

Certificate IV in Fitness (SRF40206)

RPL/Credit Transfer Qualification Requirements

The SRF40206 in Fitness comprises 21 units packaged as 9 Core Units, 7 Stream Units, 1 Specialisation Unit and 4 Elective units. The SRF40206 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 SRF40206 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 SRF40206 Certificate IV 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 current Certificate III in Fitness and any other relevant qualifications held relevant to the Certificate IV 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 or studio as a personal trainer.
 -  An up-to-date resume detailing qualifications and experience relevant to the Certificate IV in Fitness.
 -  Examples of any exercise programs you have designed and implemented for a personal training 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 ACFB's Normal and Individual Instalment Plans

**SRF40206 Certificate IV in Fitness
RPL/CREDIT TRANSFER MATRIX**

Name:		Date:	
Unit Code	Unit Name	Unit Description	Qualifications/Experience Relevance
SRFFIT009B	Undertake postural appraisal of low risk clients	Undertake basic postural appraisals to evaluate client's posture, functional range of movement and muscle strength and weakness in preparation for the development of an exercise program.	
SRSSTC001A	Teach or develop basic skills of strength and conditioning	Knowledge and skills required to use skills to use drills, exercises and activities to teach or develop basic skills or strength and conditioning.	
SRFFIT008B	Utilise a broad knowledge of exercise science in exercise planning, programming and instruction	Knowledge and skills required to utilise a broad knowledge of exercise science principles in fitness training.	
SRXGCS006A	Address client needs	Establish the client needs and work to address these needs in the workplace	
SRXGCST05A	Coordinate client service activities	Establish the need for an activity and provide effective and efficient coordination of the activity.	
SRXINU003A	Analyse participation patterns in specific markets of the leisure and recreation industry	Analyse participation patterns in specific markets of the leisure and recreation industry	

SRXINU004A	Promote compliance with laws and legal principles	Promote compliance with laws and legal principles that are specific to the health and fitness industry	
SRFFIT007B	Undertake relevant exercise planning and programming	Covers the knowledge and skills to plan and program advanced exercises for fitness industry clients.	
SRXOHS002B	Implement and monitor the organisation's Occupational Health and Safety policies, procedures and pro	Implement and monitor the organisation's Occupational Health and Safety policies, procedures and pro	
SRFFIT013B	Provide information and exercise related to nutrition and body composition	Covers the knowledge and skills to provide basic information about healthy eating and design exercise plans and programs to manage the body compositions in clients.	
SRFFIT011B	Provide exercise for fitness industry clients with special requirements	Covers the knowledge and skills required to provide exercise for clients with common medical, injury or health conditions, after referral from and under the supervision of medical and allied health professionals and as part of a team of allied health and medical professionals.	
SRFFIT012B	Utilise an understanding of motivational psychology with fitness clients	Covers the knowledge and skills required to provide exercise for clients with common medical, injury or health conditions, after referral from and under the supervision of medical and allied health professionals and as part of a team of allied health and medical professionals.	

SRFFIT010B	Utilise a broad range of fitness equipment	Covers the knowledge and skills to use, maintain and demonstrate a broad range of fitness equipment.	
SRFPTI001B	Plan and deliver personal training	Covers the knowledge and skills to be able to operate effectively as a personal trainer in the fitness industry.	
SRSMAS001A	Apply appropriate pre-event and post-event techniques	Covers the knowledge and skills to enable the learner to apply a range of basic massage techniques to prepare an athlete/client for activity/competition and assist the athlete/client to recover from an activity/competition.	
HLTREM6A	Provide the massage treatment	Describe the skills required to administer client/patient basic massage treatment according to the philosophy and practices of a massage therapy framework.	
SRXOGN001A	Conduct projects	Plan and prepare for a project, implement, administer, coordinate, finalise and review a project.	
BSBCM402A	Develop work priorities	Covers the skills and knowledge required to plan own work schedules, monitor and obtain feedback on work performance and development.	

ICAITU006C	Operate computer packages	Defines the competency required to identify, select and correctly operate desktop applications for a range of purposes.	
SRXRIK001A	Undertake risk analysis of activities	Undertake risk analysis of fitness activities within a gymnasium and/or sporting complex/facility.	
SRFCTC001A	Teach or develop basic skills of strength and conditioning	Covers the knowledge and skills required to use skills to use drills, exercises and activities to teach or develop basic skills or strength and conditioning.	

