

Recognition of Prior Learning Application Form:

Name: _____
Address: _____
Phone: _____ Fax: _____
Email: _____

- I wish to apply for RPL for (please tick):
- Nutrition for Special Populations
 - Musculoskeletal Exercise Rehabilitation
 - Physical Conditions and Exercise
 - Coaching and Advanced Conditioning
 - Organisational Management
 - All modules

RPL Fee Payment (\$75 per module to a maximum of \$300)

Amount: \$ _____

Methods of Payment: Cheques payable to "Fitnation Pty Ltd"

- Cheque Money Order Visa Mastercard Bankcard

Credit card details

Credit Card Number: _____ | _____ | _____ | _____
Card Holder's Name: _____
Expiry Date: _____ Signature: _____

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. Evidence in support of your application.

- Statements of results from previous University courses
- Course / module / subject outlines indicating content of University subjects
- Duty statements and work responsibilities
- Sample documents confirming managerial experience including staff performance appraisals, risk and project management
- Testimonials from clients
- Samples of programs designed for clients based on referrals and medical information from other health professionals
- Samples of programs for athletes or sportspeople including advanced training concepts and periodisation

Documents must be originals or verified copies.

DIPLOMA OF FITNESS

MODULES / CONTENT	UNIT OF COMPETENCY TITLE
<p>Nutrition for Special Populations (approx 80 hours) Identifying metabolic disorders. Providing body composition management for moderate risk clients using nutritional principles and exercise as part of a health care team.</p>	<p>SRFFIT017A Provide nutrition advice to clients with specific requirements in accordance with recommended guidelines SRFFSP001A Provide body composition management programming for moderate risk clients SRFFSP008A Plan and deliver exercise for clients with moderate risk of metabolic syndrome</p>
<p>Musculoskeletal Exercise Rehabilitation (approx 100 hours) Working as part of a health care team providing exercise rehabilitation for musculoskeletal conditions including joint pain, arthritis, back injuries, muscle strains and ligament damage.</p>	<p>SRFFIT016A Apply information from postural appraisals to fitness programs for moderate risk clients SRFFIT018A Apply anatomy and physiology to fitness programs for moderate risk clients SRFAHN001A Make referrals and work collaboratively with allied health professionals where appropriate SRFAHN002A Receive and respond to rehabilitation referrals from allied health professionals SRFFSP002A Provide information about injury prevention and management to fitness clients SRFFSP006A Plan and deliver exercise strategies for musculoskeletal rehabilitation SRFFSP009A Plan and deliver exercise for moderate risk clients with musculoskeletal needs</p>
<p>Physical Conditions and Exercise (approx 100 hours) Providing exercise rehabilitation for musculoskeletal conditions including cardiovascular disease, peripheral vascular disease, arteriosclerosis, Thrombosis, respiratory disease, deep vein thrombosis and emphysema.</p>	<p>SRFFSP003A Plan and deliver exercise to promote physical and psychological well-being in low to moderate risk clients SRFFSP004A Plan and deliver exercise for moderate risk children and young adolescents SRFFSP005A Plan and deliver exercise for people with a disability SRFFSP007A Plan and deliver exercise for moderate risk clients with cardio-respiratory considerations SRFFSP010A Plan and deliver exercise for low to moderate risk clients with neurological impairment</p>
<p>Coaching and Advanced Conditioning (approx 60 hours) Methods of conditioning for athletes.</p>	<p>SRXCAI011B Plan and prepare for participants to meet the demands of high level participation SRXCAI012B Conduct, monitor and adjust high performance individualised training programs SRSSTC005A Teach or develop advanced skills of strength and conditioning SRSSTC006A Plan and prepare a strength and conditioning program for a high performance athlete SRXCAI010B Evaluate, analyse and modify long-term and/or high performance individualised training programs HLTCOM8A Use practice specific/medical terminology in order to communicate with client/patients, fellow workers and health care professionals HLTCOM6A Make referrals to other health care professionals when appropriate</p>
<p>Organisational Management (approx 80 hours) Management techniques used in the operation of a fitness based organisation.</p>	<p>BSBADM502A Manage meetings SRXGCSS07A Determine needs of client populations SRXINU004A Promote compliance with laws and legal principles SRXINU005A Manage culture and education to expand participation in a leisure and recreation service SRXOGN002A Manage projects SRXOHS003B Establish, maintain and evaluate the organisation's Occupational Health and Safety system SRXRIK002A Manage an organisation's risk ICAITU126B Use advanced features of computer applications BSBFLM404A Lead work teams</p>