



**Australian Government**

# **SISFFIT006 Conduct fitness appraisals**

**Release: 1**

## SISFFIT006 Conduct fitness appraisals

### Modification History

Not applicable.

### Application

This unit describes the performance outcomes, skills and knowledge required to plan and conduct fitness appraisals, related to the health-related components of fitness. It requires the ability to determine positive behavioural change strategies in preparation for an exercise program and use fitness appraisal equipment according to manufacturer guidelines.

This occurs after the completion of an industry endorsed risk stratification process and the subsequent referral of clients where required.

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 goals.

#### PERFORMANCE CRITERIA

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

- 1.1 Clarify significance of fitness appraisal in relation to program development and seek client consent.
- 1.2 Review pre-exercise health screening, and health assessment procedures as required.
- 1.3 Discuss client health-related goals and acquire additional

- client information as required.
- 1.4 Refer client to a medical or allied health professional as required.
2. Plan and conduct fitness appraisal.
- 2.1 Determine tools and methods to conduct health and fitness assessments.
- 2.2 Conduct required health and fitness assessments in a safe and timely manner.
- 2.3 Implement strategies to overcome client cultural and social differences and behavioural patterns as required.
- 2.4 Select and use communication techniques that encourage and support the client.
- 2.5 Monitor client for signs and symptoms of intolerance and discontinue fitness assessments as required.
- 2.6 Explain results of fitness assessments and recommend an appropriate exercise program.
- 2.7 Match fitness goals to products and services available in the fitness industry.
- 2.8 Develop a client profile and record outcomes of appraisal and exercise program recommendations.
- 2.9 Review individualised exercise goals and implement adjustments to goals due to fitness appraisal results, as required.
3. Evaluate fitness appraisal.
- 3.1 Request and respond to feedback from client.
- 3.2 Identify and document aspects needing further attention.

## 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>interpret manufacturer guidelines for the use and maintenance of fitness assessment equipment.</li> </ul>
Oral communication skills to:	<ul style="list-style-type: none"> <li>use active listening and open and closed probe questioning to:               <ul style="list-style-type: none"> <li>elicit information from clients about their needs and expectations</li> <li>consult with clients about fitness goals</li> <li>clarify screening information provided by clients.</li> </ul> </li> </ul>
Numeracy skills to:	<ul style="list-style-type: none"> <li>use calculations in fitness testing or assessment methods, such as body mass index and estimations of maximal oxygen</li> </ul>

- consumption from submaximal testing
  - set appropriate timeframes in goal setting
  - work within a time schedule to provide fitness assessments
  - review calculations from pre-test orientation and screening information.
- Problem-solving skills to:
- determine referral requirements after reviewing pre-exercise health screening information and acquiring any additional health and fitness information from client before fitness appraisal.
- Technology skills to:
- use fitness assessment equipment and equipment for fitness appraisal.

## Unit Mapping Information

No equivalent unit.

## Links

Companion Volume implementation guides are found in VETNet -

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