



Australian Government

Assessment Requirements for SISFFIT007 Instruct group exercise sessions

Release: 1

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Modification History

Not applicable.

Performance Evidence

Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role, and:

- plan, instruct and evaluate at least five group exercise sessions
- conduct sessions that individually or cumulatively incorporate:
 - pre-session instructions
 - safe and effective instructional techniques
 - modification of exercise options to meet individual needs
 - music to match participant needs
- monitor exercise intensity during every session using at least one of the following methods:
 - heart rate response
 - perceived rate of exertion
 - talk test
- use the following communication skills:
 - clear verbal communication
 - modelling and demonstration
- use motivational techniques.

Knowledge Evidence

Demonstrated knowledge required to complete the tasks outlined in elements and performance criteria of this unit:

- legislative and regulatory requirements regarding group exercise sessions and group circuit sessions:
 - work health and safety/occupational health and safety
 - duty of care
 - copyright
 - licensing
- organisational policies and procedures in regards to:
 - pre-session screening
 - overcrowding
 - ventilation and/or climate control

- hygiene
- participant to instructor ratio
- emergency
- risk management
- standards of personal presentation
- participant's clothing and footwear
- use, care and maintenance of equipment
- benefits of group exercise sessions
- contraindications and precautions to participation in selected group exercise session, and suitable modification options for participants where the safety of the participant is not compromised
- industry accepted guidelines and recommendations for determining contra-indications and precautions
- potentially harmful practices to be avoided:
 - hyperextension of joints
 - exercising while sick
 - exercising in extremes of temperature
 - ballistic movements
 - high impact movements for clients with incontinence or musculoskeletal conditions
- intervention strategies:
 - stopping or modifying the exercise
 - modifying equipment or its use
- variations to group exercise sessions:
 - choreographed to music
 - with or without music
 - with equipment
 - without equipment
 - circuit style
 - freestyle
- phases of group exercise sessions:
 - warm-up:
 - pulse raise
 - mobility
 - main cardiovascular workout:
 - using aerobic curve
 - pulse raise
 - main workout
 - build down
 - muscle strength and endurance
 - flexibility

- function and safety of equipment suitable for group exercise to music
- motivational techniques relevant to group exercise sessions
- current industry guidelines relevant to group exercise sessions
- principles of exercise program design:
 - muscle action
 - loading and volume
 - exercise selection and order
 - rest periods
 - repetition velocity
 - frequency
- industry recognised repertoire for targeting cardiovascular, strength and conditioning and flexibility goals
- the use of music in a group exercise to music session, with consideration of appropriate use of:
 - beats per minute
 - rhythm
 - phrasing
 - volume
- realistic timings of original choreography for sessions, or parts of sessions, and sequencing of choreography to suit session type in regards to:
 - add on
 - 32 count phrase
 - verse and chorus
 - layering
- safe and effective exercises and combinations of exercises in group sessions to suit the needs of beginners, intermediate and advanced participants
- group management techniques to assist individuals within the group to achieve desired outcomes.

Assessment Conditions

Skills must be demonstrated in:

- a fitness industry workplace or simulated environment with clients with real or simulated health and fitness goals.

Assessment must ensure access to:

- legislation and organisational policies and procedures in relation to group exercise and circuit training
- manufacturer guidelines regarding equipment usage and safety, as required.

Assessment must ensure use of:

- equipment and resources required for the delivery of the session:
- appropriate music and music equipment, as required
- appropriate area for instruction of group exercise sessions
- group exercise participants; these can be:
 - group exercise participants in the workplace, or
 - individuals who participate in project activities, role plays or simulated activities, set up for the purpose of assessment, within a workplace

Assessment activities that allow the individual to:

- demonstrate the ability to instruct a variety of group exercise sessions:
 - with and without music
 - with and without equipment
 - using music for choreography or motivation, if required
 - catering for :
 - beginners, intermediate and advanced participants
 - low and high impact.

Assessors must satisfy the Standards for Registered Training Organisation's requirements for assessors, and:

- have at least 2 years consecutive industry experience in the application of the skills and knowledge of this unit.

Links

Companion Volume implementation guides are found in VETNet -

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