

Recognition of Prior Learning Application Form:

Name: _____

Address: _____

Telephone Numbers: _____

Fax Number: _____

Email Address: _____

I wish to apply for RPL for (please tick):

Stage 1 (\$90)

Stage 2 (\$90)

Stage 3 (\$90)

All Stages 1, 2 & 3 (\$250)

RPL Fee Payment

Payment: Cheques payable to "Fitnation"

Cheque Money Order Visa Mastercard

Amount: \$ _____

Credit Card Number: _____ | _____ | _____ | _____

Card Holder's Name: _____

Expiry Date: _____ Signature: _____

Send to: Fitnation
 Shop 40, 197 Bay St
 Brighton 3186

1. Academic Background Relating to the Course

Date of Completion	Institute	Course	Subjects Completed & Result

2. Employment Background Relating to the Course:

Date	Organisation	Position Title	Duties/Responsibilities

3. Provide direct evidence in support of your application for the stage / unit of the competency listed.

Evidence must be precise and can include:

- written documentation from employers supporting your attainment of the competency
- evidence of programs conducted with client feedback
- documents produced by you (examples of programs for clients)
- formal academic course results gained (must be verified copies of originals)
- client testimonials
- other evidence you feel demonstrates your competency
- the evidence provided must be current

Units included in the Certificate III in Fitness – SRF30206

Stage One	
SRXGCSO04A	Meet client needs and expectations (Core)
BSBFLM303A	Contribute to effective workplace relationships (Core)
SRXINU002A	Apply sport and recreation law (Core)
BSBCMN302A	Organise personal work priorities and development (Core)
SRXRIK001A	Undertake risk analysis of activities (Core)
ICAITU006C	Operate computing packages (Core)
SRXGCST03A	Process client complaints (Core)
SRXFAD002A	Provide advanced first aid response (Core)
SRXOHS001B	Follow defined OH&S policies and procedures
SRFFIT001B	Provide orientation to clients prior to undertaking a fitness program (Stream)
SRFFIT003B	Undertake client induction and screening (Stream)
SRFFIT005B	Apply basic exercise science to exercise instruction (Stream)
SRFFIT014A	Provide advice to clients on the application of basic anatomy and physiology to fitness programs (Stream)
SRXGRO003A	Provide leadership to groups (Stream)
Stage Two	
SRFFIT004B	Develop basic fitness programs (Stream)
SRXCAI004B	Plan a session or program for participants (elective)
SRXCAI005B	Conduct a sport and recreation session for participants (elective)
SRFFIT006B	Use and maintain core fitness industry equipment (Stream)
SRXFAC003B	Implement facility maintenance programs (elective)
SRFGYM001B	Instruct fitness activity skills to a client using fitness equipment (Stream)
SRFGYM002B	Customise gym instructional skills to include specific areas of expertise current in the fitness industry (specialisation)
Stage Three	
SRFFIT015A	Provide nutrition advice to clients in accordance with recommended guidelines (Stream)
SRCCAP002A	Promote the benefits of healthy eating to participants
SRFSPP002A	Develop and apply an awareness of specific populations to exercise Delivery (Stream)