



**Australian Government**

# **SISFFIT001 Provide health screening and fitness orientation**

**Release: 1**

# SISFFIT001 Provide health screening and fitness orientation

## Modification History

Not applicable.

## Application

This unit describes the performance outcomes, skills and knowledge required to identify client fitness requirements, administer a pre-exercise health screening questionnaire and advise clients of appropriate fitness programs, services and facilities. This involves using industry endorsed risk stratification procedures when determining the provision of suitable advice regarding services and referral requirements.

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.
2. Administer

### PERFORMANCE CRITERIA

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

- 1.1 Question clients to confirm fitness goals, expectations and preferences.
- 1.2 Confirm current and past physical activity participation.
- 1.3 Describe available programs, services and facilities relevant to client needs and expectations.
- 2.1 Explain purpose of pre-exercise health screening

- pre-exercise health screening questionnaire.
- questionnaire and risk stratification to client.
- 2.2 Provide and administer an industry standard pre-exercise health screening questionnaire to client.
- 2.3 Discuss client preferences and outcomes of pre-exercise health screening.
- 2.4 Refer client to medical practitioner or other appropriate professionals for further appraisal as required.
3. Advise benefits of fitness activities and exercise prescription.
- 3.1 Explain benefits of fitness activities and fitness programs.
- 3.2 Advise client regarding processes and suitability of relevant activities and programs, as required.
- 3.3 Document and update records of fitness orientation, pre-exercise screening and advice provided to client.

## 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:
- interpret pre-exercise health screening questionnaire requirements and processes to determine client level of risk
  - interpret pre-exercise health screening questionnaire and accompanying documentation regarding its use, implementation and risk stratification processes.
- Writing skills to:
- prepare referral letters with appropriate information from client consultation and pre-exercise health screening questionnaire to general practitioners, personal trainers or advanced personal trainers.
- Oral communication skills to:
- provide client with a justified explanation for referral and identify with the client the appropriate person, such as the client's general practitioner, for the referral
  - use active listening and open and closed probe questioning to interact with clients in a polite and friendly manner.
- Numeracy skills to:
- conduct measurements and calculations, such as body mass index within industry standard pre-exercise health screening questionnaire
  - provide clients with advice on appropriate exercise intensity guidelines and heart rate calculations based on pre-exercise health screening questionnaire results.
- Problem-solving skills to:
- determine need for client referral to a general practitioner or a personal trainer or an advanced personal trainer.

## **Unit Mapping Information**

SISFFIT301A Provide fitness orientation and health screening

## **Links**

Companion Volume implementation guides are found in VETNet -

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