

Recognition of Prior Learning Application Form:

Name: _____

Address: _____

Telephone Numbers: _____

Email Address: _____

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

- Nutrition and Health Management
- Exercise Science and Client Screening
- Exercise Instruction & Advanced Programming
- Specialty Training – Children & Older Adults
- Personal Training Business Essentials
- All modules

RPL Fee Payment (\$75 per module to a maximum of \$300. This fee must be paid at time of application)

Amount: \$_____

Payment Methods: Cheques payable to “Fitnation Pty Ltd”

- Cheque Money Order Visa Mastercard

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. Provide evidence in support of your application.

Evidence must be relevant to modules or units within modules and may include:

- Statements of results from previous courses (must be verified copies)
- Course / module / subject outlines indicating content
- Duty statements and work responsibilities
- Testimonials from clients
- Business plans, business registration, advertising, client information and organisational procedures developed for your business
- The evidence provided must be current

CERTIFICATE IV IN FITNESS

MODULES / CONTENT	UNIT OF COMPETENCY TITLE	
<p>Nutrition and Health Management (approx 30 hours)</p> <p>Nutrition principles, body fat and nutrition, exercise for fat loss, managing overweight clients, eating disorders, sports nutrition</p>	SRFFIT013B	Provide information and exercise related to nutrition and body composition
<p>Exercise Science and Client Screening (approx 50 hours)</p> <p>Applied anatomy, physiology, biomechanics, postural screening, fitness evaluation techniques, physiology of healing/injuries</p>	SRFFIT008B	Utilise a broad knowledge of exercise science in exercise planning, programming and instruction
	SRFFIT009B	Undertake postural appraisal of low risk clients
<p>Exercise Instruction & Advanced Programming (approx 70 hours)</p> <p>Advanced exercise planning and programming, exercise for common special requirements, motivational psychology, organising and conducting programs, leadership and instruction</p> <p>Resistance Training principles, sports specific resistance training, functional training, using a wide range of resistance apparatus, weight training exercise technique, advanced exercise techniques</p>	SRFFIT007B	Undertake relevant exercise planning and programming
	SRFFIT010B	Utilise a broad range of fitness equipment
	SRFFIT011B	Provide exercise for fitness industry clients with special requirements
	SRFFIT012B	Utilise an understanding of motivational psychology with fitness clients
	SRXCAI008B	Plan and prepare an individualised long-term training program
<p>Specialty Training – Children & Older Adults (approx 40 hours)</p> <p>Exercise program design for older adults, children and adolescents</p>	SRFOLD001B	Plan and deliver exercise for older adults
	SRFCHA001A	Plan and deliver exercise for children and young adolescents
<p>Personal Training Business Essentials (approx 50 hours)</p> <p>Client interaction, occupational health and safety, team leadership, attending meeting, legal issues, business management, marketing, planning, conducting sessions, client management, various training modalities, professionalism, marketing strategies and promotions, selling skills, client management tools, business planning, financial management</p>	SRXGCSO06A	Address client needs
	SRXGCST05A	Coordinate client service activities
	SRXOHS002B	Implement and monitor the organisation's OH & S policies, procedures and programs
	SRXOGN001A	Conduct projects
	SRFPTI001B	Plan and deliver personal training
	BSBCMN402A	Develop work priorities
	SRXINU003A	Analyse participation patterns in specific markets of the leisure and recreation industry
	SRXINU004A	Promote compliance with laws and legal principles
	SRXRIK001A	Undertake risk analysis of activities
	ICAITU006C	Operate computing packages
	BSBSBM403A	Promote the business