



**Australian Government**

# **SISFFIT023 Instruct group personal training programs**

**Release: 1**

# SISFFIT023 Instruct group personal training programs

## Modification History

Not applicable.

## Application

This unit describes the performance outcomes, skills and knowledge required to plan, instruct and evaluate group 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.

It requires the ability to instruct personal training sessions and programs to a group of people, whilst taking into account individual goals, programming requirements, personality and fitness level. The personal trainer ensures that the supervision ratio to client adheres to organisation policies and 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 group personal training program requirements.

### PERFORMANCE CRITERIA

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

- 1.1 Consider and confirm compatibility of client needs, expectations and preferences using suitable questioning techniques.

- 1.2 Review and advise clients of outcomes of pre-exercise screening procedures and fitness appraisals.
  - 1.3 Refer clients to medical or allied health professionals as required.
  - 1.4 Establish exercise intensities appropriate for each client within the group.
  - 1.5 Identify potential barriers to achieving needs and goals of individuals within the group.
  - 1.6 Develop and document client profiles for re-evaluation purposes.
2. Develop group 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 maximise group coherence and increase exercise adherence.
  - 2.3 Develop and document program plans that incorporate key instructional information appropriate to group training and 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 group personal training plans.
3. Conduct group 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 to the group and confirm individual client understanding.
  - 3.4 Demonstrate exercises, techniques and equipment to the group, providing individual assistance if required.
  - 3.5 Relate location and function of major bones and major joints to movement when instructing the group.
  - 3.6 Identify major muscles acting at major joints when instructing the group.
  - 3.7 Manage the use of different equipment by different clients within the same session, in a timely and safe manner.
  - 3.8 Supervise clients performing a variety of exercises or variations in exercises, at the same time.
  - 3.9 Monitor participation and performance and modify as required.
  - 3.10 Select and use motivational techniques for group personal training to increase performance and adherence

- to exercise.
- 3.11 Respond to clients experiencing difficulties and answer questions as required.
- 3.12 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 clients.
- 4.3 Perform follow up fitness assessments on each client, individually or as a group, 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 individual clients, or group, as required 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 group 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>• identify suitable products and services for clients</li> <li>• motivate clients</li> </ul> </li> <li>• instruct clients from a variety of different positions, that are constantly changing according to the needs of the group and individuals within the group</li> <li>• demonstrate and explain the safe performance of exercises to clients using appropriate terminology and confirm client understanding.</li> </ul>
Learning skills to:	<ul style="list-style-type: none"> <li>• design, reflect on and redesign approaches to group personal training as an integral part of the review process.</li> </ul>

- Problem-solving skills to:
- work with various personalities, learning styles and fitness levels of clients within one group
  - determine how to safely work with more than one client at a time, in constantly changing conditions where clients move about, within an appropriate space.
- Planning and organising skills to:
- prepare personal training plans that are appropriate for a variety of clients within one group, with consideration of personalities, goals and fitness levels of each client
  - determine appropriate training environments for clients within a group.
- Self-management skills to:
- organise client schedules, and facility schedules.

## 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>