



**Australian Government**

**SISFFIT004 Incorporate anatomy and  
physiology principles into fitness  
programming**

**Release: 1**

# SISFFIT004 Incorporate anatomy and physiology principles into fitness programming

## Modification History

Not applicable.

## Application

This unit describes the performance outcomes, skills and knowledge required to incorporate an understanding of the human body structure and physiology into fitness instruction, programming and provision of fitness advice.

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

### PERFORMANCE CRITERIA

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

1. Consolidate understanding of anatomy and physiology.
  - 1.1 Source and access information on anatomy and physiology relevant to fitness outcomes.
  - 1.2 Use knowledge of anatomy and physiology in day-to-day professional practice.
  - 1.3 Discuss/explain how understanding of anatomy and physiology contribute to safe/optimum technique and skill development.
  - 1.4 Use a wide range of anatomical terminology relevant to injury prevention and fitness outcomes.
  - 1.5 Identify how anatomical structures respond to physical activity.
  - 1.6 Apply a sound understanding of injury prevention techniques to fitness instruction and programming.
2. Apply knowledge to own professional practice.
  - 2.1 Assess ways in which knowledge of anatomy and physiology may be used, adapted or challenged in instruction and provision of fitness advice.
  - 2.2 Identify current and emerging knowledge of anatomy and physiology relevant to development of own professional practice.
  - 2.3 Modify approach to fitness programming activities and advice as required.
3. Maintain and update knowledge of anatomy principles.
  - 3.1 Identify and use opportunities to update and expand own knowledge of anatomy and physiology.
  - 3.2 Monitor response to changes made to own professional practice or instruction.
  - 3.3 Continue to adjust own practice to optimise results.

## 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:         | <ul style="list-style-type: none"> <li>• source and comprehend often complex anatomical and physiological information such as anatomical charts and labels on anatomical models.</li> </ul> |
| Problem-solving skills to: | <ul style="list-style-type: none"> <li>• make connections between own practice and conclusions drawn from information about principles of anatomy and physiology.</li> </ul>                |
| Learning skills to:        | <ul style="list-style-type: none"> <li>• monitor sources of information to expand knowledge base on anatomy and physiology relevant to own practice.</li> </ul>                             |

## **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>