### RPL Standard

SISFFIT017 Instruct long-term exercise 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, knowledge and skills required to plan, instruct and evaluate long-term exercise programs for clients. It requires the ability to apply the principles of training and program design to achieve goals in relation to health and skill-related components of fitness. It applies to the use of a variety of training techniques and cardiovascular, free weights and contemporary training equipment, in client programs.

### 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 have industry experience within a health/fitness service where direct client contact is involved
* Applicants who may have completed a similar unit within a health/fitness course
* The applicant must have knowledge and skills required to develop and maintain detailed structure and layout of long-term exercise programs
* The applicant must demonstrate knowledge of all Performance Criteria, Essential Knowledge and Skills

**Example Evidence:**

* Relevant transcript & certificate
* Evidence of working within the industry
* Evidence of capability to provide guidelines and suggestions tailored to a client to increase incidental physical activity and adhere to regular exercise programs.
* Evidence of competency to develop and maintain detailed structure and layout of long-term exercise programs.
* Evidence of evaluating and use of a variety of exercise equipment including electrical and non-electrical
* 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:**

* Submission of at least 5 long term exercise programs you have developed for 5 different clients (including screening, fitness testing forms & exercise program forms, re-evaluation and modified programs) that address at least 4 of the following;
* Technical requirements
* Changing needs due to fitness adaptations
* Changing goals
* Client needs, objectives, likes and dislikes
* Technical difficulty adjustments of exercises

### *Unit Evidence Description*

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| **Applicant Name** |  |  |  |

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| ***SIS40215*** | | Certificate IV in Fitness | | | **SISFFIT017** | Instruct long-term exercise programs | **Office Use only** | |
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| **Unit Type:** 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. Identify client fitness goals.** | | | | | | | | |
| 1.1 | Discuss client health-related and skill-related goals. | | |  | | |  |  |
| 1.2 | Explain the need to incorporate an increase in physical activity and a decrease in physical inactivity, as required, to clients. | | |  |  |
| 1.3 | Conduct pre-exercise health screening, and health assessment procedures as required. | | |  |  |
| 1.4 | Explain training adaptations expected when participating in long-term exercise program. | | |  |  |
| 1.5 | Develop objectives for long-term program and each phase of program, in consultation with client where required. | | |  |  |
| **2. Develop program plans.** | | | | | | | | |
| 2.1 | Determine type of training, training methods and equipment required to achieve client goals. | | |  | | |  |  |
| 2.2 | Calculate total training volume required to achieve client goals. | | |  |  |
| 2.3 | Develop and document a long-term exercise plan that incorporates key instructional information. | | |  |  |
| 2.4 | Develop customised and contemporary training sessions to meet client specific needs. | | |  | | |  |  |

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| **3. Conduct exercise sessions.** | | | | |
| 3.1 | Allocate sufficient space, assemble resources and check equipment for safety and maintenance requirements. |  |  |  |
| 3.2 | Provide clear and accurate exercise instruction and confirm client understanding. |  |  |
| 3.3 | Demonstrate skills and techniques to client. |  |  |
| 3.4 | Observe and monitor participation and performance of client and adjust as required. |  |  |
| 3.5 | Select and use communication techniques that encourage and support client. |  |  |
| 3.6 | Monitor client for signs and symptoms of intolerance. |  |  |
| 3.7 | Seek feedback from client during exercise sessions. |  |  |
| 3.8 | Modify session as required, according to specific fitness outcomes, or for safety, using consideration of basic mechanics. |  |  |
| 3.9 | Respond to clients experiencing difficulties, and answer questions as required. |  |  |
| 3.10 | Complete session documentation and progress notes. |  |  |

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| **4. Evaluate program** | | | | |
| 4.1 | Monitor and evaluate exercise program at appropriate intervals. |  |  |  |
| 4.2 | Request and respond to feedback from client. |  |  |
| 4.3 | Identify aspects needing further emphasis or attention in future sessions. |  |  |
| 4.4 | Review own performance and identify areas needing improvement. |  |  |
| 4.5 | Implement modifications to future instruction and discuss changes to the client’s long-term exercise plan. |  |  |
| 4.6 | Maintain and store records of evaluation and modification of program. |  |  |

