



Australian Government

SISFFIT029 Apply anatomy and physiology to advanced personal training

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to incorporate a progressed understanding of anatomy and physiology to exercise programming within scope of practice.

This unit applies to advanced personal trainers who use knowledge of the musculoskeletal, neuromuscular, cardiorespiratory and endocrine systems to support delivery of functional, effective and safe exercise programs.

This unit does not apply to the delivery of exercise programs for clients with unstable health conditions, pain or injury as identified through industry endorsed pre-exercise screening and risk stratification protocols.

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. Consolidate understanding of

PERFORMANCE CRITERIA

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

- 1.1 Source and access information on the musculoskeletal, neuromuscular, cardiorespiratory and endocrine systems.

anatomy and physiology.	1.2 Discuss/explain how understanding of functional anatomy contributes to safe/optimum exercise performance.
	1.4 Use a wide range of terminology relevant to anatomy and physiology and fitness outcomes.
2. Apply knowledge to own professional practice.	2.1 Assess ways in which knowledge of anatomy and physiology may be used, adapted or challenged in instruction and provision of fitness advice.
	2.2 Identify current and emerging knowledge of exercise principles relevant to professional development within scope of practice.
	2.3 Use progressed knowledge of anatomy and physiology in day-to-day professional practice.
	2.4 Modify approach to fitness programming activities and advice as required.
3. Maintain and update knowledge of anatomy and physiology.	3.1 Identify and use opportunities to update and expand own knowledge of anatomy and physiology.
	3.2 Monitor response to changes made to own professional practice or instruction.
	3.3 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:	<ul style="list-style-type: none"> source and comprehend often complex anatomical and physiological information such as anatomical charts and labels on anatomical models.
Oral communication skills to:	<ul style="list-style-type: none"> provide clients with anatomy and physiology information related to exercise in a manner which they can understand and implement to their exercise sessions.
Learning skills to:	<ul style="list-style-type: none"> monitor sources of information to expand knowledge base on anatomy and physiology relevant to own practice.
Problem-solving skills to:	<ul style="list-style-type: none"> accommodate the changing anatomical and physiological responses of the body to exercise programming and instruction make connections between own practice and conclusions drawn from information about principles of anatomy and physiology.

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>