### RPL Standard

SISSSTC301A Instruct strength and conditioning techniques

**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.

This unit is delivered and assessed in conjunction with SISSSTC402A Develop strength and conditioning techniques.

**Unit Description:**

### This unit describes the performance outcomes, knowledge and skills required to use drills, exercises and activities to instruct strength and conditioning techniques to individual athletes or groups of athletes according to their sport-specific needs, or those undertaking fitness programs to achieve personal fitness 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 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 fitness/strength & conditioning course
* The applicant must have coaching experience, working with individuals or teams. It also applies to fitness instructors who provide a range of fitness programs and services to individuals or groups. The unit is applicable to those working with sporting groups, in fitness centres, gyms or autonomously in the fitness industry
* The applicant must ensure the conduct of multiple strength and conditioning sessions that meet the needs of individuals, groups or sports and are of sufficient breadth and duration to demonstrate competency and consistency of performance
* 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 providing motivational techniques to provide appropriate feedback to athletes
* Evidence of capability to provide and instruct effective strength and conditioning techniques
* Evidence of competency to use technology skills to assess athletes and select exercises and drills for use within the program
* Evidence of evaluating lifestyle modifications and strategies to promote behaviour changes and modifications
* 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:**

* Submission of three (3) strength and conditioning programs for three (3) different athletes including;
* Screening, fitness testing documents
* Needs analysis for client needs, goals and specific to the athlete’s sport
* Periodised program plans for a training year
* Program cards
* Evaluation & modification

**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 strength and conditioning skills and teach this information to an athlete as set out in the Performance Evidence and performance criteria.

### *Unit Evidence Description*

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| **Applicant Name** |  |  |  |

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| ***SIS40215*** | | Certificate IV in Fitness | | **SISSSTC301A** | Instruct strength and conditioning techniques | **Office Use only** | |
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| **Unit Type:** 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. Assess current status of athlete or athletes** | | | | | | | |
| 1.1 | Select appropriate **testing protocols** and implement to assess current fitness level of **athlete or athletes**. | |  | | |  |  |
| 1.2 | Evaluate the training background and exercise history of athlete or athletes. | |  |  |
| 1.3 | Identify the techniques of strength and conditioning to be developed with relevant support personnel according to the needs of the athlete or group. | |  |  |
| **2. Select the appropriate strength and conditioning program** | | | | | | | |
| 2.1 | Select core lifts and exercises to meet the identified needs of the athlete or athletes and organisational policies and procedures. | |  | | |  |  |
| 2.2 | Incorporate drills, exercise techniques and activities into the program to instruct a strength and conditioning program. | |  |  |
| 2.3 | Select appropriate equipment to be used as part of the strength and conditioning program according to organisational policies and procedures. | |  |  |
| 2.4 | Develop customised and contemporary training sessions to meet client specific needs. | |  | | |  |  |

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| **3. Prepare for strength and conditioning session** | | | | |
| 3.1 | Allocate sufficient space and ***resources*** for the drill, activity or game. |  |  |  |
| 3.2 | Check exercise area is free from obstacles prior to commencement of session. |  |  |
| 3.3 | Check equipment is in good working order prior to commencement of session. |  |  |
| 3.4 | Quarantine and report faulty equipment according to organisational policies and procedures. |  |  |
| 3.5 | Arrange equipment according to exercise plan and relevant legislation and organisational policies and procedures. |  |  |
| **4. Instruct strength and conditioning session** | | | | |
| 4.1 | Communicate session objectives and the **benefits**of strength and conditioning to athlete or athletes. |  |  |  |
| 4.2 | Explain common types of injuries that would prevent participation in the session and confirm athlete or athletes are not affected. |  |  |
| 4.3 | Instruct session according to strength and conditioning plan, relevant legislation and organisational policies and procedures and best practice principles of strength and conditioning training. |  |  |
| 4.4 | Demonstrate and instruct correct use of equipment according to organisational policies and procedures and manufacturer's instructions. |  |  |
| 4.5 | Demonstrate exercises within the strength and conditioning class using appropriate instructional techniques. |  |  |
| 4.6 | Monitor athlete intensity, technique and safety during the class. |  |  |
| 4.7 | Incorporate **motivation techniques**to maximise exercise program adherence. |  |  |

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| **5. Evaluate the strength and conditioning program and make modifications** | | | | |
| 5.1 | Review athletes or athletes' training diary or diaries to monitor ongoing progress. |  |  |  |
| 5.2 | Implement modifications to the program where relevant to meet identified needs |  |  |
| 5.3 | Use testing protocols to assess athlete's ongoing progress. |  |  |
| 5.4 | Review own performance and identify potential improvements. |  |  |

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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.** |
| Motivational techniques to provide appropriate feedback to athletes |  |  |  |
| The major body systems, bones, joints muscles and their function to enable the selection, instruction and adjustment of appropriate exercises to meet the needs of athletes |  |  |  |
| Legislation and organisational policies and procedures to enable the safe delivery of exercise programs including the safe use of equipment and a safe learning environment |  |  |  |
| Drills, activities and games to teach the techniques of strength and conditioning |  |  |  |
| Physiological, psychological and biomechanical changes that occur with strength and conditioning training to enable informed planning and instruction of sessions and prompt response to athlete difficulties during the class. |  |  |  |

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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.** |
| Instructs strength and conditioning classes that meet athlete expectations, comply with legislative and organisational requirements, and are of sufficient duration to allow the candidate to demonstrate the use of drills, activities and games to instruct in strength and conditioning techniques | *This evidence will be collected via a practical demonstration and submission of documents on page 1 & 2.* |  |  |
| Assesses athletes current training status and needs and applies knowledge of human anatomy and physiology to select and modify an appropriate program | *This evidence will be collected via a practical demonstration, submission of documents on page 1 & 2 & oral questioning.* |  |  |
| Carries out tasks responsibly and safely using an athlete centred approach to encourage athlete participation using appropriate motivational and communication strategies. | *This evidence will be collected via a practical demonstration & 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:* | |