



Australian Government

Department of Education, Employment and Workplace Relations

SISFFIT312A Plan and deliver an endurance training program

Release: 2

SISFFIT312A Plan and deliver an endurance training program

Modification History

Not Applicable

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to plan and deliver indoor and outdoor endurance training programs for a range of clients utilising a broad range of equipment and motivational and instructional techniques.

Application of the Unit

This unit applies to coaches working with individuals or teams. It also applies to exercise instructors who provide a range of exercise programs and services to individuals and or groups.

The unit is applicable to those working with sporting groups, and to those working in fitness venues, gyms or other exercise environments.

Licensing/Regulatory Information

No licensing, legislative, regulatory or certification requirements apply to this unit at the time of endorsement.

Pre-Requisites

Nil

Employability Skills Information

This unit contains employability skills.

Elements and Performance Criteria Pre-Content

Elements and Performance Criteria

ELEMENT	PERFORMANCE CRITERIA
Elements describe the essential outcomes of a unit of competency.	Performance criteria describe the performance needed to demonstrate achievement of the element. Where bold italicised text is used, further information is detailed in the required skills and knowledge section and the range statement. Assessment of performance is to be consistent with the evidence guide.
1. Develop an endurance training program.	<p>1.1. Identify and document <i>goals of client</i> for an <i>endurance training program</i>.</p> <p>1.2. Incorporate a varied repertoire of training methods appropriate to the characteristics and goals of the client.</p> <p>1.3. Allocate <i>phases</i> of the session within the exercise program.</p> <p>1.4. Identify required <i>equipment</i> and confirm its availability and serviceability <i>according to organisational policies and procedures</i>.</p>
2. Prepare for program delivery.	<p>2.1. Access client <i>pre-exercise screening</i> information prior to participation according to organisational policies and procedures and <i>legislation and regulatory requirements</i>.</p> <p>2.2. Redirect non screened participants according to organisational policies and procedures.</p> <p>2.3. Evaluate the <i>exercise environment</i> to ensure client safety according to organisational policies and procedures.</p> <p>2.4. Arrange equipment according to exercise program and legislation and regulatory requirements and organisational policies and procedures.</p>
3. Deliver the program.	<p>3.1. Explain and demonstrate endurance training exercises using appropriate <i>instructional techniques</i> and <i>anatomical terminology</i>.</p> <p>3.2. Demonstrate and instruct correct use of equipment during endurance training sessions according to organisational policies and procedures and manufacturer instructions.</p> <p>3.3. Continuously monitor the client's <i>performance</i> and correct any <i>potentially harmful practices</i>.</p> <p>3.4. Provide ongoing feedback to clients and apply</p>

ELEMENT**PERFORMANCE CRITERIA**

- motivational techniques* to maximise adherence to the endurance program.
- 3.5. Recognise *signs and symptoms of overtraining* and implement appropriate intervention and prevention strategies.
4. Evaluate endurance training program.
- 4.1. *Evaluate* the program according to client *feedback* and self evaluation.
- 4.2. Implement modifications to the program where relevant to meet identified client needs and preferences.
- 4.3. Periodically review the endurance training program and adjust to allow for clients to adapt to the program.

Required Skills and Knowledge

This section describes the skills and knowledge required for this unit.

Required skills

- communication skills to:
 - establish client goals
 - instruct effective endurance programs
 - give and receive feedback
- problem-solving skills to:
 - select and sequence appropriate endurance training activities to meet client goals
 - identify and correct potentially harmful practices
 - identify adjustments required as a result of client adaptation to program
- planning and organising skills to:
 - sequence sessions within the program
 - ensure required equipment is available and functional
- literacy and numeracy skills to enable accurate documentation of program schedules and the timely completion of sessions.

Required knowledge

- the major body systems, bones, joints muscles and their function to enable the selection, instruction and adjustment of appropriate exercises to meet the needs of clients
- organisational policies and procedures and legislation and regulatory requirements to enable the safe delivery of endurance training programs including the safe use of equipment and a safe learning environment
- motivational techniques to provide appropriate encouragement to clients to maximise program adherence
- principles of exercise planning to enable a range of activities appropriate to different client goals to be incorporated into the endurance training program to maximise client success
- physiological, psychological and biomechanical changes that occur with endurance training to enable informed planning and instruction of sessions and prompt response to client difficulties during the session
- injury prevention strategies and resources for endurance training programs.

Evidence Guide

The evidence guide provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge, range statement and the Assessment Guidelines for the Training Package.

