



**Australian Government**

# **SISFFIT020 Instruct exercise programs for body composition goals**

**Release: 1**

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## **Modification History**

Not applicable.

## **Application**

This unit describes the performance outcomes, skills and knowledge required to design exercise plans and programs to change and maintain desired and realistic body composition of clients.

It applies to exercise programs aimed at health-related components of fitness, with particular attention to body composition. This unit does not directly apply to provision of healthy eating information regarding body composition goals, however it does cover the calculation of energy expenditure to enable planning and instruction of appropriate programs to achieve identified goals.

This unit applies to the planning of programs for clients who have completed industry endorsed pre-exercise screening and risk stratification procedures.

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. Identify client body composition requirements.
  - 1.1 Consider and confirm client body composition goals, 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 Identify potential barriers to achieving needs and goals.
  - 1.5 Provide information to client on the relationship between healthy eating, exercise and health.
  - 1.6 Determine daily energy expenditure of client.
  - 1.7 Measure body composition of client using anthropometric standards.
  - 1.8 Develop and document client profile for re-evaluation purposes.
2. Develop exercise plan to improve body composition.
  - 2.1 Determine type of training, training methods and equipment required to achieve client body composition goals.
  - 2.2 Develop client personalised strategies to increase exercise adherence.
  - 2.3 Develop and document program plans that incorporate key instructional information and short and long-term body composition goals.
  - 2.4 Set realistic guidelines and confirm exercise plan with client.
  - 2.5 Develop customised training sessions that include a variety of exercises and equipment to meet client goals.
3. Implement exercise plan.
  - 3.1 Instruct client in specific programs and exercises.
  - 3.2 Select and use motivational techniques that encourage exercise, and healthy eating adherence.
  - 3.3 Respond to clients experiencing difficulties and answer questions as required.
  - 3.4 Monitor and record client progress.
4. Evaluate exercise plan.
  - 4.1 Monitor and evaluate exercise program at appropriate intervals.
  - 4.2 Reappraise client body composition at agreed stages of program.
  - 4.3 Review client short and long-term goals and exercise plan.
  - 4.4 Evaluate program or activities and discuss modifications to program.
  - 4.5 Modify exercise plan for client and document 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"><li>• interpret and critically analyse body composition appraisal results.</li></ul>
Oral communication skills to:	<ul style="list-style-type: none"><li>• explain and discuss relationships between body composition management and specific client plan</li><li>• collaborate with client to establish goals and motivate towards desired outcomes.</li></ul>
Numeracy skills to:	<ul style="list-style-type: none"><li>• extract and evaluate information from calculations of daily energy requirements and pre-exercise health screening information.</li></ul>

## 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>