

Unit of competency details

SISFFIT041 - Develop personalised exercise programs

Summary

Releases:	Release	Status	Release date
	1	Current	2021/11/10

Usage recommendation: **Current**

Mapping information

Mapping	Notes	Date
Supersedes SISFFIT021 - Instruct personal training programs	Non-equivalent. Title changed. Content from SISFFIT021 split between SISFFIT041 (covers planning programs and sessions) and SISFFIT042 (covers instructing sessions). Significant changes to structure and content of Elements and Performance Criteria. Performance Evidence significantly amended: hours and client contact sessions removed, replaced with number and type of clients, and number and duration of sessions. Knowledge Evidence updated with significant additions and deletions..	2021/11/10

Training packages that include this unit

Code	Title	Release
SIS	Sport, Fitness and Recreation Training Package	5.0

Qualifications that include this unit

Code	Title	Release
SIS40221	Certificate IV in Fitness	1

Skill sets that include this unit

Code	Title	Release
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Classifications

Scheme	Code	Name
ASCED Module/Unit of Competency Field of Education Identifier	092103	Sports Coaching, Officiating And Instruction

Classification history

Scheme	Code	Name	Start date	End date
ASCED Module/Unit of Competency Field of Education Identifier	092103	Sports Coaching, Officiating And Instruction	2021/12/15	