



Australian Government

SISFFIT332 Deliver pre-choreographed or prescribed community group exercise programs

Release 1

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Modification History

The release details of this endorsed unit are in the table below. The latest information is at the top.

Release	Comments
1	New unit.

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to prepare, deliver, monitor, modify and evaluate pre-choreographed or prescribed community group exercise programs or sessions.

Application of the Unit

This unit applies to group exercise leaders who are required to deliver pre-choreographed or prescribed community group exercise programs that are of an appropriate intensity, with minimal risk to general populations. The group exercise leader is required to deliver the program according to the training guidelines provided by the program developer.

This unit may apply to group exercise leaders who work in a range of fitness locations including fitness, leisure and community centres delivering community group exercise programs. The group exercise leader would typically work independently with some level of autonomy under limited supervision in a controlled and predictable environment.

Licensing/Regulatory Information

No licensing, 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

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. Prepare community group exercise program.
 - 1.1. Review ***training guidelines*** of the ***community group exercise program*** as determined by the program developer.
 - 1.2. Determine ***venue or facility requirements*** and ***resources***.
 - 1.3. Identify expected fitness outcomes, ***needs and requirements of clients*** and prepare appropriately.
 - 1.4. Confirm ***access*** to the venue or facility meets the needs and requirements of clients according to ***organisational policies and procedures*** and ***legislation and regulatory requirements***.
2. Deliver group exercise program.
 - 2.1. Prepare the exercise environment and equipment, and minimise negative environmental impact where possible.
 - 2.2. Check ***safety*** of ***equipment***.
 - 2.3. ***Screen clients*** for ***common conditions*** relevant to participation, and refer to ***medical or allied health professionals*** as appropriate.
 - 2.4. Provide ***pre-session instructions***.
 - 2.5. Provide advice regarding management of body temperature in current environmental conditions.
 - 2.6. Explain and demonstrate exercises using appropriate ***instructional techniques***.
 - 2.7. Explain and demonstrate the correct use of any required equipment according to manufacturer instructions.
 - 2.8. Demonstrate sensitivity to ***cultural and social characteristics***.
3. Monitor and modify the group exercise program.
 - 3.1. ***Monitor*** performance, ***exercise intensity*** and ***ideal postural alignment*** to minimise risk of injury and maximise safety.
 - 3.2. Identify ***technical errors, potentially harmful practices*** and ***symptoms of intolerance*** and implement appropriate ***intervention strategies***.
 - 3.3. Adjust the exercise environment and temperature regulation of clients as appropriate.
 - 3.4. Use motivational techniques to positively influence performance of clients and maximise program adherence.
 - 3.5. Provide ***feedback*** to clients regarding exercise intensity and technique.
 - 3.6. Respond to inappropriate client behaviour to effectively

- maximise group cohesion.
- 3.7. Modify program to meet the needs and requirements of clients and training guidelines, and minimise the risk of injury.
- 4. Evaluate the effectiveness of the group exercise program.
 - 4.1. Seek, acknowledge and respond to feedback from clients.
 - 4.2. Evaluate *own performance* and client feedback.
 - 4.3. Implement required modifications in response to client feedback and as a result of self-evaluation.
 - 4.4. Maintain *records*.

Required Skills and Knowledge

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

Required skills

- ability to:
 - correctly demonstrate exercises
 - apply injury prevention strategies and resources for the chosen group exercise program
- communication skills to:
 - provide clear and accurate instructions and pre-session information
 - motivate clients
 - elicit feedback
 - effectively manage group cohesion
- language and literacy skills to:
 - read and interpret the training guidelines and plans of the pre-choreographed or prescribed community group exercise program
 - maintain records
 - read equipment manufacturer instructions
- planning and organising skills to ensure venue or facility and required equipment are available and suitable
- numeracy skills to manage the time of clients and facility schedules
- problem-solving skills to:
 - modify the program to meet the needs of clients while adhering to the training guidelines
 - identify improvements to energy, water and other resources for environmental sustainability
 - modify the program to minimise the risk of injuries
 - identify client problems during the program
 - promote correct and safe exercise positioning technique to minimise the risk of injury.

Required knowledge

- purpose, aims and target group of the pre-choreographed or prescribed community group exercise program
- requirements of work health and safety/occupational health and safety legislation and organisational policies and procedures to enable safe and effective preparation and delivery of the group exercise program
- screening procedures, contraindications and the appropriate referral processes
- the physiological, psychological and social reasons for participation in group exercise to enable the application of effective motivational techniques
- common injuries, diseases or conditions that may preclude participation
- potentially harmful practices, including overtraining, and the reasons why they are avoided, to enable safe participation in the program
- signs and symptoms of intolerance and management strategies

- group management techniques to assist individuals within the group to achieve desired outcomes
- equipment usage to enable the safe and effective incorporation of equipment as required by pre-choreographed or prescribed community group exercise program training guidelines
- instructional techniques to effectively deliver and monitor approved community group exercise programs
- general characteristics of the main cultural and social groups in Australian society and the key aspects that relate to their cultural and religious protocols and preferences for exercise
- injury prevention strategies related to the community group exercise programs
- environmental and resource efficiency practices related to the use of activity areas and equipment.

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 ability to:

- deliver, monitor and evaluate pre-choreographed or prescribed community group exercise programs to meet the needs and requirements of clients
- identify and implement requirements of training guidelines, including the safe use of any required equipment
- maintain accurate records of group exercise program delivery
- implement modifications to instructional techniques and session delivery as required
- show sensitivity to social and cultural characteristics.

