



**Australian Government**

# **SISFFIT021 Instruct personal training programs**

**Release: 1**

# SISFFIT021 Instruct personal training programs

## Modification History

Not applicable.

## Application

This unit describes the performance outcomes, skills and knowledge required to plan, instruct and evaluate personal training programs for a variety of clients in both controlled and uncontrolled environments. It requires the ability to plan individualised 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

1. Identify client fitness requirements.

### PERFORMANCE CRITERIA

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

- 1.1 Consider and confirm client needs, expectations and preferences using suitable questioning techniques.
- 1.2 Review and advise client of outcomes of pre-exercise health screening procedures and fitness appraisal.
- 1.3 Refer client to medical or allied health professionals as required.
- 1.4 Identify potential barriers to achieving needs and goals.

- 1.5 Develop and document client profile for re-evaluation purposes.
2. Develop personal training exercise plan and program.
  - 2.1 Determine type of training, training methods and equipment required to achieve client goals.
  - 2.2 Develop client personalised strategies to increase exercise adherence.
  - 2.3 Develop and document program plans that incorporate key instructional information to match client preferences.
  - 2.4 Develop customised training sessions that include a variety of exercises and equipment to meet client needs.
  - 2.5 Select appropriate session assessment techniques.
  - 2.6 Obtain permission for use of public spaces if required.
  - 2.7 Document personal training plans for client.
3. Conduct personal training sessions.
  - 3.1 Allocate sufficient space, assemble resources and check equipment for safety and maintenance requirements.
  - 3.2 Determine client prior knowledge and skills in the fitness activity.
  - 3.3 Provide clear exercise instructions and confirm client understanding.
  - 3.4 Demonstrate exercises, techniques and equipment to client.
  - 3.5 Relate location and function of major bones and major joints to movement when instructing client.
  - 3.6 Identify major target muscles acting at major joints when instructing clients through exercises.
  - 3.7 Monitor participation and performance to identify signs of exercise intolerance and modify as required.
  - 3.8 Monitor client intensity, techniques, posture and safety, and modify program as required.
  - 3.9 Select and use motivational techniques that increase client performance and adherence to exercise.
  - 3.10 Respond to clients experiencing difficulties and answer questions as required.
  - 3.11 Complete session documentation and progress notes.
4. Evaluate personal training program.
  - 4.1 Monitor and evaluate exercise program at appropriate intervals.
  - 4.2 Request and respond to feedback from client.
  - 4.3 Conduct follow up client fitness assessments as required.
  - 4.4 Review own performance and identify areas needing improvement.
  - 4.5 Identify aspects needing further emphasis or attention in

future sessions.

4.6 Evaluate program or activities and discuss modifications to program.

4.7 Modify personal training plan for client and prepare new exercise program.

4.8 Document and update 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.

SKILLS	DESCRIPTION
Reading skills to:	<ul style="list-style-type: none"> <li>evaluate and integrate collected information and ideas to construct personal training 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>determine client needs and preferences</li> <li>offer and explain suitable exercises and programs</li> </ul> </li> <li>demonstrate and explain the safe performance of exercises to clients using appropriate terminology.</li> </ul>
Learning skills to:	<ul style="list-style-type: none"> <li>design, reflect on and redesign approaches to personal training as an integral part of the review process</li> <li>adapt exercise programs and strategies to individual clients.</li> </ul>
Problem-solving skills to:	<ul style="list-style-type: none"> <li>determine the need for spotting of client exercises at the appropriate time.</li> </ul>
Planning and organising skills to:	<ul style="list-style-type: none"> <li>determine which personal training sessions or exercise that the client can independently perform, with and without direct supervision.</li> </ul>
Self-management skills to:	<ul style="list-style-type: none"> <li>organise client and facility schedules.</li> </ul>

## Unit Mapping Information

SISFFIT421A Plan and deliver personal training

## Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.education.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b>