### 

RPL Standard



SISFFIT011 Instruct Approved Community Fitness Programs

**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 instruct an approved community fitness program designed to promote wellbeing and increase physical activity levels in community groups. Program evaluation is the responsibility of the approving authority.

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 work with a range of clients in a variety of locations including aquatic, recreation, leisure, fitness, gym and community centres.
* Instructing approved community fitness programs on at least three (3)occasions
* Evidence of modification of exercise options to meet individual needs
* 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 may include, but are not limited to:**

* Documented evidence of planning, instructing and evaluating **three (3)** community based exercise sessions

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

* Evidence of instructing at least three (3) approved community fitness programs in different locations (aquatic, recreation, leisure, fitness, gym and community centres)
* Two (2) of the above sessions need to be filmed and submitted for review by an assessor to verify currency of knowledge and skills

### *Unit Evidence Description*



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| **Applicant Name** |  |  |  |

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| **SIS30315** | | Certificate III in Fitness | | **SISFFIT011 Instruct Approved Community Fitness Programs** | | **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.** **Prepare for community fitness program delivery** | | | | | | | |
| 1.1 | Confirm licensing and provider requirements of the program | |  | | |  |  |
| 1.2 | Confirm facility and resource requirements for program delivery | |  |  |
| 1.3 | Confirm access to venue or facility meets needs and requirements of clients | |  |  |
| **2.** **Conduct approved community fitness program** | | | | | | | |
| 2.1 | Confirm availability of area, assemble resources and prepare environment appropriately | |  | | |  |  |
| 2.2 | Check equipment for maintenance requirements according to program guidelines, as required | |  |  |
| 2.3 | Confirm capacity to independently participate in session and modify as required to suit specific needs | |  |  |
| 2.4 | Provide clear instructions according to program requirements using effective communication and instructional principles | |  |  |
| 2.5 | Demonstrate exercises, techniques and equipment participants | |  |  |
| 2.6 | Monitor exercise intensity, technique and safety of clients throughout program according to program guidelines | |  |  |
| 2.7 | Modify activities as required to meet needs and requirements of clients and minimise risk of injury | |  |  |
| 2.8 | Respond to participants experiencing difficulties and answer questions as required | |  |  |
| **3. Evaluate program** | | | | | | | |
| 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 | Update session documentation | |  | |  |
| 3.5 | Maintain records of sessions according to program guidelines | |  | |  |

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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.** |
| Legislative and regulatory requirements regarding community fitness programs:   * 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 * Venue hire, Recording and reporting requirements * Communication protocol, Security |  |  |
| Approved community fitness programs:   * Benefits * Purpose * Aims * Target group * Acceptable program modifications * Equipment requirements and safe usage |  |  |  |
| Instructional techniques to enable effective delivery and monitoring of program |  |  |
| General characteristics of main cultural and social groups in Australian society and key aspects that relate to client cultural and religious protocols and preferences for exercise |  |  |  |
| Injury prevention strategies to maximise client participation in the program |  |  |  |

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| **Performance Evidence** | **EVIDENCE**  (please explain in detail how your evidence relates to each of the required skills listed) | **Office Use Only** | |
|  | | **Sufficient** | **F.E.R.** |
| Instruct three approved community fitness programs, that individually or cumulatively incorporate:   * Clear and accurate instructions and pre-session information: * Personal introduction * Verbal pre-screen * Session level outline and demonstration and explanation of exercises * Well-timed visual and verbal cueing * class organisation and formation * Emergency procedures * Appropriate and safe footwear and clothing * Rests * Correct exercise techniques and breathing * Modification of exercise options to meet individual needs * Sensitivity to social and cultural differences or needs * Regular encouragement and feedback to clients during session | *This evidence will be collected via submission of documentation requested on the first.*  *This evidence will be collected via completion of a practical demonstration.* |  |  |
| Use the following communication skills:   * Clear verbal communication * Modelling and demonstration * Motivational techniques | *This evidence will be collected via submission of documentation requested on the first.*  *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:* | |