Context of and specific resources for assessment

Assessment must ensure access to:

- a real or simulated workplace that allows for the delivery of community group exercise programs of sufficient duration to demonstrate competency and consistency of performance
- clients in pre-choreographed or prescribed community group exercise program
- resources for the conduct of pre-choreographed or prescribed community group exercise programs such as a venue or facility and any required equipment
- documentation related to pre-choreographed or prescribed community group exercise programs.

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 delivery of pre-choreographed or prescribed community group exercise programs
- oral or written questioning to assess knowledge of the purpose, aims and allowable modifications to the group exercise program to meet the needs of the target group
- review of portfolios of evidence and third party workplace reports of on the job performance by the individual.

Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended, for example:

- SISFFIT333 Deliver pre-choreographed or prescribed group exercise to music classes

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.

Training guidelines may include:

- type of training
- order of training
- exercises
- choreography
- locations
- licensing
- instruction
- contraindications
- monitoring
- techniques
- scope of practice and limitations
- rules and procedures
- venue requirements and limitations.

Community group exercise program may include:

- cardiovascular
- resistance
- flexibility
- general health and wellbeing
- social.

Venue or facility requirements may include:

- community hall
- council facility
- fitness centre
- leisure centre
- entry charge
- membership
- screening
- needs of other facility users
- emergency evacuation
- access.

Resources may include:

- facilities
- equipment
- finance
- personnel
- transport and related logistical requirements.

Needs and requirements may include:

- safety
- fitness

Clients may include:

- general health and wellbeing
- social.
- inactive
- active
- age specific groups
- gender specific groups
- experienced or inexperienced
- specific cultural or social groups.

Access may include:

- stairs
- ramps
- lift
- vicinity to public transport
- parking.

Organisational policies and procedures may include

- sports physician
- sports doctor
- general practitioner
- physiotherapist
- accredited exercise physiologist
- occupational therapist
- remedial massage therapist
- chiropractor
- osteopath
- accredited practising dietician
- podiatrist
- psychologist
- Aboriginal and Torres Strait islander health worker.

Legislation and regulatory requirements may include:

- work health and safety/occupational health and safety
- duty of care
- privacy
- anti-discrimination
- copyright
- licensing
- child protection
- trade practices
- Australian Consumer Law
- environmental
- business registration and licences.

Safety may include:

- minimising risk of injuries
- monitoring for signs and symptoms of intolerance

Equipment may include:

- hydration.
- balls, rings and sticks
- dumbbells and barbells
- noodles
- resistance bands
- stability balls and discs
- mats
- chairs
- benches
- heart rate monitors
- sound and microphone.

Screen clients must include:

- verbal pre-screen
- use of an industry recognised pre-exercise screening tool.

Common conditions may include:

- sprains and strains
- heart conditions
- stroke
- recent injury or hospitalisation
- history of illness or hospitalisation
- medical procedures
- overtraining.

Medical or allied health professionals may include:

- sports physician
- sports doctor
- general practitioner
- physiotherapist
- accredited exercise physiologist
- occupational therapist
- remedial massage therapist
- chiropractor
- osteopath
- accredited practising dietician
- podiatrist
- psychologist
- Aboriginal and Torres Strait islander health worker.

Pre-session instructions must include:

- personal introduction
- session level outline
- emergency procedures
- appropriate and safe footwear and clothing
- frequency of breaks during exercise
- correct exercise techniques and breathing
- pain or discomfort.

- Instructional techniques*** may include:
- teaching position
 - session organisation and formation
 - mirror imaging
 - verbal and non-verbal communication
 - demonstration
 - motivational strategies.
- Cultural and social characteristics*** may include
- modes of greeting, farewelling and conversation
 - body language, including use of body gestures
 - formality of language
 - clothing.
- Monitor*** may include:
- talk test
 - heart rate
 - breathing frequency
 - rate of perceived exertion
 - technique
 - observation.
- Exercise intensity*** may include:
- heart-rate response
 - perceived rate of exertion
 - form and fatigue
 - motivation and enthusiasm suitable to the class format.
- Ideal postural alignment*** may include
- joint position and alignment
 - spinal position and alignment
 - correct exercise positions and techniques.
- Technical errors*** may include:
- speed of movement
 - alignment and positioning.
- Potentially harmful practices*** may include:
- hyperextension
 - exercising while sick or in extremes of temperature
 - dehydration
 - multiple repetitions
 - ballistic movements
 - spinal hyperextension
 - loaded knee hyperflexion
 - on-the-spot pounding
 - straight leg sit-ups
 - lever length.
- Symptoms of intolerance*** may include:
- fatigue
 - muscle cramps
 - pain
 - weakness

- dizziness
 - fainting
 - inability to complete exercise.
- Intervention strategies*** may include:
- stopping or modifying the exercise
 - modifying equipment or its use
 - referral to a medical or allied health professional.
- Feedback*** may include:
- verbal
 - written
 - visual.
- Own performance*** may include:
- instructional techniques
 - session delivery
 - appropriate intensity
 - managing client behaviour
 - responding to feedback
 - managing time allocation.
- Records*** may include:
- written
 - electronic
 - oral recording.

Unit Sector(s)

Fitness

Competency field

Fitness.