Assessment Requirements for SISFFIT011
Instruct approved community fitness programs
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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 approved community fitness programs, that individually or cumulatively incorporate:
  - clear and accurate instructions and pre-session information:
    - personal introduction
    - verbal pre-screen
    - session level outline and demonstration and explanation of exercises
    - well-timed visual and verbal cueing
    - class organisation and formation
    - emergency procedures
    - appropriate and safe footwear and clothing
    - rests
    - correct exercise techniques and breathing
    - modification of exercise options to meet individual needs
    - sensitivity to social and cultural differences or needs
    - regular encouragement and feedback to clients during session
  - 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 community fitness programs:
  - 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
- approved community fitness programs:
  - benefits
  - purpose
  - aims
  - target group
  - acceptable program modifications
  - equipment requirements and safe usage
- instructional techniques to enable effective delivery and monitoring of program
- general characteristics of main cultural and social groups in Australian society and key aspects that relate to client cultural and religious protocols and preferences for exercise
- injury prevention strategies to maximise client participation in the program.

Assessment Conditions

Skills must be demonstrated in:
- a fitness industry workplace or simulated environment that offers appropriate services and facilities relevant to provision of an approved community fitness program.

Assessment must ensure access to:
- legislation and organisational policies and procedures in relation to approved community fitness programs
- manufacturer guidelines regarding equipment usage and safety, as required.

Assessment must ensure use of:
- equipment and resources required for the delivery of the program
• documentation related to an approved community fitness program
• participants in an approved community fitness program; these can be:
  • participants in a community setting, or
  • individuals who participate in project activities, role plays or simulated activities, set up for the purpose of assessment, within a training organisation.

Assessment activities that allow the individual to:
• demonstrate the ability to instruct an approved community fitness program 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