



**Australian Government**

# **Assessment Requirements for SISFFIT017 Instruct long-term exercise programs**

**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. This must include a period(s) totalling at least ten hours comprising at least ten different client contact sessions and:

- plan, implement and evaluate at least five long-term exercise programs using the principles of program design to suit the needs of clients with goals related to a combination of health- and skill-related components of fitness
- conduct sessions that individually or cumulatively incorporate:
  - use of a variety of all of the following equipment:
    - cardiovascular
    - free weight
    - gym
    - contemporary exercise equipment
  - demonstration, explanation, and instruction in the following:
    - cardiovascular, with and without electrical or non-electrical equipment
    - resistance, using body weight, free weights and contemporary fitness equipment, and a combination of compound and isolation exercises
    - flexibility – static, dynamic and proprioceptive neuromuscular facilitation (PNF)
  - injury prevention strategies specific to client needs and program
  - competition or performance strategy into at least one of the programs
  - exercises to develop:
    - skill
    - agility
    - proprioception
    - balance
    - coordination
    - reaction time
    - controlled power movements, for example in plyometric-style exercises
- modify at least three existing exercise plans for clients, addressing at least four of the following:
  - technical requirements
  - changing needs due to fitness adaptations
  - changing goals

- client needs, objectives, likes and dislikes
- technical difficulty adjustments of exercises
- document exercise plans and exercise programs for all clients using clear and structured forms.

## Knowledge Evidence

Demonstrated knowledge required to complete the tasks outlined in elements and performance criteria of this unit:

- long-term exercise program planning for improvement of health- and skill-related components of fitness:
  - body composition
  - muscle endurance
  - muscle strength
  - flexibility
  - cardiovascular endurance
  - balance
  - reaction time
  - coordination
  - power
  - speed
  - agility
  - proprioception
- safety and preparation considerations for the use of plyometric training in client programs
- program design and variables relevant to the combination of health- and skill-related components of fitness in the client's program:
  - muscle actions
  - loads and volumes
  - exercise selection and order
  - rest periods
  - repetition velocity
  - frequency
- training principles relevant to the health- and skill-related components of fitness in the client's program:
  - overload
  - progression
  - adaptation
  - specificity
  - individualisation
  - maintenance

- training methods and consideration of intensity, program types, sets and reps, circuits, matrices, super-sets, pre-fatigue and interval training
- types of conditioning and training, and expected adaptations, including timing, for:
  - speed
  - power
  - strength
  - flexibility
  - cardiovascular endurance
  - hypertrophy
  - muscle endurance
  - weight loss
  - agility
  - reaction time
  - balance
  - coordination
- client considerations and needs:
  - client details
  - fitness levels and goals
  - training history
  - targeted adaptations
  - anticipated rate of client adaptation
  - number and nature of session programs
  - equipment requirements
  - facility requirements
  - review dates
- application of exercise science, anatomy, physiology, biomechanics considerations to fitness activities and long-term exercise programming:
  - aerobic endurance and responses
  - hypertrophy training and types of muscle fibres
  - muscle tension
  - local muscle endurance training and recovery
  - neuromuscular coordination training, safety, skill and recovery
  - strength training, recovery times and techniques
  - stretching and flexibility methods, techniques and recovery times
  - predicted rate of adaptation
  - progression
  - recovery rate
  - reversibility
  - specificity
  - training threshold

- manufacturer and exercise equipment specifications for safe use and techniques
- signs and symptoms of exercise intolerance and overtraining such as unusual fatigue
- physiological changes that occur from long-term exercise training:
  - cardiovascular changes
  - energy system and substrate utilisation
  - nervous system changes
  - pulmonary changes
  - thermoregulation.

## Assessment Conditions

Skills must be demonstrated in:

- a fitness industry workplace or simulated environment with clients with real or simulated long-term health and fitness goals.

Assessment must ensure use of:

- a variety of cardiovascular (electrical or non-electrical) equipment, free weights, such as barbells, dumbbells and plates, and contemporary equipment, such as fit balls
- resistance training methods that are aimed at a variety of client goals, such as muscle hypertrophy and muscle strength
- clients that are considered capable of participating in exercise sessions from long-term exercise programs with:
  - cardiovascular training methods, such as continuous and interval training
  - resistance training methods using body weight, free weights and contemporary exercise equipment
  - stretching techniques that involve the client performing the stretches independently and the use of the fitness trainer's skills to conduct partner-based PNF stretching
- clients; these can be:
  - clients in an industry workplace, or
  - individuals who participate in role plays or simulated activities, set up for the purpose of assessment, in a simulated industry environment operated within a training organisation.

Assessment must ensure access to:

- legislation and organisational policies and procedures in relation to the conduct of long-term exercise programs.

Assessment activities that allow the individual to:

- develop a variety of long-term exercise programs over a period of time suitable for ensuring adequate time for the client to achieve several health- and skill-related components of fitness goals.

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.education.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b>