



Australian Government

SISFFIT014 Instruct exercise to older clients

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 male clients aged forty five and over, and female clients aged fifty five and over. It requires the ability to provide instruction of exercise programs aimed at improving health and fitness for older clients, with consideration of aspects of healthy ageing. It also covers promotion of incidental physical activity to clients to minimise the risk of developing sedentary lifestyle behaviours. It involves using industry endorsed risk stratification procedures when determining the provision of suitable advice and referral requirements.

This unit applies to fitness instructors who work in a variety of fitness locations such as fitness, leisure 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. Identify client fitness requirements.

PERFORMANCE CRITERIA

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

- 1.1 Consider and confirm client needs, expectations and preferences using suitable questioning techniques.

- 1.2 Review and advise client of outcomes of pre-exercise health screening procedures.
 - 1.3 Refer client 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 common barriers to exercise participation by older clients.
 - 1.6 Recognise and explain benefits of exercise for older populations and the role of exercise in reducing risks associated with ageing.
 - 1.7 Receive guidance from medical or allied health professionals for exercise participation, as required.
 - 1.8 Develop and document client profile for re-evaluation purposes.
2. Develop program plans.
 - 2.1 Identify settings and program considerations that support safe and sustainable exercise participation for older clients.
 - 2.2 Determine type of training, training methods and equipment required to achieve client goals.
 - 2.3 Develop and document program plans that incorporate instructional information and guidance from medical or allied health professionals if required.
 - 2.4 Explain benefits of exercise and anticipated structural and physiological adaptations as they relate to client goals and needs.
 - 2.5 Develop customised training sessions that include a variety of exercises and equipment to meet client needs.
 - 2.6 Discuss and confirm client understanding of potential signs and symptoms of intolerance contraindications to exercise and recommended precautions.
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 client understanding.
 - 3.3 Demonstrate exercises, techniques and equipment to client.
 - 3.4 Explain any precautions for exercise relevant to client age, ability and risk status.
 - 3.5 Monitor participation and performance to identify signs of exercise intolerance and modify as required.
 - 3.6 Monitor client intensity, techniques, posture and safety, and modify program as required.
 - 3.7 Seek ongoing guidance from, or refer client to, medical

- or allied health professionals, as appropriate.
- 3.8 Select and use communication techniques that encourage and support clients.
 - 3.9 Modify session as required considering basic mechanics, safety and fitness outcomes.
 - 3.10 Respond to clients experiencing difficulties and answer questions as required.
 - 3.11 Complete session documentation and progress notes.
4. Evaluate program.
- 4.1 Monitor and evaluate exercise program at appropriate intervals.
 - 4.2 Provide written and verbal feedback to medical or allied health professionals, as required.
 - 4.3 Request and respond to feedback from clients.
 - 4.4 Review own performance and identify areas needing improvement.
 - 4.5 Identify aspects needing further emphasis or attention in future sessions.
 - 4.6 Evaluate program or activities and discuss modifications to program.
 - 4.7 Document and update records of evaluation and modification of programs.

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 and evaluate pre-exercise screening and baseline assessment results.
Oral communication skills to:	<ul style="list-style-type: none"> • explain course of action, including referral and fitness services, as required.
Numeracy skills to:	<ul style="list-style-type: none"> • use heart rate calculations or other monitoring techniques during training, where relevant • use body mass index calculations during pre-exercise screening, where relevant.

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>