



Australian Government

SISFFIT002 Recognise and apply exercise considerations for specific populations

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to recognise exercise considerations common to specific population groups. It requires the ability to understand anatomical and physiological considerations and apply that understanding to client exercise participation aimed at improving health-related components of fitness.

This unit applies to fitness instructors working within the industry endorsed scope of practice when providing advice regarding fitness services and referral requirements for clients from the following specific population groups:

- children
- women
- older adults
- clients with a disability
- culturally and linguistically diverse (CALD) groups.

This unit does not apply to provision of exercise to higher risk specific population clients, or inappropriate exercise prescription for moderate risk clients.

This unit applies to fitness instructors who typically work independently with some level of autonomy in a controlled environment. Work is performed according to relevant legislation including working with children and/or vulnerable people checks, 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

PERFORMANCE CRITERIA

Elements describe the essential outcomes.

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

1. Identify client fitness requirements.

- 1.1 Consider and confirm client needs, expectations and preferences using suitable questioning techniques.
- 1.2 Review and advise client of outcomes of pre-exercise health screening procedures.
- 1.3 Refer client to medical or allied health professionals as required.
- 1.4 Identify potential barriers to participation.
- 1.5 Develop and document client profile for re-evaluation purposes.

2. Develop program plans.

- 2.1 Determine type of training, training methods and equipment required to achieve client goals.
- 2.2 Incorporate guidance/advice from medical or allied health professionals into the provision of fitness advice/or planning of instruction.
- 2.3 Develop and document program plans that incorporate key instructional information to target components of fitness, including guidance from medical or allied health professionals if required.
- 2.4 Explain benefits of exercise and anticipated structural and physiological adaptations as they relate to client goals and needs.
- 2.5 Develop customised training sessions that include a variety of exercises and equipment to meet client needs.
- 2.6 Discuss and confirm client understanding of potential signs and symptoms of intolerance, precautions or contraindications to exercise and recommended precautions.

3. Conduct exercise sessions.

- 3.1 Allocate sufficient space, assemble resources and check equipment for safety and maintenance requirements.
- 3.2 Provide clear exercise instructions and confirm client understanding.
- 3.3 Demonstrate exercises, techniques and equipment to client.
- 3.4 Monitor participation and performance to identify signs of exercise intolerance and modify as required.
- 3.5 Monitor client intensity, techniques, posture and safety, and modify program as required.
- 3.6 Seek ongoing guidance from, or refer client to, medical

- or allied health professionals, as appropriate.
- 3.7 Select and use communication techniques that encourage and support clients.
 - 3.8 Modify session as required considering basic mechanics, safety and fitness outcomes.
 - 3.9 Respond to clients experiencing difficulties and answer questions as required.
 - 3.10 Complete session documentation and progress notes.
4. Evaluate program.
- 4.1 Monitor and evaluate exercise program at appropriate intervals.
 - 4.2 Provide written and verbal feedback to medical or allied health professionals, as required.
 - 4.3 Request and respond to feedback from clients.
 - 4.4 Review own performance and identify areas needing improvement.
 - 4.5 Identify aspects needing further emphasis or attention in future sessions.
 - 4.6 Evaluate program or activities and discuss modifications to program.
 - 4.7 Document and update records of evaluation and modification of programs.

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
Oral communication skills to:	<ul style="list-style-type: none"> • use active listening and open and closed probe questioning to identify specific population client needs and preferences • explain course of action, including referral and fitness services, as required.
Numeracy skills to:	<ul style="list-style-type: none"> • use heart rate calculations or other monitoring techniques during training, where relevant • use body mass index calculations during pre-exercise screening, where relevant.
Learning skills to:	<ul style="list-style-type: none"> • maintain current knowledge of specific population requirements within scope of practice.

Unit Mapping Information

No equivalent unit.

Links

Companion Volume implementation guides are found in VETNet -

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