



Australian Government

**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

Companion Volume implementation guides are found in VETNet -
<https://vetnet.education.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b>