### RPL Standard



### SISFFIT007 Instruct Group Exercise Sessions

**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, instruct, monitor and evaluate group exercise.

### 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:**

* The applicant must provide evidence of coordinating sessions, with or without music. It requires the ability to plan the selection, sequencing and progression of exercises and appropriate music to ensure safe participation in activities.
* The applicant needs to provide evidence of work as a group exercise instructor working 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 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 are not limited to:

* Documented evidence of planning, instructing and evaluating **five (5)** group exercise sessions including pre-session instructions, safe and effective instructional techniques, modification of exercise options to meet individual needs and music to match participant needs, monitor exercise intensity
* The five (5) group exercise sessions should include a variety of sessions catering for :
* beginners, intermediate and advanced participants
* low and high impact

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

* Two (2) of the above sessions need to be filmed and submitted for review by an assessor to verify currency of knowledge and skills

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### *Unit Evidence Description*



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| **Applicant Name** |  |  |  |

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| **SIS30315** | | Certificate III in Fitness | | | **SISFFIT007 Instruct Group Exercise Sessions** | **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.** **Develop session plans** | | | | | | | |
| 1.1 | Consider participant group characteristics and identify expected fitness outcomes and session type | | |  | |  |  |
| 1.2 | Determine appropriate phases, exercises or choreography to meet group needs | | |  |  |
| 1.3 | Select and sequence music, as required, according to duration, concepts and phases of session | | |  |  |
| 1.4 | Incorporate motivational techniques to maximise exercise program adherence | | |  |  |
| 1.5 | Develop and document session plans that incorporate instructional information | | |  |  |
| **2.** **Conduct session** | | | | | | | |
| 2.1 | Confirm availability of area, assemble resources and prepare environment appropriately | | |  | |  |  |
| 2.2 | Check equipment for maintenance requirements, as required | | |  |  |
| 2.3 | Confirm capacity to independently participate in session and modify as required to suit specific needs | | |  |  |
| 2.4 | Provide clear instructions using effective communication and instructional principles | | |  |  |
| 2.5 | Demonstrate exercises, techniques and equipment, and monitor participation and performance of each participant | | |  |  |
| 2.6 | Modify activity, as required to cater for a multi-level group | | |  |  |
| 2.7 | Respond to participants experiencing difficulties and answer questions as required | | |  |  |
| 2.8 | Encourage group cohesion and manage conflicts as they arise | | |  |  |
| **3. Evaluate session** | | | | | | | |
| 3.1 | Seek and acknowledge feedback from participants | | |  | |  |  |
| 3.2 | Evaluate participant response and feedback | | |  |  |
| 3.3 | Evaluate own performance and identify areas needing improvement | | |  |  |
| 3.4 | Implement modifications to future sessions where relevant to meet participant needs | | |  |  |
| 3.5 | Update session documentation | | |  |  |

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| **Knowledge Evidence** | **EVIDENCE**  (please explain in detail how your evidence relates to each of the required knowledge listed) | **Office Use Only** | |
|  | | **Sufficient** | **F.E.R.** |
| Legislative and regulatory requirements regarding group exercise sessions and group circuit sessions:   * Work health and safety/occupational health and safety * Duty of care * Copyright * Licensing |  |  |  |
| Organisational policies and procedures in regards to:   * Pre-session screening * Overcrowding * Ventilation and/or climate control * Hygiene * Participant to instructor ratio * Emergency * Risk management * Standards of personal presentation * Participant’s clothing and footwear * Use, care and maintenance of equipment |  |  |
| Benefits of group exercise sessions |  |  |  |
| Contraindications and precautions to participation in selected group exercise session, and suitable modification options for participants where the safety of the participant is not compromised |  |  |
| Industry accepted guidelines and recommendations for determining contra-indications and Precautions |  |  |  |
| Potentially harmful practices to be avoided:   * Hyperextension of joints * Exercising while sick * Exercising in extremes of temperature * Ballistic movements * High impact movements for clients with incontinence or musculoskeletal conditions |  |  |
| Intervention strategies:   * Stopping or modifying the exercise * Modifying equipment or its use |  |  |  |
| Function and safety of equipment suitable for group exercise to music |  |  |
| Current industry guidelines relevant to group exercise sessions |  |  |
| Variations to group exercise sessions:   * Choreographed to music * With or without music * With equipment * Without equipment * Circuit style * Freestyle |  |  |  |
| Phases of group exercise sessions:   * Warm-up: * Pulse raise * Mobility * Main cardiovascular workout: * Using aerobic curve * Pulse raise * Main workout * Build down * Muscle strength and endurance * Flexibility |  |  |  |

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| Principles of exercise program design:   * Muscle action * Loading and volume * Exercise selection and order * Rest periods * Repetition velocity * Frequency |  |  |  |
| Motivational techniques relevant to group exercise sessions |  |  |  |
| * Industry recognised repertoire for targeting cardiovascular, strength and conditioning and flexibility goals |  |  |  |
| The use of music in a group exercise to music session, with consideration of appropriate use of:   * Beats per minute * Rhythm * Phrasing * Volume |  |  |  |
| Safe and effective exercises and combinations of exercises in group sessions to suit the needs of beginners, intermediate and advanced participants |  |  |  |
| Group management techniques to assist individuals within the group to achieve desired outcomes |  |  |  |

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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, instruct and evaluate at least five group exercise sessions | *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.* |  |  |
| Conduct sessions that individually or cumulatively incorporate:   * Pre-session instructions * Safe and effective instructional techniques * Modification of exercise options to meet individual needs * Music to match participant needs | *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.* |  |  |
| Monitor exercise intensity during every session using at least one of the following methods:   * Heart rate response * Perceived rate of exertion * Talk test | *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 communication skills:   * Clear verbal communication * Modelling and demonstration | *This evidence will be collected via completion of a practical demonstration.* |  |  |
| Use motivational techniques | *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:* | |

