



**Australian Government**

**Assessment Requirements for SISFFIT032  
Complete pre-exercise screening and service  
orientation**

**Release: 1**

# Assessment Requirements for SISFFIT032 Complete pre-exercise screening and service orientation

## Modification History

Supersedes and is not equivalent to SISFFIT001 Provide health screening and fitness orientation.

## 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:

- complete a pre-exercise screening and service orientation for three different clients including:
  - a female adult
  - a male adult
  - a client aged 55 years or over
- for each of the above three clients:
  - identify exercise needs and preferences
  - determine health risk factors for exercise participation using industry standard screening questionnaire and guidelines
  - measure and record resting blood pressure
  - take and record accurate basic body measurements:
    - weight in kilograms
    - height in metres
    - waist circumference in centimetres
    - body mass index
  - explain features and benefits of available programs, services and facilities that meet the client's needs and preferences
  - provide advice on suitability of exercise intensity and types of programs, according to the outcomes of their screening
  - accurately document details of client contact including screening outcomes and advice provided
- according to actual client interactions or case studies:
  - identify two clients with risk factors that require referral to medical or allied health professionals
  - document informed consent to share health information for each of the two clients
  - prepare accurate referral documentation for each of the two clients to obtain guidance from medical or allied health professionals for exercise participation and prescription.

## Knowledge Evidence

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

- key legal obligations and procedures for maintaining confidentiality of client information including requirements for the collection, use, maintenance and secure storage of private information, particularly sensitive health information
- boundaries and responsibilities of fitness instructors in completing pre-exercise screenings, determining health risks and providing exercise prescription
- how pre-exercise screening and referral of at-risk clients relate to duty of care
- aims of pre-exercise screening processes and importance of implementing at different times:
  - prior to clients beginning an exercise program from sedentary and low exercise levels
  - prior to significant exercise program changes
  - when client's personal health status changes significantly
  - when assuming exercise programming responsibility for a client previously screened by others
- industry standard pre-exercise screening questionnaires and guidelines:
  - format and inclusions
  - purpose of different stages of screening questionnaires
  - how to use to identify and evaluate client health risk factors
  - circumstances indicating need for referral to medical and allied health professionals
- health risk factors to be considered in screening clients for participation in exercise programs, why these factors are important, and how single and multiple factors contribute to assessment outcomes:
  - chronic disease in client and family history of disease:
    - cardiovascular disease including coronary heart disease and stroke
    - chronic obstructive pulmonary disease (COPD)
    - asthma
    - metabolic disease including diabetes mellitus
    - musculoskeletal disorders
  - adverse responses to physical activity including chest pain and dizziness
  - hypertension and hypotension
  - high cholesterol
  - high blood sugar
  - muscle, bone, tendon, ligament and joint injuries, pain and problems, including diagnosed and of significant concern
  - use of and reasons for prescribed medications
  - reasons for hospital admissions during previous year
  - body composition including underweight, overweight and obesity
  - antenatal and post-natal general issues and conditions
  - smoking

- role of medical and allied health professionals and their area of expertise in providing guidance for client exercise participation and prescription:
  - general practitioners (GPs)
  - rehabilitation physicians
  - sports physicians
  - physiotherapists
  - accredited exercise physiologists
  - accredited practising dietitians
- essential information included in referrals:
  - fitness instructor and facility details
  - client details
  - client consent for release of health information
  - reasons for referral
  - guidance being sought
  - copy of completed pre-exercise screening tool
- how to locate, use and adapt template referral letters
- legal and ethical obligations of obtaining and documenting informed consent from clients to:
  - share screening information with medical and allied health professions
  - authorise medical and allied health professionals to release health information to fitness instructors
- how to tailor consent documentation according to a client's instructions when they choose to limit information to be released to and from medical and allied health professionals
- how to take basic body measurement techniques recorded for screening and how to calculate body mass index (BMI):
  - weight in kilograms
  - height in metres
  - waist circumference in centimetres
- blood pressure and how to operate a blood pressure monitor
- features and benefits of different types of services offered by fitness facilities:
  - group classes
  - programs, advice and support provided by gym instructors
  - personalised exercise programming and instruction by personal trainers
  - supplementary services offered to promote health and wellbeing
- overview of the health benefits of exercise activities, and examples of exercise classes that feature:
  - cardiovascular exercises
  - resistance exercises
  - flexibility exercises
  - high impact exercise
  - low impact exercise.

## Assessment Conditions

Skills can be demonstrated in:

- the workplace, or
- a simulated workplace set up for the purpose of skills assessment.

Assessment must ensure the use of:

- interaction with clients; these can be:
  - clients in an industry workplace, or
  - individuals who participate in simulated activities used for the purpose of skills assessment
- blood pressure monitor
- weight scales
- tape measures which can include stadiometers for measuring height
- industry standard pre-exercise screening questionnaire and guidelines
- informed consent forms
- client record keeping forms
- template referral letters.

Assessors must:

- satisfy the Standards for Registered Training Organisations requirements for assessors, and
- hold a Certificate III or IV in Fitness, and have a collective period of at least two years' experience working in fitness instruction, where they have applied the skills and knowledge covered in this unit of competency; the two years' experience can incorporate full and part time experience, or
- be a registered or accredited practising health or exercise professional with a degree and experience relevant to this unit of competency.

## Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b>