### RPL Standard



### SISFFIT006 Conduct Fitness Appraisals

**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 plan and conduct fitness appraisals, related to the health-related components of fitness. It requires the ability to determine positive behavioural change strategies in preparation for an exercise program and use fitness appraisal equipment according to manufacturer guidelines

### 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:**

* Evidence of working as a fitness instructor who work in a variety of fitness locations such as fitness, leisure and community centres.
* Evidence of planning and conducting health and fitness appraisals incorporating the cardiorespiratory endurance (submaximal oxygen consumption) blood pressure, range of movement/flexibility, strength, weight, height, body mass index, waist to hip ratio and girth measurements assessments
* The applicant must demonstrate knowledge of all Performance Criteria, Essential Knowledge and Skills

**Example Evidence:**

### Relevant transcript & certificate

### Evidence of working within 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 documents must include, but not limited to:

* Documentation of Five (5) health and fitness appraisals including the use of;
* cardiorespiratory endurance (submaximal oxygen consumption)
* blood pressure
* range of movement/flexibility
* strength
* weight, height
* body mass index, waist to hip ratio
* girth measurements

**Practical Demonstrations** *(completed after enrolment to determine currency of knowledge and skills)*

### Demonstration of your ability to complete a health and fitness appraisal including all tasks as described above.

### *Unit Evidence Description*



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| **Applicant Name** |  |  |  |



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| ***SIS30315*** | | Certificate III in Fitness | | | **SISFFIT006** | **Conduct Fitness Appraisals** | **Office Use only** | |
| **Type of Unit: elective** | | | **Prerequisite:** None | | **Sufficient** | **F.E.R.** |
| **Elements / Performance Criteria** | | | | **EVIDENCE** *(Applicant; Explain in detail how your evidence relates to the required knowledge listed)* | | |  |  |
| **1.** **Identify client fitness goals** | | | | | | | | |
| 1.1 | Clarify significance of fitness appraisal in relation to program development and seek client consent | | |  | | |  |  |
| 1.2 | Review pre-exercise health screening, and health assessment procedures as required | | |  |  |
| 1.3 | Discuss client health-related goals and acquire additional client information as required | | |  |  |
| 1.4 | Refer client to a medical or allied health professional as required | | |  |  |
| **2. Plan and conduct fitness appraisal** | | | | | | | | |
| 2.1 | Determine tools and methods to conduct health and fitness assessments | | |  | | |  |  |
| 2.2 | Conduct required health and fitness assessments in a safe and timely manner | | |  |  |
| 2.3 | Implement strategies to overcome client cultural and social differences and behavioural patterns as required | | |  |  |
| 2.4 | Select and use communication techniques that encourage and support the client | | |  |  |
| 2.5 | Monitor client for signs and symptoms of intolerance and discontinue fitness assessments as required | | |  |  |
| 2.6 | Explain results of fitness assessments and recommend an appropriate exercise program | | |  |  |
| 2.7 | Match fitness goals to products and services available in the fitness industry | | |  |  |
| 2.8 | Develop a client profile and record outcomes of appraisal and exercise program recommendations | | |  |  |
| 2.9 | Review individualised exercise goals and implement adjustments to goals due to fitness appraisal results, as required | | |  |  |
| **3. Evaluate fitness appraisal** | | | | | | | | |
| 3.1 | Request and respond to feedback from client | | |  | | |  |  |
| 3.2 | Identify and document aspects needing further attention | | |  |  |

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| **Knowledge Evidence** | **EVIDENCE**  (please explain in detail how your evidence relates to each of the required knowledge listed) |  |  |
|  | | **Sufficient** | **F.E.R.** |
| Legislation and regulatory requirements relevant to:  • Fitness assessments and collection of client information  • Negligence and duty of care  • Appropriate collection and storage of client information  • Application of legal and ethical limitations of own role  • Work health and safety/occupational health and safety |  |  |  |
| Organisational policies and procedures relevant to:  • Fitness assessments and collection of personal information  • Conduct of fitness appraisals |  |  |  |
| Industry endorsed client pre-exercise health screening processes |  |  |  |
| Industry endorsed risk stratification procedures, exercise implications and referral requirements |  |  |  |
| Features and benefits of fitness facilities, exercise programs and services |  |  |  |
| Role of medical or allied health professionals for referral processes |  |  |  |
| Health-related components of fitness:  • Body composition  • Muscle endurance  • Muscle strength  • Cardiovascular endurance  • Flexibility |  |  |  |
| Contraindications and precautions to participation in health and fitness assessments |  |  |  |

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| Benefits of fitness appraisal procedures and testing |  |  |  |
| Signs and symptoms of exercise intolerance |  |  |  |
| Interpretation of results from the following health and fitness assessments:  • Cardiorespiratory endurance (maximal and sub-maximal oxygen consumption)  • Blood pressure  • Range of movement/flexibility  • Strength  • Weight, Height  • Body mass index, Waist to hip ratio  • Girth measurements  • Skin fold measurements |  |  |  |
| Methods for measuring exercise intensity:  • Heart rate response  • Respiration rate response  • Rate of perceived exertion  • Work output |  |  |  |
| Products and services available in the fitness industry that could be used to meet client goals |  |  |  |
| Exercise adherence and behavioural change strategies:  • Habits  • Intrinsic and extrinsic motivation  • Goal setting |  |  |  |

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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.** | |
| * Plan and conduct health and fitness appraisals incorporating the following assessments for each client: * cardiorespiratory endurance (submaximal oxygen consumption) * blood pressure * range of movement/flexibility * strength * weight * height * body mass index * waist to hip ratio * girth measurements | *This evidence will be collected via submission of documentation requested on the first & second page.*  *This evidence will be collected via completion of a practical demonstration.* |  | |  |
| Use the following fitness appraisal equipment appropriately and safely:   * tape measure * scales * sit and reach tools * bicycle, treadmill or rowing ergometer * heart rate monitor * blood pressure equipment – sphygmomanometer * stop watch. | *This evidence will be collected via submission of documentation requested on the first & second page.*  *This evidence will be collected via completion of a practical demonstration.* |  | |  |

**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:* | |