



Australian Government

SISFFIT027 Conduct health promotion activities

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to plan and incorporate education activities that promote physical activity and other healthy lifestyle recommendations. It requires the ability to deliver appropriate exercise levels within the context of public health recommendations in order to decrease risk factors and prevent chronic disease.

This unit applies to advanced personal trainers working in a sport, fitness, recreation or aquatic environment. They work autonomously according to relevant legislation and regulatory requirement 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	PERFORMANCE CRITERIA
Elements describe the essential outcomes	Performance criteria describe the performance needed to demonstrate achievement of the element.
1. Identify health promotion information requirements.	1.1 Source and access information on physical activity and health promotion information relevant to the fitness industry. 1.2 Discuss/explain how understanding of health promotion strategies contribute to decreased risk factors and prevention of chronic disease. 1.3 Identify current and emerging knowledge of health

- promotion relevant to development of own professional practice.
- 1.4 Identify specific issues relating to health problems of target groups and suggest strategies to address issues.
 2. Plan educational activities.
 - 2.1 Locate relevant available promotion and prevention resources.
 - 2.2 Recognise and support the importance of access and equity in provision of physical activity initiatives.
 - 2.3 Plan multifaceted educational activities including healthy lifestyle education and skill building according to needs of target group.
 3. Incorporate educational activities into own professional practice.
 - 3.1 Assess ways in which health promotion and education activities may be used, adapted or challenged in instruction and provision of fitness advice.
 - 3.2 Work collaboratively with clients, team members and relevant partners to implement effective health promotion activities.
 - 3.3 Conduct health promotion and education activities that directly affect reduction of risk factors and prevention of chronic disease.
 - 3.4 Provide client support materials and access to relevant information to improve health status.
 - 3.5 Ensure health promotion and education activities support clients to take a self-care approach to health in line with individual needs.
 4. Maintain and update knowledge of health promotion.
 - 4.1 Identify and use opportunities to update and expand own knowledge of health promotion activities.
 - 4.2 Monitor response to changes made to own professional practice or instruction.
 - 4.3 Continue to adjust own practice to optimise results.

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:

- source and comprehend often complex health promotion information and evidence based research.

Writing skills to:

- develop supporting resources for health promotion activities such as brochures, assessment tools, videos.

- Oral communication skills to:
- deliver health promotion activities to a variety of clients of differing ages and with various needs.
- Problem-solving skills to:
- make connections between own practice and conclusions drawn from health promotion information.

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>