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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.** |
| Long-term exercise program planning for improvement of health- and skill-related components of fitness:   * Body composition * Muscle endurance * Muscle strength * Flexibility * Cardiovascular endurance * Balance * Reaction time * Coordination * Power * Speed * Agility * Proprioception |  |  |  |
| * Safety and preparation considerations for the use of plyometric training in client programs. |  |  |  |
| Program design and variables relevant to the combination of health- and skill-related components of fitness in the client’s program:   * Muscle actions * Loads and volumes * Exercise selection and order * Rest periods * Repetition velocity * Frequency |  |  |  |
| Training principles relevant to the health- and skill-related components of fitness in the client’s program:   * Overload * Progression * Adaptation * Specificity * Individualisation * Maintenance |  |  |  |
| Training methods and consideration of intensity, program types, sets and reps, circuits, matrices, super-sets, pre-fatigue and interval training |  |  |  |
| Types of conditioning and training, and expected adaptations, including timing, for:   * Speed * Power * Strength * Flexibility * Cardiovascular endurance * Hypertrophy * Muscle endurance * Weight loss * Agility * Reaction time * Balance * Coordination |  |  |  |
| Client considerations and needs:   * Client details * Fitness levels and goals * Training history * Targeted adaptations * Anticipated rate of client adaptation * Number and nature of session programs * Equipment requirements * Facility requirements * Review dates |  |  |  |
| Application of exercise science, anatomy, physiology, biomechanics considerations to fitness activities and long-term exercise programming:   * Aerobic endurance and responses * Hypertrophy training and types of muscle fibres * Muscle tension * Local muscle endurance training and recovery * Neuromuscular coordination training, safety, skill and recovery * Strength training, recovery times and techniques * Stretching and flexibility methods, techniques and recovery times * Predicted rate of adaptation * Progression * Recovery rate * Reversibility * Specificity * Training threshold |  |  |  |
| * Manufacturer and exercise equipment specifications for safe use and techniques |  |  |  |
| Signs and symptoms of exercise intolerance and overtraining such as unusual fatigue |  |  |  |
| Physiological changes that occur from long-term exercise training:   * Cardiovascular changes * Energy system and substrate utilisation * Nervous system changes * Pulmonary changes * Thermoregulation |  |  |  |

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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.** |
| * Physiological changes that occur from long-term exercise training: * Cardiovascular changes * Energy system and substrate utilisation * Nervous system changes * Pulmonary changes * Thermoregulation. | *This evidence will be collected via documents outlined on first page & oral questioning* |  |  |
| * Plan, implement and evaluate at least five long-term exercise programs using the principles of program design to suit the needs of clients with goals related to a combination of health- and skill-related components of fitness | *This evidence will be collected via documents outlined on first page & oral questioning* |  |  |
| Conduct sessions that individually or cumulatively incorporate:   * Use of a variety of all of the following equipment: * Cardiovascular * Free weight * Gym * Contemporary exercise equipment | *This evidence will be collected via a practical demonstration & oral questioning* |  |  |
| Demonstration, explanation, and instruction in the following:   * Cardiovascular, with and without electrical or non-electrical equipment * Resistance, using body weight, free weights and contemporary fitness equipment, and a combination of compound and isolation exercises * Flexibility – static, dynamic and proprioceptive neuromuscular facilitation (PNF) | *This evidence will be collected via a practical demonstration & oral questioning* |  |  |
| * Injury prevention strategies specific to client needs and program | *This evidence will be collected via documents outlined on first page & oral questioning* |  |  |

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| * Competition or performance strategy into at least one of the programs | *This evidence will be collected via oral questioning* |  |  |
| Exercises to develop:   * Skill * Agility * Proprioception * Balance * Coordination * Reaction time * Controlled power movements, for example in plyometric-style exercises | *This evidence will be collected via oral questioning* |  |  |
| Modify at least three existing exercise plans for clients, addressing at least four of the following:   * Technical requirements * Changing needs due to fitness adaptations * Changing goals * Client needs, objectives, likes and dislikes * Technical difficulty adjustments of exercises | *This evidence will be collected via submission of documentation requested on the first & second page.* |  |  |
| * Document exercise plans and exercise programs for all clients using clear and structured forms. | *This evidence will be collected via submission of documentation requested on the first & second page.* |  |  |

**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:* | |