Overview of assessment

Critical aspects for assessment and evidence required to demonstrate competency in this unit

Evidence of the following is essential:

- planning and conducting endurance training programs that meet the specific needs of individuals, groups or sports
- applying effective communication techniques to instruct, monitor, motivate and evaluate multiple endurance training programs
- selecting, sequencing and monitoring the safe and appropriate use of a range of current equipment in endurance training.

Context of and specific resources for assessment

Assessment must ensure:

- demonstration of skills to plan and instruct endurance training sessions within an environment with appropriate facilities, equipment and materials such as free weight or hydraulic equipment .
- Assessment must also ensure access to:
 - access to a range of clients with real or simulated fitness goals
 - access to documentation such as manufacturer specifications for equipment use.

Method of assessment

A range of assessment methods should be used to assess practical skills and knowledge. The following examples are appropriate for this unit:

- observation of interaction with a range of clients, including conveying information for safe participation in endurance training sessions and motivating clients to achieve desired outcomes
- oral or written questioning to assess knowledge of physiological, psychological and biomechanical changes that occur during endurance training
- oral or written questioning to assess knowledge of body systems, bones, joints and muscles and their relationship to effective exercise
- third-party reports from a supervisor detailing work performance.

Holistic assessment with other units relevant to the

industry sector, workplace and job role is recommended.

Range Statement

The range statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Bold italicised wording, if used in the performance criteria, is detailed below. Essential operating conditions that may be present with training and assessment (depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts) may also be included.

Goals may include:

- physiological
- psychological
- social
- increased capability in sport or activity.

Client may include:

- experienced or inexperienced
- absence of diagnosed disease
- older clients
- de-conditioned adults
- older adolescents:
 - 16 years and over
- those with specific conditioning goals
- athletes
- pre-natal
- post-natal
- menopausal.

Endurance training program may include:

- aerobic
- interval
- circuit
- gym
- fartlek
- anaerobic threshold
- strength
- speed
- lactate tolerance
- power.

Phases must include

- *preparation*
- *conditioning*
- *recovery*
- *adaptation*
- *transition.*

Equipment may include:

- resistance equipment
- heart rate monitor
- program card
- resistance bands.

Organisational policies and procedures may include:

- Organisational Health and Safety
- emergency
- risk management
- use of client record systems
- collection and use of client information
- equipment use and maintenance
- client supervision
- incident reporting
- client screening
- client referral.

Legislation and regulatory requirements may include:

- Occupational Health and Safety
- duty of care
- privacy
- anti-discrimination
- copyright
- licensing
- child protection
- trade practices
- consumer protection
- environmental
- business registration and licences.

Pre-exercise screening may include:

- questionnaire
- interview
- medical clearance
- informed consent
- medical and exercise history
- functional limitations
- medication
- lifestyle evaluation
- fitness goals
- injuries
- time availability.

Exercise environment may include:

- indoors
- outdoors
- aquatic.

Instructional techniques may include:

- establishing rapport
- instructional position
- verbal and non-verbal communication
- demonstration and motivational strategies.

Anatomical terminology may include:

- flexion
- extension

- rotation
- abduction
- adduction
- circumduction
- protraction
- retraction
- inversion
- eversion
- pronation
- supination
- horizontal flexion and extension.

Performance may include:

- intensity
- technique
- safety
- interaction with other clients.

Potentially harmful practices may include:

- hyperextension
- hyperflexion
- exercising while sick
- exercising in extremes of environmental conditions
- multiple repetitions
- addition of equipment
- overextension.

Motivation techniques may include:

- communication
- body language
- listening skills
- building rapport
- questioning and observational techniques
- feedback
- reinforcement.

Signs and symptoms of overtraining may include:

- increased incidence of injuries
- chronic muscle or joint soreness
- reduced appetite
- disturbed sleep patterns
- increased RPE during workouts
- increased incidence of colds or infections
- impaired recovery from exercise
- reduced enthusiasm for training and work.

Evaluate may include:

- program aims and objectives
- client satisfaction
- suitability and safety of facilities and equipment.

Feedback may include:

- exercise purpose and technique
- appropriate exercise intensity and methods of monitoring
- safety
- muscle involvement
- improvements in training and technique.

Adaptations may include:

- physiological
 - cardiovascular changes
 - thermoregulation
 - energy system and substrate utilisation
 - pulmonary and nervous system changes
 - musculoskeletal
 - respiratory
- psychological
- biomechanical.

Unit Sector(s)

Fitness

Competency Field

Fitness