### RPL Standard

SISFFIT020 Instruct exercise programs for body composition goals

**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 design exercise plans and programs to change and maintain desired and realistic body composition of clients. It applies to exercise programs aimed at health-related components of fitness, with particular attention to body composition. This unit does not directly apply to provision of healthy eating information regarding body composition goals, however it does cover the calculation of energy expenditure to enable planning and instruction of appropriate programs to achieve identified goals. 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, this can be within work placement from previous fitness courses.
* Applicants who may have completed a similar unit within a health/fitness course
* It requires the ability to develop and evaluate exercise program specific to clients with body composition goals
* This unit applies to personal trainers who typically work autonomously in controlled and uncontrolled fitness environments. Work is performed according to relevant legislation and organisational policies and procedures.
* The applicant must demonstrate knowledge of all Performance Criteria, Essential Knowledge and Skills

**Example Evidence:**

### Relevant transcript & certificate

### Evidence of working within the industry – Letter from Employer

### Evidence of providing clients with information related to exercise and body composition in a manner which they can understand and implement this into their exercise sessions.

### Evidence of the ability to plan, conduct and evaluate exercise sessions for body composition outcomes.

### Completion of ACFB e-learning quiz/oral questioning to assess knowledge requirements. If required, this will be organised after enrolment.

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

### Evidence of working within the industry totalling at least ten hours and comprising at least ten different client contact sessions

### Submission of Five (5) different clients screening, fitness testing, programming & evaluation forms that meet specific body composition needs and goals, that meet current industry endorsed best practice for client pre-exercise screening and risk stratification.

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

### A practical demonstration will be required after enrolment to demonstrate your current ability to perform the skills as set out in the Performance Evidence.

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### *Unit Evidence Description*

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| **Applicant Name** |  |  |  |

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| ***SIS40215*** | | | Certificate IV in Fitness | **SISFFIT020** | **Instruct exercise programs for body composition goals** | | **Office Use only** | |
| **Type of Unit:** Core | | | **Prerequisite:** None | **Sufficient** | **F.E.R.** |
| **Elements / Performance Criteria** | | | | **EVIDENCE** (please explain in detail how your evidence relates to each of the required skills listed) | | |  |  |
| **1. Identify client body composition requirements** | | | | | | | | |
| 1.1 | Consider and confirm client body composition goals, expectations and preferences using suitable questioning techniques | | |  | | |  |  |
| 1.2 | Review and advise client of outcomes of pre-exercise health screening procedures | | |  |  |
| 1.3 | Refer client to medical or allied health professionals as required | | |  |  |
| 1.4 | Identify potential barriers to achieving needs and goals | | |  |  |
| 1.5 | Provide information to client on the relationship between healthy eating, exercise and health | | |  |  |
| 1.6 | Determine daily energy expenditure of client | | |  |  |
| 1.7 | Measure body composition of client using anthropometric standards | | |  |  |
| 1.8 | Develop and document client profile for re-evaluation purposes | | |  |  |
| **2. Develop exercise plan to improve body composition** | | | | | | | | |
| 2.1 | | Determine type of training, training methods and equipment required to achieve client body composition goals | |  | | |  |  |
| 2.2 | | Develop client personalised strategies to increase exercise adherence | |  |  |
| 2.3 | | Develop and document program plans that incorporate key instructional information and short and long-term body composition goals | |  |  |
| 2.4 | | Set realistic guidelines and confirm exercise plan with client | |  | | |  |  |
| 2.5 | | Develop customised training sessions that include a variety of exercises and equipment to meet client goals | |  | | |  |  |
| **3.** I**mplement exercise plan** | | | | | | | | |
| 3.1 | | Instruct client in specific programs and exercises | |  | |  | |  |
| 3.2 | | Select and use motivational techniques that encourage exercise, and healthy eating adherence | |  | |  |
| 3.3 | | Respond to clients experiencing difficulties and answer questions as required | |  | |  |
| 3.4 | | Monitor and record client progress | |  | |  | |  |
| **4. Evaluate exercise plan** | | | | | | | | |
| 4.1 | | Monitor and evaluate exercise program at appropriate intervals | |  | |  | |  |
| 4.2 | | Reappraise client body composition at agreed stages of program | |  | |  |
| 4.3 | | Review client short and long-term goals and exercise plan | |  | |  |
| 4.4 | | Evaluate program or activities and discuss modifications to program | |  | |  |
| 4.5 | | Modify exercise plan for client and document evaluation and modification of programs | |  | |  |

