



Australian Government

**Assessment Requirements for SISFFIT010
Deliver pre-choreographed or prescribed
group exercise to music**

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:

- instruct three pre-choreographed or prescribed group exercise to music classes that incorporate:
 - pre-session instructions:
 - verbal pre-screen
 - personal introduction
 - type of session
 - modifications and recovery
 - spacing and organisation of equipment
 - safe and effective instructional techniques:
 - demonstration and explanation of exercise
 - well-timed cueing
 - establishing rapport
 - teaching positioning
 - session organisation and formation
 - visual and verbal cueing
 - communication techniques:
 - clear verbal communication
 - body language
 - mirror imaging
 - monitoring and encouraging session response
 - negotiation
 - conflict resolution
 - appropriate movement sequences:
 - combinations
 - movement breakdown techniques
 - use of learning curves
 - modification of exercise options to meet individual needs
 - regular encouragement and feedback to clients during session

- 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
 - 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 pre-choreographed or prescribed group exercise to music classes:
 - 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
 - venue hire
 - recording and reporting requirements
 - communication protocol
 - security
- pre-choreographed or prescribed group exercise to music benefits:
 - purpose
 - aims
 - target group
 - acceptable program modifications

- equipment requirements and safe usage
- instructional techniques to enable effective delivery and monitoring of session
- injury prevention strategies to maximise client participation in the program
- 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 pre-choreographed or prescribed group exercise to music classes:
 - choreographed to music
 - with equipment
 - without equipment
- phases of pre-choreographed or prescribed group exercise to music classes:
 - 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
- current industry guidelines relevant to pre-choreographed or prescribed group exercise to music classes
- principles of exercise program design:
 - muscle action
 - loading and volume
 - exercise selection and order
 - rest periods
 - repetition velocity
 - frequency
- the use of music in a group exercise to music session or group circuit session, with consideration of appropriate use of:
 - beats per minute

- rhythm
- phrasing
- volume
- realistic timings of choreography for sessions, in regards to:
 - add on
 - 32 count phrase
 - verse and chorus
 - layering.

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 pre-choreographed or prescribed group exercise to music classes
- 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 pre-choreographed or prescribed group exercise to music class
- 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 pre-choreographed or prescribed group exercise to music classes:
 - with music
 - with and without equipment
 - 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.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b>