



Australian Government

SISFFIT028 Apply evidence-based practice to exercise programs

Release: 1

SISFFIT028 Apply evidence-based practice to exercise programs

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to source and evaluate evidence for contemporary exercise programs and apply findings to the prescription of exercise.

It requires the ability to identify, analyse, synthesise and action data from relevant information sources to plan and implement current approaches supported by evidence.

This unit applies to advanced 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. Plan information gathering.

PERFORMANCE CRITERIA

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

- 1.1 Identify opportunities where research may be used to support and improve own professional practice.
- 1.2 Evaluate recent issues, trends, and events impacting fitness industry and exercise programming.
- 1.3 Identify appropriate research methodology to address research topic, type of data collection and analysis to be undertaken and potential uses of data.

- | | |
|--|--|
| 2. Research and analyse information. | <p>1.4 Identify credible primary and secondary sources of information.</p> <p>2.1 Access and analyse suitable evidence-based information and data for required information.</p> <p>2.2 Facilitate analysis by organising information in a way that supports analysis and future use.</p> <p>2.3 Compare and contrast different sources of information to support analysis.</p> <p>2.4 Assess strength, relevance, reliability and currency of information in the context of own work.</p> <p>2.5 Assess feasibility, benefits and risks associated with the information.</p> <p>2.6 Extract relevant information and integrate into development and modification of exercise strategies.</p> |
| 3. Apply research findings to own professional practice. | <p>3.1 Assess ways in which research findings may be used, adapted or challenged in instruction and provision of fitness advice.</p> <p>3.2 Modify approach to fitness programming activities and advice as required.</p> <p>3.3 Monitor response to changes made to own professional practice or instruction.</p> <p>3.4 Continue to adjust own practice to optimise results.</p> <p>3.5 Maintain records of research findings and application to exercise.</p> |

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"> • interpret and critically analyse data from research sites and primary and secondary information texts • apply appropriate strategies to construct relevant meaning from research findings • organise, evaluate and critique ideas and information from a range of complex texts.
Writing skills to:	<ul style="list-style-type: none"> • integrate research findings into contemporary exercise programs, using appropriate vocabulary, grammar and conventions.
Numeracy skills to:	<ul style="list-style-type: none"> • extract and evaluate relevant mathematical information and

- data embedded within information sources
- Learning skills to:
- recognise statistical terminology and understand the significance of common statistical analysis.
 - continue with self-directed learning to ensure exercise management strategies implemented are relevant to current research findings.
- Problem-solving skills to:
- extract relevant information from research findings and integrate into development and modification of contemporary exercise strategies.
- Self-management skills to:
- maintain currency of exercise management strategies
 - continually access, evaluate and apply research literature suitable to client needs.
- Technology skills to:
- access, organise and update research findings.

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>