



**Australian Government**

# **SISFFIT003 Instruct fitness programs**

**Release: 1**

## SISFFIT003 Instruct fitness programs

### Modification History

Not applicable.

### Application

This unit describes the performance outcomes, knowledge and skills required to plan, instruct and evaluate a variety of fitness programs and circuit sessions aimed at the health-related components of fitness. It involves programming and instruction of cardiovascular, resistance and flexibility programs for low or moderate risk clients who have completed industry endorsed pre-exercise screening and risk stratification procedures.

This unit applies to fitness instructors who work in a variety of fitness locations such as fitness, leisure and community centres. These individuals typically work independently with some level of autonomy in a controlled environment. Work is performed according to relevant legislation and organisational policies and procedures.

No occupational licensing, certification or specific legislative requirements apply to this unit at the time of publication.

### Pre-requisite Unit

Nil

### Competency Field

Fitness

### Unit Sector

Fitness

### Elements and Performance Criteria

#### ELEMENTS

Elements describe the essential outcomes

1. Identify client fitness requirements.

#### PERFORMANCE CRITERIA

Performance criteria describe the performance needed to demonstrate achievement of the element.

- 1.1 Consider and confirm client needs, expectations and preferences using suitable questioning techniques.
- 1.2 Review and advise client of outcomes of pre-exercise health screening procedures.
- 1.3 Refer client to medical or allied health professionals as required.

- 1.4 Identify potential barriers to participation.
  - 1.5 Develop and document client profile for re-evaluation purposes.
2. Develop program plans.
  - 2.1 Determine type of training, training methods and equipment required to achieve client goals.
  - 2.2 Calculate total training volume required to achieve client goals.
  - 2.3 Develop and document program plans that incorporate key instructional information to target components of fitness.
  - 2.4 Develop customised training sessions that include a variety of exercises and equipment to meet client needs.
3. Conduct exercise sessions.
  - 3.1 Allocate sufficient space, assemble resources and check equipment for safety and maintenance requirements.
  - 3.2 Provide clear exercise instructions and confirm client understanding.
  - 3.3 Demonstrate exercises, techniques and equipment to client.
  - 3.4 Monitor participation and performance to identify signs of exercise intolerance and modify as required.
  - 3.5 Select and use communication techniques that encourage and support clients.
  - 3.6 Modify session as required considering basic mechanics, safety and fitness outcomes.
  - 3.7 Respond to clients experiencing difficulties and answer questions as required.
  - 3.8 Complete session documentation and progress notes.
4. Evaluate program.
  - 4.1 Monitor and evaluate exercise program at appropriate intervals.
  - 4.2 Request and respond to feedback from clients.
  - 4.3 Review own performance and identify areas needing improvement.
  - 4.4 Identify aspects needing further emphasis or attention in future sessions.
  - 4.5 Evaluate program or activities and discuss modifications to program.
  - 4.6 Document and update records of evaluation and modification of programs.

## Foundation Skills

Foundation skills essential to performance in this unit, but not explicit in the performance criteria are listed here, along with a brief context statement.

SKILLS	DESCRIPTION
Reading skills to:	<ul style="list-style-type: none"><li>• interpret fitness industry and equipment manufacturer guidelines</li><li>• interpret pre-exercise health screening results and documentation.</li></ul>
Oral communication skills to:	<ul style="list-style-type: none"><li>• use active listening and questioning techniques to determine client preferences and offer and explain suitable exercises and programs.</li></ul>
Numeracy skills to:	<ul style="list-style-type: none"><li>• calculate heart rate and use exercise intensity guidelines, including rate of perceived exertion</li><li>• determine availability and appropriate timing for area use</li><li>• determine safe and effective timing within sessions and programs.</li></ul>
Learning skills to:	<ul style="list-style-type: none"><li>• maintain current knowledge of fitness training methods and equipment.</li></ul>
Problem-solving skills to:	<ul style="list-style-type: none"><li>• modify session and program as required with consideration and awareness of expected training adaptations specific to client.</li></ul>

## Unit Mapping Information

No equivalent unit.

## Links

Companion Volume implementation guides are found in VETNet -

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