

# Unit of competency details



## SISFFIT023 - Instruct group personal training programs

### Summary

Releases:	Release	Status	Release date
	1	Current	2015/09/03

Usage recommendation: **Superseded**

### Mapping information

Mapping	Notes	Date
Is superseded by SISFFIT035 - Plan group exercise sessions	Non-equivalent. Title changed. Duplicative content for planning and instructing group exercise sessions from SISFFIT007 and SISFFIT023 used to create two focused units: SISFFIT035 (covers planning sessions) and SISFFIT036 (covers instructing sessions). SISFFIT036 also integrates duplicative instructional content from SISFFIT009, SISFFIT010, SISFFIT011. Significant changes to structure and content of Elements and Performance Criteria. Performance Evidence significantly amended: type of clients, and number and duration of sessions specified; group number specified in SISFFIT036. Knowledge Evidence updated with significant additions and deletions..	2021/11/10
Is superseded by SISFFIT036 - Instruct group exercise sessions	Non-equivalent. Title changed. Duplicative content for planning and instructing group exercise sessions from SISFFIT007 and SISFFIT023 used to create two focused units: SISFFIT035 (covers planning sessions) and SISFFIT036 (covers instructing sessions). SISFFIT036 also integrates duplicative instructional content from SISFFIT009, SISFFIT010, SISFFIT011. Significant changes to structure and content of Elements and Performance Criteria. Performance Evidence significantly amended: type of clients, and number and duration of sessions specified; group number specified in SISFFIT036. Knowledge Evidence updated with significant additions and deletions.	2021/11/10

### Training packages that include this unit

Code	Title	Release
SIS	Sport, Fitness and Recreation Training Package	1.0 - 5.2

### Qualifications that include this unit

Code	Title	Release
SIS40215	Certificate IV in Fitness	1

### Skill sets that include this unit

Code	Title	Release
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## Classifications

Scheme	Code	Name
ASCED Module/Unit of Competency Field of Education Identifier	092103	Sports Coaching, Officiating And Instruction

## Classification history

Scheme	Code	Name	Start date	End date
ASCED Module/Unit of Competency Field of Education Identifier	092103	Sports Coaching, Officiating And Instruction	2015/12/07	