



Australian Government

SISFFIT010 Deliver pre-choreographed or prescribed group exercise to music

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to instruct pre-choreographed or prescribed group exercise to music classes according to the training guidelines provided by the program developer. Program evaluation remains the responsibility of the approving authority.

This unit applies to group exercise leaders who are required to use appropriately licensed music.

This unit applies to group exercise leaders working in a variety of locations and with a range of clients in diverse environments including aquatic, recreation, leisure, fitness, gym 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. Prepare for group exercise to music class delivery.

PERFORMANCE CRITERIA

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

- 1.1 Confirm licensing and provider requirements of the program.
- 1.2 Confirm facility and resource requirements for program

- delivery.
- 1.3 Confirm access to venue or facility meets needs and requirements of clients.
 - 1.4 Determine exercise repertoire or choreography, using appropriate movement terminology and application of relevant anatomical and physiological principles.
 - 1.5 Access, select and sequence music according to training guidelines.
 - 1.6 Prepare movement sequences and choreography.
2. Conduct pre-choreographed group exercise to music class.
 - 2.1 Confirm availability of area, assemble resources and prepare environment appropriately.
 - 2.2 Check equipment for maintenance requirements according to program guidelines, as required.
 - 2.3 Confirm capacity to independently participate in session and modify as required to suit specific needs.
 - 2.4 Provide clear instructions according to program requirements using effective communication and instructional principles.
 - 2.5 Demonstrate exercises, techniques and equipment, and monitor participation and performance of each participant.
 - 2.6 Modify activity, as required to cater for a multi-level group according to program guidelines.
 - 2.7 Respond to participants experiencing difficulties and answer questions as required.
 - 2.8 Encourage group cohesion and manage conflicts as they arise.
 3. Evaluate program delivery.
 - 3.1 Seek and acknowledge feedback from participants.
 - 3.2 Evaluate participant response and feedback.
 - 3.3 Evaluate own performance and identify areas needing improvement.
 - 3.4 Update session documentation.
 - 3.5 Maintain records of sessions according to program guidelines.

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
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- Reading skills to:
- interpret training guidelines provided by the program developer.
- Numeracy skills to:
- understand beat of music and how to use the beat to time the session to ensure safety and enjoyment, as well as effective exercise.
- Learning skills to:
- maintain current knowledge of group exercise session methods.
- Problem-solving skills to:
- manage participant conflicts and behavioural concerns as required
 - identify participant problems during session and implement modifications required
 - implement injury prevention strategies.

Unit Mapping Information

SISFFIT333 Deliver pre-choreographed or prescribed group exercise to music classes

Links

Companion Volume implementation guides are found in VETNet -

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