



Australian Government

SISFFIT013 Instruct exercise to young people aged 13 to 17 years

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to plan, instruct and evaluate exercise for young people aged thirteen to seventeen years. It requires the ability to supervise young people using fitness facilities and relevant equipment to promote functional capacity and fitness.

It involves using industry endorsed risk management protocols when determining the provision of suitable exercise services. This may include guidance from relevant medical or allied health professionals.

This unit applies to personal trainers who work in a variety of fitness locations such as fitness, leisure and community centres. These individuals typically work autonomously in controlled and uncontrolled fitness environments.

Work is performed according to relevant legislation including working with children or vulnerable people checks, 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. Identify fitness requirements.

PERFORMANCE CRITERIA

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

- 1.1 Consider and discuss needs, expectations and preferences using suitable questioning techniques.
- 1.2 Review and advise participant and parent or carer of

- outcomes of pre-exercise health screening procedures.
- 1.3 Refer participant to medical or allied health professionals as required.
 - 1.4 Select and use appropriate baseline functional capacity or fitness assessments, as required.
 - 1.5 Identify potential barriers to participation.
 - 1.6 Develop and document client profile for re-evaluation purposes.
2. Plan exercise session.
- 2.1 Determine type of training, training methods and equipment required to achieve participant goals.
 - 2.2 Gain parent or carer consent for participation in specified exercise program.
 - 2.3 Develop and document program plans that incorporate participant goals, abilities, and stage of growth and development within instructional information.
 - 2.4 Develop customised training sessions that include a variety of exercises and equipment to meet participant needs.
3. Instruct exercise session.
- 3.1 Allocate sufficient space, assemble resources and check equipment for safety and maintenance requirements.
 - 3.2 Provide clear exercise instructions and confirm participant understanding.
 - 3.3 Demonstrate exercises, techniques and equipment to participant.
 - 3.4 Monitor participation and performance to identify signs of exercise intolerance and modify as required.
 - 3.5 Select and use communication techniques that encourage and support participants.
 - 3.6 Modify session as required considering basic mechanics, safety and fitness outcomes.
 - 3.7 Respond to participants experiencing difficulties and answer questions as required.
 - 3.8 Complete session documentation and progress notes.
4. Evaluate exercise session.
- 4.1 Monitor and evaluate exercise session at appropriate intervals.
 - 4.2 Evaluate exercise session according to participant, parent or carer feedback, professional judgement and outcomes of sessions.
 - 4.3 Review own performance and identify areas needing improvement.
 - 4.4 Identify aspects needing further emphasis or attention in future sessions.
 - 4.5 Evaluate program or activities and discuss modifications

to future sessions.

4.6 Document and update records of evaluation and modification.

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
Reading skills to:	<ul style="list-style-type: none">• interpret equipment manufacturer guidelines to determine:<ul style="list-style-type: none">• appropriate use of equipment and facilities to instruct children and adolescents• required adaptations to equipment, facilities or exercise to maximise safety, participation and enjoyment of sessions• comprehend organisational policies and procedures regarding roles and responsibilities in exercise prescription and supervision of children and adolescents within the fitness facility or organisation.
Oral communication skills to:	<ul style="list-style-type: none">• provide accurate information to children, adolescents, and parents or carers• interact with children, adolescents and parents or carers in an appropriate manner• encourage children and adolescents to participate in an active lifestyle and exercise program.
Numeracy skills to:	<ul style="list-style-type: none">• work within time schedules of facilities and program requirements.
Learning skills to:	<ul style="list-style-type: none">• maintain knowledge of current industry methods of pre-exercise screening, baseline assessments of fitness and functional capacity and exercise training methods for children and adolescents.

Unit Mapping Information

No equivalent unit.

Links

Companion Volume implementation guides are found in VETNet -

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

