



**Australian Government**

# **SISFFIT017 Instruct long-term exercise programs**

**Release: 1**

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## Modification History

Not applicable.

## Application

This unit describes the performance outcomes, knowledge and skills required to plan, instruct and evaluate long-term exercise programs for clients. It requires the ability to apply the principles of training and program design to achieve goals in relation to health and skill-related components of fitness. It applies to the use of a variety of training techniques and cardiovascular, free weights and contemporary training equipment, in client programs.

This unit does not cover exercise prescription or instruction of uncontrolled movements. The personal trainer must only implement instruction and monitoring of power exercises that are controlled and only in situations where the client is prepared. This unit does not apply to the use of Olympic lifts.

This unit applies to personal trainers who work in controlled and uncontrolled environments. These individuals typically work independently with some level of autonomy. 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 goals.

### PERFORMANCE CRITERIA

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

- 1.1 Discuss client health-related and skill-related goals.
- 1.2 Explain the need to incorporate an increase in physical activity and a decrease in physical inactivity, as required,

- to clients.
- 1.3 Conduct pre-exercise health screening, and health assessment procedures as required.
  - 1.4 Explain training adaptations expected when participating in long-term exercise program.
  - 1.5 Develop objectives for long-term program and each phase of program, in consultation with client where required.
2. Develop program plans.
    - 2.1 Determine type of training, training methods and equipment required to achieve client goals.
    - 2.2 Calculate total training volume required to achieve client goals.
    - 2.3 Develop and document a long-term exercise plan that incorporates key instructional information.
    - 2.4 Develop customised and contemporary training sessions to meet client specific needs.
3. Conduct exercise sessions.
    - 3.1 Allocate sufficient space, assemble resources and check equipment for safety and maintenance requirements.
    - 3.2 Provide clear and accurate exercise instruction and confirm client understanding.
    - 3.3 Demonstrate skills and techniques to client.
    - 3.4 Observe and monitor participation and performance of client and adjust as required.
    - 3.5 Select and use communication techniques that encourage and support client.
    - 3.6 Monitor client for signs and symptoms of intolerance.
    - 3.7 Seek feedback from client during exercise sessions.
    - 3.8 Modify session as required, according to specific fitness outcomes, or for safety, using consideration of basic mechanics.
    - 3.9 Respond to clients experiencing difficulties, and answer questions as required.
    - 3.10 Complete session documentation and progress notes.
4. Evaluate program.
    - 4.1 Monitor and evaluate exercise program at appropriate intervals.
    - 4.2 Request and respond to feedback from client.
    - 4.3 Identify aspects needing further emphasis or attention in future sessions.
    - 4.4 Review own performance and identify areas needing improvement.
    - 4.5 Implement modifications to future instruction and discuss changes to the client's long-term exercise plan.
    - 4.6 Maintain and store records of evaluation and

modification of program.

## 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.

<b>SKILLS</b>	<b>DESCRIPTION</b>
Writing skills to:	<ul style="list-style-type: none"><li>• develop and maintain detailed structure and layout of long-term exercise programs.</li></ul>
Oral communication skills to:	<ul style="list-style-type: none"><li>• use active listening and questioning techniques to:<ul style="list-style-type: none"><li>• identify clients' specific long term needs</li><li>• confirm objectives of long-term exercise program.</li></ul></li></ul>
Numeracy skills to:	<ul style="list-style-type: none"><li>• select and calculate training volumes</li><li>• interpret and use calculations to assess fitness levels</li><li>• interpret fitness testing and performance results from equipment.</li></ul>
Learning skills to:	<ul style="list-style-type: none"><li>• maintain current knowledge of contemporary exercise equipment and methods of training.</li></ul>
Problem-solving skills to:	<ul style="list-style-type: none"><li>• modify session and program as required with consideration and awareness of expected training adaptations specific to client.</li></ul>
Initiative and enterprise skills to:	<ul style="list-style-type: none"><li>• provide training programs and exercises that are current and maintain the interest of clients.</li></ul>
Technology skills to:	<ul style="list-style-type: none"><li>• use a variety of exercise equipment including electrical and non-electrical.</li></ul>

## Unit Mapping Information

No equivalent unit.

## Links

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