Assessment Requirements for SISFFIT028
Apply evidence-based practice to exercise programs

Release: 1
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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, and:

- source, evaluate and apply relevant evidence-based information in at least five contemporary exercise programs, incorporating:
  - different issues related to meeting health and fitness goals of clients
  - documented comparison of evidence presented by two sources and evaluation of credibility and validity of data, including the checking of references and assessment of usefulness for each
  - modification of at least two exercise programs to meet short and long-term client goals
  - principles and models of evidence-based practice
  - suitable technology
- at least ten of the following relevant established and reputable primary and secondary sources of information:
  - clinical research studies
  - peer reviewed medical, allied health and/or complementary medicine journals
  - reference texts
  - peer reviewed conference presentations
  - other journals
  - abstracts
  - popular media (magazines, newsletters, books)
  - other conferences and presentations
  - internet
  - surveys
  - annual public health reports
  - existing epidemiological and socio-demographic data
  - position statements
  - scientific review
  - epidemiological observation studies
  - cohort studies
  - controlled trials.
**Knowledge Evidence**

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

- current evidence-based exercise programs or activities to meet the needs of clients with goals related to improving health and skill-related components of fitness
- research strategies and techniques to source evidence-based information and data
- recent issues and events affecting the industry and exercise programming
- relevant reference works
- established and reputable sources of information:
  - Sports Medicine Australia
  - Australian Physiotherapy Association
  - National Heart Foundation
  - Dieticians Association of Australia
  - Exercise and Sports Science Australia
  - American College of Sports Medicine
  - American Heart Association
  - clinical texts
  - reference works
  - recognised teachings
- data analysis, statistical analysis and methods to justify the use of information for exercise programming
- commonly used research methodologies
- common terminology used in medical, allied health and complementary medicine research
- reasons for undertaking research:
  - comparison
  - hypothesis testing
  - trend identification
  - own knowledge extension
  - to strengthen quality of own practice
- sources of information, including established information:
  - books
  - journals
  - surveys
  - annual public health reports
  - existing epidemiological and socio-demographic data
- current published research within own area of practice
- principles and models of evidence-based practice:
  - rules of evidence
  - duty of care requirements associated with evidence-based practice
• difference between evidence-based practice, continuous quality improvement and research
• ways to evaluate the validity of information sources
• cultural and ethical considerations for research
• processes that support analysis of information and how to use them:
  • comparing
  • contrasting
  • challenging
  • reflecting
  • distinguishing relevant from irrelevant
• drawing interdisciplinary connections.

**Assessment Conditions**

Skills must be demonstrated in:

• a fitness industry workplace or simulated environment that offers a variety of fitness services and facilities for clients.

Assessment must ensure access to:

• organisational policies and procedures relevant to using research to support and improve professional practice.

Assessment must ensure use of:

• suitable technology for the research processes
• established and reputable primary and secondary sources of information
• planning and evaluation templates with space for inclusion of evidence-based improvements to professional practice
• 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:

• demonstrate ability to incorporate evidence based information into contemporary exercise programs, catering 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 2 years consecutive post qualification fitness industry experience in the application of the skills and knowledge of the Diploma of Fitness.

**Links**