

## Certificate III in Fitness (SRF30206)

### RPL/Credit Transfer Qualification Requirements

The SRF30206 in Fitness comprises 24 units packaged as 9 Core Units, 10 Stream Units, 1 Specialisation Unit and 4 Elective units. The SRF30206 Certificate in Fitness specifies the competencies required to deliver training in an industry area or area of subject matter expertise, and to conduct competency based assessment in a range of contexts.

Current holders of the VICFIT can have a degree of equivalence with the SRF30206 and along with workplace experience can assist your application for RPL/RCC.

#### 3 Easy steps to gaining RPL

**Step 1** – Complete this form and submit it with all relevant documentation to support your claim for RPL.

**Step 2** – Once ACFB receive these documents, we will then map out any RPL you are entitled to and work out an amended price for your course and a cost for the RPL process, which usually takes 10-14 days.

*Please note; Even if a full course RPL is awarded, there is still a cost for the RPL process.*

*~ Some students may also require an additional RPL process, which may include practical demonstrations and/or assessments. Students will be made aware of these requirements at this stage.*

**Step 3** – Once you have agreed to the RPL awarded, please complete an Application Form and we can then get you started in your course!

**To be awarded an RPL/RCC for specific units in the SRF30206 Certificate III in Fitness the following requirements are to be submitted for processing in an organised Evidence Portfolio.**

The portfolio must be submitted to your trainer along with the application form (attached) and must address:

- ✚ A certified copy of your VICFIT Certificate (if relevant) and any other qualifications held relevant to the Certificate III in Fitness.
- ✚ A combination / a selection of the following as evidence to support the additional requirements. This may include:
  - ✚ A signed letter from your manager stating that you have worked previously or are currently working within a gymnasium as a fitness instructor.
  - ✚ An up-to-date resume detailing qualifications and experience relevant to the Certificate III in Fitness.
  - ✚ Examples of any exercise programs you have designed and implemented for a client including assessment, re-assessment and program evaluation.

**# Please Note: there is a charge per unit of RPL gained.**

*Students gaining RPL are entitled to all ACFB's normal and individual course Instalment plans*

SRF30206 Certificate III in Fitness RPL/CREDIT TRANSFER MATRIX			
<b>Name:</b>		<b>Date:</b>	
Unit Code	Unit Name	Unit Description	Qualifications/Experience Relevance
SRFFIT014A	Provide advice to clients on application of basic anatomy & physiology to fitness programs	Basic anatomy and physiology of the major systems of the human body and the functional significance of these structures in relation to movement and exercise.	
SRFFIT005B	Apply basic exercise science to exercise instruction	Basic applied exercise science required for fitness instructors.	
SRFFIT015A	Provide nutritional advice to clients in accordance with recommended guidelines	Basic nutritional information and advice to fitness industry clients, who have no dietary or nutritional concerns	
SRFFIT001B	Provide orientation to clients	Identify clients general fitness requirements, provide a basic screening form to clients, and advise client on fitness facilities and services.	
SRFFIT003B	Undertake client induction & screening	Prepare an instructor to take a client through a process of screening, a discussion of fitness goals, and a basic fitness appraisal in preparation for writing a fitness program.	

SRFFIT004B	Develop basic fitness programs	Knowledge, skills & motivation to develop basic fitness programs for fitness industry clients.	
SRFFIT006B	Use & maintain fitness equipment	Basic knowledge and skills to maintain equipment commonly used in the fitness industry, and operate it to manufacturer's specifications.	
SRFGYM001B	Instruct activities using fitness equipment	Instruct and supervise individual clients in fitness using basic fitness industry equipment.	
SRFGYM002B	Gym instructional skills	Plan and deliver a broad range of training programs customised for clients with specific fitness requirements.	
SRFSPP002A	Exercise with special populations	Provide appropriate advice to specific population clients on participation in fitness appraisals and fitness activities. It covers the pathology of the more common disease states and conditions encountered within the fitness industry and the limiting effects of the condition on exercise performance and functional capacity.	

SRSCGP005A	Customise coaching to include children	Customisation of teaching methods and coaching programs to meet the needs of children.	
SRSCGP006A	Customise coaching to include mature age	Customisation of teaching methods and coaching programs to meet the needs of mature aged athletes.	
SRFGEX001A	Plan and instruct a group exercise class	Plan and instruct a basic group fitness class of a type common in the fitness industry	
SRXGRO003A	Provide leadership to groups	Provide leadership to groups by demonstrating appropriate standards of performance, influencing individuals and groups, make and facilitate decisions, and demonstrate appropriate leadership styles.	
BSBCMN302A	Organise work priorities	Organise own work schedules, monitor and obtain feedback on work performance, and maintain required levels of competence.	
BSBFLM303A	Contribute to effective work relations	Contribute to effective workplace relationships specific to a gymnasium and recreation facility	

BSBADM307A	Organise Schedules	Managing appointments and diaries for personnel within the organisation, using both manual and electronic diary/appointment systems	
BSBCMN302A	Organise work priorities	Organise own work schedules, monitor and obtain feedback on work performance, and maintain required levels of competence.	
SRXGCS004A	Meet client needs	Meet fitness client and gymnasium staff needs and expectations	
SRXGCST03A	Process client complaints	Process client complaints by responding and referring appropriately	
SRXOHS001B	Follow defined Occupational Health and Safety policies and procedures	Contribute to participative arrangements of OHS policies and procedures including hazard identification and risk control	
SRXINU002A	Apply sport and recreation law	Identify laws applicable to sport and recreation and ensure compliance with legal requirements	

SRXRIK001A	Undertake risk analysis of activities	Establish the context of risks, identify risks, conduct risk analysis and assessment using standardized risk assessment forms and treat the risks associated with activities	
SRXFAD002A	Provide advanced first aid response	Provide advanced first aid response by assessing the situation, managing casualties, coordinate first aid activities, communicate, manage and evaluate the incident.	
ICAITU006C	Operate computing packages	Identify, select and correctly operate desktop applications for a range of purposes.	



