



**Australian Government**

# **Assessment Requirements for SISFFIT021 Instruct personal training programs**

**Release: 1**

# Assessment Requirements for SISFFIT021 Instruct personal training programs

## 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 in a mixture of controlled and uncontrolled environments, and:

- plan, document, implement and evaluate at least five personal training plans that meet specific needs and goals of individual clients
- conduct sessions that individually or cumulatively incorporate:
  - a variety of indoor and outdoor training environments, methods, and equipment:
    - ensures promotion of sustainability of the environment
    - choice of resources to minimise environmental impact
    - permission for use of public spaces, as required
    - flexibility training:
      - dynamic
      - static
      - proprioceptive neuromuscular facilitation
    - resistance training:
      - free weights
      - gym equipment
      - body weight resistance only
    - cardiovascular training techniques:
      - continuous
      - interval
    - demonstration, explanation, and instruction of exercises
    - injury prevention strategies specific to client needs and program
    - appropriate and motivating instructional techniques to increase exercise adherence and positive health and fitness habits:
      - goal setting
      - intrinsic and extrinsic motivation
      - establishment of habits
      - positive reinforcement
  - modify personal training plans for clients, addressing at least three of the following:
    - technical requirements

- changing needs due to fitness adaptations
- changing goals
- client needs, objectives, likes and dislikes
- technical difficulty adjustments of exercises.

## Knowledge Evidence

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

- legislative and regulatory requirements regarding personal training, equipment use and selection:
  - work health and safety/occupational health and safety
  - duty of care
  - privacy
  - anti-discrimination
  - working with children and/or vulnerable people check
- organisational policies and procedures in regards to:
  - ventilation and/or climate control
  - hygiene
  - emergency
  - risk management
  - standards of personal presentation
  - participant 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
- 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 personal training
- 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
- suitable training and monitoring techniques and exercises to achieve improved functioning of:
  - musculoskeletal system
  - cardiovascular system
  - nervous system
- 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 personal training programs:
  - 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 appropriate management strategies
- common barriers to exercise participation:
  - perceived versus actual barriers
  - initial low fitness level
  - time and access to facilities
  - self-consciousness in client
- different learning styles of clients and methods to adapt training to suit these learning styles
- motivational techniques:
  - goal setting
  - intrinsic and extrinsic motivation
  - establishment of habits
  - positive reinforcement.

## Assessment Conditions

Skills must be demonstrated in:

- a fitness industry workplace or simulated environment with clients with real or simulated health and fitness 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
- organisational policies and procedures regarding the use of equipment and locations for personal training sessions.

Assessment must ensure use of:

- client record forms
- equipment and resources required for the delivery of the personal training program:
  - resistance equipment
  - program cards
  - resistance bands
  - gym and fitness equipment
- session plan templates with space to identify modifications/adjustments needed
- 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 personal training programs over a period of time suitable for ensuring adequate time for the client to achieve several health and fitness related goals
- demonstrate ability to instruct a variety of personal training sessions where a variety of exercise modes and equipment are available:
  - weights gym
  - exercise room
  - an outdoor environment
- 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.education.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b>