



**Australian Government**

# **SISFFIT011 Instruct approved community fitness programs**

**Release: 1**

# SISFFIT011 Instruct approved community fitness programs

## Modification History

Not applicable.

## Application

This unit describes the performance outcomes, skills and knowledge required to instruct an approved community fitness program designed to promote wellbeing and increase physical activity levels in community groups. Program evaluation is the responsibility of the approving authority.

This unit applies to fitness and recreation program instructors who work with a range of clients in a variety of locations including aquatic, recreation, leisure, fitness, gym and community centres.

No occupational licensing, certification or 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	PERFORMANCE CRITERIA
Elements describe the essential outcomes	Performance criteria describe the performance needed to demonstrate achievement of the element.
1. Prepare for community fitness program delivery.	1.1 Confirm licensing and provider requirements of the program. 1.2 Confirm facility and resource requirements for program delivery. 1.3 Confirm access to venue or facility meets needs and requirements of clients.
2. Conduct approved community fitness	2.1 Confirm availability of area, assemble resources and prepare environment appropriately.

- program.
- 2.2 Check equipment for maintenance requirements according to program guidelines, as required.
  - 2.3 Confirm capacity to independently participate in session and modify as required to suit specific needs.
  - 2.4 Provide clear instructions according to program requirements using effective communication and instructional principles.
  - 2.5 Demonstrate exercises, techniques and equipment participants.
  - 2.6 Monitor exercise intensity, technique and safety of clients throughout program according to program guidelines.
  - 2.7 Modify activities as required to meet needs and requirements of clients and minimise risk of injury.
  - 2.8 Respond to participants experiencing difficulties and answer questions as required.
3. Evaluate program.
- 3.1 Seek and acknowledge feedback from participants.
  - 3.2 Evaluate participant response and feedback.
  - 3.3 Evaluate own performance and identify areas needing improvement.
  - 3.4 Update session documentation.
  - 3.5 Maintain records of sessions according to program guidelines.

## 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
Learning skills to:	<ul style="list-style-type: none"><li>• update and maintain knowledge of program requirements.</li></ul>
Numeracy skills to:	<ul style="list-style-type: none"><li>• work within time schedules of facilities and program requirements.</li></ul>

## Unit Mapping Information

SISFFIT311A Deliver approved community fitness programs

## Links

Companion Volume implementation guides are found in VETNet -

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