



Australian Government

SISFFIT018 Promote functional movement capacity

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to assess client movement and exercise capacity and develop an appropriate exercise program. It requires the use of functional movement knowledge in day-to-day professional practice to encourage healthy posture, effective movement patterns and safe exercise technique for clients.

This unit applies to personal trainers who offer exercise programs to improve functional movement for general populations, including older adults and young people. These clients are those with no unstable health conditions, pain or injury as identified through industry endorsed pre-exercise screening and risk stratification protocols.

This unit does not apply to the provision of postural assessment, advice or treatment for an injury, disease or condition. The personal trainer is expected to refer clients requiring guidance, advice or treatment to an appropriate allied health professional.

This unit applies to personal trainers who typically work autonomously in controlled and uncontrolled fitness environments. 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

PERFORMANCE CRITERIA

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

1. Consolidate understanding of functional movement.
 - 1.1 Source and access information on functional movement relevant to fitness outcomes in line with accepted movement and exercise technique standards.
 - 1.2 Use knowledge of functional movement in day-to-day professional practice.
 - 1.3 Discuss/explain how understanding of functional movement contributes to safe/optimum technique and skill development.
 - 1.4 Use a wide range of functional movement terminology relevant to injury prevention and fitness outcomes.
2. Inform clients of importance of functional movement.
 - 2.1 Review pre-exercise health screening, risk stratification, and health assessment procedures as required.
 - 2.2 Discuss client health-related goals and acquire additional client information as required.
 - 2.3 Refer client to a medical or allied health professional as required.
 - 2.4 Discuss importance of identifying postural variances and explain relationship between posture and injury prevention to clients.
 - 2.5 Provide information about common causes of poor posture and movement capacity to client.
 - 2.6 Inform clients of legal and ethical limitations of a personal trainer.
3. Recognise and analyse client functional movement.
 - 3.1 Provide clear and accurate instruction and demonstration during relevant movements and exercises.
 - 3.2 Explain the importance of functional movement and correct technique and dynamic posture during exercise.
 - 3.3 Observe functional movement, range of movement and exercise capacity to identify any joint mobility or movement restrictions.
 - 3.4 Observe strength and muscle activation outputs to identify any muscle activation concerns and/or strength limitation or imbalance.
 - 3.5 Observe and record any client balance, stability or coordination limitations.
 - 3.6 Monitor participation and performance to identify ineffective movement patterns and exercise technique.
 - 3.7 Determine need for further evaluation and seek guidance from an appropriate allied health professional as required.
 - 3.8 Document observations and discuss with client.
4. Consider static posture.
 - 4.1 Apply understanding of postural mechanisms and symptoms of poor posture to client observation and consultation.
 - 4.2 Observe client static posture and identify issues that may be

- relevant in a dynamic setting.
- 4.3 Identify and document joints, muscles and connective tissues that would benefit from functional exercise strategies.
 - 4.4 Seek guidance from an appropriate allied health professional as required.
5. Implement functional exercise strategies.
 - 5.1 Develop strategies to promote functional movement, exercise performance and reduce likelihood of injury.
 - 5.2 Advise client of exercises or activities that are contraindicated or may further exacerbate any postural variance.
 - 5.3 Modify client exercise technique and dynamic posture as required.
 - 5.4 Seek guidance from an appropriate allied health professional as required.

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
Oral communication skills to:	<ul style="list-style-type: none"> • use active listening and open and closed probe questioning to: <ul style="list-style-type: none"> • elicit information from clients about their needs and expectations • consult with clients about functional movement activities • clarify screening information provided by clients.
Learning skills to:	<ul style="list-style-type: none"> • reflect on results and redesign new approaches to exercise as relevant for client.
Problem-solving skills to:	<ul style="list-style-type: none"> • interpret and critically analyse client functional movement • determine referral requirements after reviewing pre-exercise health screening information and as a result of functional movement observations.
Teamwork skills to:	<ul style="list-style-type: none"> • collaborate with various professionals and client in order to establish and follow through with the most appropriate functional exercise strategies for the client, if required.

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>