



Australian Government

**Assessment Requirements for SISFFIT013
Instruct exercise to young people aged 13 to
17 years**

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:

- conduct age and skill appropriate baseline assessments:
 - functional motor skills
 - cardiovascular
 - strength
 - agility
 - flexibility
- plan, implement and evaluate at least five fitness programs for young people that reflect appropriate developmental stages, age and ability variations that incorporate:
 - appropriate selection and monitoring of a range of gym-based cardiovascular and resistance equipment, according to industry guidelines
 - demonstration, explanation, and instruction of exercises relevant to age group
 - suitable order and sequence of activities
 - session components that target the needs and goals of the individual
 - suitable duration, intensity, volume
 - appropriate music selection, where appropriate
 - developmental stages of children and adolescents and age variations in physical, mental and social abilities
 - monitoring of client intensity, techniques, posture and safety
 - technique correction
- 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 safe and appropriate conduct of exercise for children and young adolescents:

- work health and safety/occupational health and safety
- duty of care
- working with children and/or vulnerable people
- privacy
- anti-discrimination
- organisational policies and procedures in regards to:
 - industry endorsed risk management protocols, exercise implications and referral requirements
 - ventilation and/or climate control
 - hygiene
 - emergency
 - risk management
 - standards of personal presentation
 - participant's clothing and footwear
 - use, care and maintenance of equipment
 - equipment use and maintenance
 - client supervision
 - incident reporting
- exercise programming and progression principles:
 - FITT
 - overload
 - specificity
 - phasing
 - warm-up
 - conditioning
 - cool down
- health-related components of fitness:
 - cardiorespiratory endurance
 - muscular endurance
 - muscular strength
 - flexibility
 - body composition
- functional exercises for motor skills related to participant needs:
 - hopping, jumping, throwing, kicking, running, walking, skipping
 - agility, proprioception, balance, reaction time and speed based exercises
- purpose and use of gym equipment:
 - free weights
 - pin-loaded resistance equipment
 - skipping ropes
 - balls, including medicine and fit balls

- resistance bands
- mats
- cardiovascular equipment, for example treadmill and stepper
- anatomy and physiology related to children and adolescents:
 - thermoregulation
 - cardiovascular system
 - musculoskeletal system
 - nervous system
 - respiratory system
- principles of paediatric and exercise science to enable selection of exercises appropriate to participant characteristics and needs:
 - growth and maturation
 - coordination development and control
 - stability
 - posture in children
 - fundamental skills
 - aerobic capacity
- stages of growth and development in children and adolescents to enable effective planning of programs and selection of exercises:
 - physical
 - social
 - emotional
- exercise implications of age and stages of growth and development:
 - changes in growth rate
 - effect of exercise on growth and development
 - social development
 - physiological characteristics of the child through developmental stages
 - session structures for different ages and/or abilities
 - coordination and motor development
 - communication and instructional skill difficulties
 - behavioural change and social needs
 - exercise requirements for different stages of development
- signs and symptoms of major types of injuries typical to children and young adolescents:
 - sprains
 - osteochondroses (severs, patellofemoral pain syndrome, legg-calve-perthes)
 - shoulder instability
 - joint hypermobility
- injury risks related to exercise participation of children and young adolescents
- motivational techniques which incorporate:
 - goal setting

- positive feedback
- foundation of play in exercise prescription
- signs and symptoms of exercise intolerance and appropriate management strategies
- the medical and allied health sector to enable appropriate recommendations or referrals be made to parents or carers.

Assessment Conditions

Skills must be demonstrated in:

- a fitness industry workplace or simulated environment that offers a variety of appropriate services and facilities suitable for youth aged 13-17 years.

Assessment must ensure use of:

- a variety of equipment appropriate for use by children and young adolescents
- industry endorsed risk stratification procedures
- organisational policies and procedures related to working with children
- session plan templates with space to identify modifications/adjustments needed
- participants aged 13-17 years; these can be:
 - 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 training organisation.

Assessment must ensure access to:

- manufacturer guidelines on equipment safety and usage.

Assessment activities that allow the individual to:

- use fitness industry endorsed risk stratification procedures and conduct baseline assessments suitable for adolescents aged 13 years and over:
 - functional motor skills, i.e. hopping, jumping, throwing, kicking, running, walking, skipping
 - cardiovascular endurance
 - muscle strength and endurance
 - agility
 - flexibility
 - body composition, if appropriate.

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

- have achieved a Diploma of Fitness or above; and

- have at least 1 year consecutive post qualification fitness industry experience in the application of the skills and knowledge of the Diploma of Fitness.

Links

Companion Volume implementation guides are found in VETNet - <https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b>