



**Australian Government**

# **Assessment Requirements for SISFFIT003 Instruct fitness programs**

**Release: 1**

# Assessment Requirements for SISFFIT003 Instruct fitness programs

## Modification History

Not applicable.

## Performance Evidence

Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role. This must include period(s) totalling at least eight hours comprising at least eight different client contact sessions, and:

- plan, document, implement and evaluate at least five fitness programs using the principles of program design to suit the needs of clients with goals related to health-related components of fitness
- plan, document, implement and evaluate at least three circuit training sessions with interrelated components
- conduct sessions that individually or cumulatively incorporate:
  - demonstration, explanation, and instruction in the following:
    - cardiovascular exercises
    - dynamic warm-up and cool-down components
    - resistance exercises:
      - squat
      - static lunge
      - push-up
      - triceps dips
      - prone back extension
      - shoulder press
      - abdominal crunches
      - bent over row
      - lateral raise
      - modified dead lift
      - prone hover
    - flexibility exercises – static and dynamic stretches
  - injury prevention strategies specific to client needs and program
- modify programs for clients, addressing at least three of the following:
  - technical requirements
  - changing needs due to fitness adaptations
  - changing goals
  - client needs, objectives, likes and dislikes
  - technical difficulty adjustments of exercises.

## Knowledge Evidence

Demonstrated knowledge required to complete the tasks outlined in elements and performance criteria of this unit:

- legislative and regulatory requirements regarding fitness programs, sessions and circuit sessions:
  - work health and safety/occupational health and safety
  - duty of care
- organisational policies and procedures in regards to:
  - pre-session screening
  - overcrowding
  - ventilation and/or climate control
  - hygiene
  - participant to instructor ratio
  - emergency
  - risk management
  - standards of personal presentation
  - participant's clothing and footwear
  - use, care and maintenance of equipment
- principles of program design:
  - FITT
  - overload
  - progression
  - specificity
- fitness program planning for improvement of health-related components of fitness:
  - body composition
  - muscle endurance
  - muscle strength
  - cardiorespiratory endurance
  - flexibility
- program design and variables relevant to health-related components of fitness and factors affecting program design
- components of a circuit training session plan:
  - phases:
    - preparation
    - conditioning
    - recovery
    - adaptation
  - rest intervals

- required equipment
- floor plan for equipment arrangement
- circuit training session planning considerations and inclusions:
  - equipment
  - layout
  - number of participants
  - phases of session
- training methods and consideration of intensity, program types, sets and reps, circuits, matrices, super-sets, pre-fatigue and interval training
- benefits of fitness sessions and circuit sessions
- contraindications and precautions to participation in session, and suitable modification options for participants where the safety of the participant is not compromised
- exercises and programming requirements for:
  - flexibility:
    - dynamic or active range of motion
    - static
  - muscular endurance and strength:
    - balance and coordination
    - body weight
    - equipment
  - cardiorespiratory endurance
- effects of different exercises on the major body systems:
  - cardiovascular
  - muscular
  - nervous
  - skeletal
- methods of monitoring exercise intensity, techniques and progression:
  - heart rate
  - rate of perceived exertion
  - observation of technique
  - completed sets and repetitions
  - loads lifted
- manufacturer and exercise equipment specifications for safe use and techniques
- signs and symptoms of exercise intolerance
- motivational techniques and exercise adherence strategies.

## Assessment Conditions

Skills must be demonstrated in:

- a fitness industry workplace or simulated environment with clients with real or simulated health and fitness goals..

Assessment must ensure access to:

- legislation and organisational policies and procedures in relation to fitness programs and circuit training
- industry endorsed risk stratification procedures.

Assessment must ensure use of:

- a variety of fitness industry standard equipment:
  - resistance
    - free weights
    - machines
    - proprioception and stability training equipment
  - cardiovascular training
- an appropriate area for the delivery of circuit training sessions
- client record forms
- documented session plans with inclusion of identified modifications/adjustments needed
- clients; these can be:
  - clients in an industry workplace, or
  - individuals who participate in role plays or simulated activities, set up for the purpose of assessment, in a simulated industry environment within a training organisation.

Assessment activities that allow the individual to:

- develop a variety of fitness programs over a period of time suitable for ensuring adequate time for the client to achieve several health-related components of fitness goals
- demonstrate ability to instruct a variety of circuit sessions, catering for :
  - beginners, intermediate and advanced participants
  - low and high impact.

Assessors must satisfy the Standards for Registered Training Organisation's requirements for assessors, and:

- have achieved a Certificate IV in Fitness or above; and
- have at least 1 year consecutive post qualification fitness industry experience in the application of the skills and knowledge of the Certificate IV in Fitness.

## Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b>