| **RPL Achieved** | Yes □ | No □ |
| **Further Evidence Required** | Yes □ | No □ |
| **Further Evidence *(list of required evidence)***  |
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| *RPL Assessor Name:*  | *Date:* |