**Work Placement Checklist**

The following checklist and instruction are to ensure that the third-party mentor and facility meet the conditions set out for practical observation for the SIS30315 Certificate III in Fitness and SIS40215 Certificate IV in Fitness qualifications.

This document is to be completed and returned to ACFPT prior to the commencement of work placement.

**Appropriate fitness facilities**

Below are examples of appropriate fitness businesses/facilities for completion of your practical assessment tasks. Other options may be approved if they meet all requirements (see checklist):

* Local gyms
* Commercial fitness centres
* Sporting clubs
* Personal training studios
* Home based facilities

The learner has access to:

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| * Supervision | * supervisor/manager or someone in charge who: * holds a minimum Certificate IV in fitness or relevant degree qualification (e.g. B.ExSS) * has relevant industry experience * holds a current first aid and CPR certificate |
| * Health & fitness appraisal equipment | * heart rate monitor * sit and reach box (or equivalent) * handgrip strength tester * body weight scales * measuring tape * blood pressure machine (automatic and/or manual) * stopwatch * body fat calliper |
| * Free weights and accessory machines | * squat sack * FID weight bench with rack * barbell & collars * weight plates * kettlebells (various weights) * dumbbells (various weights) * medicine balls (various weights) |
| * Plate loaded/pin/cable machines | * 45 degree/horizontal leg press machine/s * Smith machine * seated military press machine * hi/low row machine * leg curl/extension machine/s * seated chest press machine * assisted tricep dip/chin up machine/s * dual adjustable pulley machine |
| * Cardiovascular equipment | * spin bike * rowing machine/ergometer * stationary bike * recumbent bike * treadmill with emergency pull * stepper/stair climber * cross trainer/elliptical machine |
| * Accessory equipment | * screening/assessment room * First Aid kit * field markers * exercise mat * skipping rope * broom stick or PVC piping * equipment for MFR (such as foam roller, trigger ball) * step-up box * BOSU® Ball * resistance bands * exercise ball * TRX suspension trainer |
| * Miscellaneous | * basic cleaning products/equipment |
| * Training areas: | * outdoor training area * strength training/weightlifting area * fitness classes room/area * cardio training room/area |
| * Clients: | * Facilities should provide services to a range of clients of culturally and linguistically diverse (CALD) and different social backgrounds * Facilities should provide services to a range of clients of different ages including: * Younger clients (aged 5-12 years) * Younger clients (aged 13-17 years) * A combination of male and female clients * Clients with a disability (this includes either hearing, vision or verbal communication difficulties as well as other physical and intellectual disabilities) * Older clients (males clients aged over 45 years and female clients aged over 55 years) |
| * Relevant documentation: | * organisational policies and procedures * organisational product information and price lists * product brochures, information sheets and price lists * promotional activity information |

Note: The above is a complete list of requirements for third-party observation tasks. If the facility is unable to supply all equipment, some tasks may be completed using improvised resources.

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| Learner name: |  | | |
| Signature: |  | Date: |  |

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| Supervisor name: |  | | |
| Signature: |  | Date: |  |
| Facility: |  |  |  |