



**Australian Government**

**Assessment Requirements for SISFFIT020  
Instruct exercise programs for body  
composition goals**

**Release: 1**

## Assessment Requirements for SISFFIT020 Instruct exercise programs for body composition goals

### 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 period(s) totalling at least ten hours comprising at least ten different client contact sessions, and:

- plan, document, implement and evaluate at least five exercise plans that meet specific body composition needs and goals of individual clients
- conduct sessions that consider each client's:
  - training schedule
  - likes and dislikes
  - financial constraints
  - specific responses to questionnaire
  - religious restrictions
  - injuries
  - medical and exercise history
  - functional limitations
- correctly measure body composition for each client using appropriate measures:
  - weight
  - height
  - hip circumference
  - waist circumference
  - skin folds
  - bioelectrical impedance analysis
  - body mass indices
- appropriately use and apply anthropometric standards:
  - somatotypes
  - skin fold indices
  - body mass indices
  - waist-hip ratios
  - healthy weight range charts
- use appropriate and motivating instructional techniques with each client to increase exercise adherence and positive health and fitness habits:
  - goal setting

- intrinsic and extrinsic motivation
- establishment of habits
- positive reinforcement.

## Knowledge Evidence

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

- legislative and regulatory requirements regarding exercise planning for body composition goals:
  - work health and safety/occupational health and safety
  - duty of care
  - privacy
  - anti-discrimination
  - Australian consumer law
  - business registration and licences
- organisational policies and procedures in regards to:
  - ventilation and/or climate control
  - hygiene
  - emergency
  - risk management
  - standards of personal presentation
  - participant's clothing and footwear
  - use, care and maintenance of equipment
  - client supervision
  - communication protocols
  - records management and security
- industry endorsed client pre-exercise health screening processes
- industry endorsed risk stratification procedures, exercise implications and referral requirements
- client considerations for planning exercise programs to target body composition goals:
  - training schedule
  - likes and dislikes
  - financial constraints
  - specific responses to questionnaire
  - religious restrictions
  - injuries
  - medical and exercise history
  - functional limitations
- exercise programming principles to target body composition goals:
  - muscle hypertrophy

- fat loss
- lean body mass
- barriers to achieving goals:
  - unhealthy eating
  - physically inactive
  - exercise patterns
  - lack of good quality sleep
  - stress management
- management of body composition:
  - metabolism
  - energy expenditure
  - energy intake
  - balance between energy intake and energy expenditure
  - resting metabolic rate
  - thermogenesis
  - adaptive thermogenesis
  - thermic effect of food
  - thermic effect of exercise
  - changes to body composition
  - fat loss
  - muscle gain
- factors affecting 'weight' on scales:
  - lean body mass
  - water
  - fat
  - clothing
- role of medical or allied health professionals in relation to body composition programming
- motivational techniques and strategies to support body composition goals:
  - building rapport
  - questioning techniques
  - feedback
  - goal setting
  - reinforcement
- benefits and limitations of body composition appraisal methods.

## **Assessment Conditions**

Skills must be demonstrated in:

- a fitness industry workplace or simulated environment with clients with real or simulated body composition goals.

Assessment must ensure access to:

- industry endorsed risk stratification procedures
- manufacturer guidelines on equipment safety and usage
- current industry endorsed best practice for client pre-exercise health screening and risk stratification.

Assessment must ensure use of:

- organisational policies and procedures:
  - privacy
  - work health and safety/occupational health and safety
  - confidentiality
  - referral forms and processes
  - recording and storage of information
- body composition appraisal methods to suit the goals of clients
- anthropometric standards
- current fitness industry recognised methods for achieving body composition outcomes
- session plan templates with space to identify modifications/adjustments needed
- client record forms
- 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 activities that allow the individual to:

- develop a variety of body composition exercise programs over a period of time suitable for ensuring adequate time for the client to achieve several health and fitness-related body composition goals including:
  - fat loss
  - muscle hypertrophy
- demonstrate ability to instruct sessions that cater for:
  - beginners, intermediate and advanced participants
  - low and high impact.

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