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| **Knowledge Evidence** | **EVIDENCE**  (please explain in detail how your evidence relates to each of the required skills listed) | **Office Use Only** | |
|  | | **Sufficient** | **F.E.R.** |
| Legislative and regulatory requirements regarding group  personal training, equipment use and selection:   * Work health and safety/occupational health and safety * Duty of care * Privacy * Anti-discrimination * Working with children and/or vulnerable people check |  |  |  |
| Organisational policies and procedures in regards to:   * Ventilation and/or climate control * Hygiene * Emergency * Risk management * Standards of personal presentation * Participant clothing and footwear * Use, care and maintenance of equipment * Client supervision * Communication protocols * Records management and security |  |  |
| Industry endorsed client pre-exercise screening processes |  |  |
| Industry endorsed risk stratification procedures, exercise implications and referral requirements |  |  |

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| Client considerations for planning exercise programs to target body composition goals:   * training schedule * likes and dislikes * financial constraints * specific responses to questionnaire * religious restrictions * injuries * medical and exercise history * functional limitations |  |  |  |
| Exercise programming principles to target body composition goals:   * muscle hypertrophy * fat loss * lean body mass |  |  |
| Barriers to achieving goals:   * unhealthy eating * physically inactive * exercise patterns * lack of good quality sleep * stress management |  |  |  |
| Management of body composition:   * metabolism * energy expenditure * energy intake * balance between energy intake and energy expenditure * resting metabolic rate * thermogenesis * adaptive thermogenesis * thermic effect of food * thermic effect of exercise * changes to body composition * fat loss * muscle gain |  |  |  |
| Factors affecting ‘weight’ on scales:   * lean body mass * water * fat * clothing |  |  |
| Role of medical or allied health professionals in relation to body composition programming |  |  |  |
| Motivational techniques and strategies to support body composition goals:   * building rapport * questioning techniques * feedback * goal setting * reinforcement |  |  |  |
| Benefits and limitations of body composition appraisal methods. |  |  |  |

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| **Performance Evidence** | **EVIDENCE***(This evidence will be collected via documents outlined on first & second page)* | **Office Use Only** | |
|  | | **Sufficient** | **F.E.R.** |
| Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role. This must include period(s) **totalling at least ten hours** **comprising at least ten different client contact sessions** | *This evidence will be collected via evidence documents listed on page 1 & 2 and via a practical demonstration.* |  |  |
| Plan, document, implement and evaluate **at least five** exercise plans that meet specific body composition needs and goals of individual clients | *This evidence will be collected via evidence documents listed on page 1 & 2 and via a practical demonstration.* |  |  |
| Conduct sessions that consider each client’s:   * training schedule, likes and dislikes * financial constraints, specific responses to questionnaire * religious restrictions, injuries * medical and exercise history, * functional limitations | *This evidence will be collected via evidence documents listed on page 1 & 2 and via a practical demonstration.* |  |  |
| Correctly measure body composition for each client using appropriate measures:   * weight, height, hip circumference, waist circumference * skin folds, bioelectrical impedance analysis * body mass indices | *This evidence will be collected via a practical demonstration.* |  |  |
| Appropriately use and apply anthropometric standards:   * somatotypes, skin fold indices, body mass indices * waist-hip ratios, healthy weight range charts | *This evidence will be collected via a practical demonstration.* |  |  |
| Use appropriate and motivating instructional techniques with each client to increase exercise adherence and positive health and fitness habits:   * goal setting, intrinsic an extrinsic motivation * establishment of habits, positive reinforcement | *This evidence will be collected via a practical demonstration and 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:* | |