



Australian Government

SISFFIT032 Complete pre-exercise screening and service orientation

Release: 1

SISFFIT032 Complete pre-exercise screening and service orientation

Modification History

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

Application

This unit describes the performance outcomes, skills and knowledge required to screen clients for participation in exercise programs and to provide general advice about programs and services suitable to clients.

It requires the ability to utilise industry standard pre-exercise screening systems, questionnaires and guidelines to collect and evaluate health information, and to determine suitable levels of exercise intensity for clients. This includes determining risk factors and providing referrals to medical or allied health professionals for guidance.

Screening may occur prior to clients beginning an exercise program, before changes to programs and when their health status changes. Outcomes are used by fitness instructors to plan client programs. Skills for planning are covered in complementary units.

This unit applies to group fitness instructors, gym instructors and personal trainers. It can also apply to other fitness facility staff members who screen clients and provide service information prior to clients participating in exercise activities. They practise in settings such as fitness facilities, gyms, leisure and community centres, client workplaces and homes, and outdoor locations, depending on their job role.

The skills in this unit must be applied in accordance with Commonwealth and State or Territory legislation, Australian standards and industry codes of practice.

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

PERFORMANCE CRITERIA

Elements describe the essential outcomes

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

- | | |
|---|---|
| 1. Screen clients for participation in exercise programs. | 1.1. Consult with client to identify reasons for exercise participation and identify client needs and preferences.
1.2. Question client to identify current and past participation in physical activities.
1.3. Explain to client purpose of pre-exercise screening processes in identifying risks for participating in exercise programs.
1.4. Assist client to complete industry standard pre-exercise screening questionnaire.
1.5. Collect and record accurate client data and basic body measurements, with informed client consent. |
| 2. Evaluate outcomes of screening. | 2.1. Identify and evaluate client health risk factors using screening system guidelines and within boundaries of fitness industry scope of practice.
2.2. Use screening system risk assessment guidelines to identify risks for client participation in exercise programs.
2.3. Discuss outcomes of screening with client and provide information about suitable levels of exercise intensity.
2.4. Determine need for guidance from medical and allied health professionals and discuss appropriate action with client. |
| 3. Provide client referrals. | 3.1. Explain referral process and confidentiality procedures to client and obtain informed client consent to share health information.
3.2. Compile relevant, accurate and concise information for inclusion in referral.
3.3. Document and provide referral information to relevant medical and allied health professionals according to client needs. |
| 4. Provide exercise service information. | 4.1. Describe available programs, services and facilities relevant to client needs and preferences.
4.2. Actively engage with client to explain the features, general benefits and health benefits of different services.
4.3. Provide advice on suitability of exercise programs for client, according to outcomes of screening.
4.4. Remind clients identified as requiring medical or allied |

health professional guidance of the requirement to obtain that guidance prior to participation.

4.5. Document accurate details of screening outcomes, referral details and advice provided.

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 information of varying complexity in pre-exercise screening questionnaires and guidelines, including health terminology, directions for use and flow charts.
Writing skills to:	<ul style="list-style-type: none">use fundamental sentence structure to complete forms and referral letters that require factual and subjective informationuse drafting and proofreading strategies to construct logically sequenced referral information and ensure accuracy of spelling and grammar.
Oral communication skills to:	<ul style="list-style-type: none">ask open and closed probe questions and actively listen to elicit information from clients and to determine client understanding of information providedassist client understanding of screening process and questionnaire content using plain language and terms easily understood.
Numeracy skills to:	<ul style="list-style-type: none">interpret sometimes complex numerical information in screening questionnaires and guidelines including symbols, abbreviations, percentages, weights, volumes, ratios and pressurestake, discuss and record accurate basic body measurements involving blood pressure, weight, height, and lengthcomplete and record calculations involving addition, subtraction, multiplication, division percentages and ratios.
Problem-solving skills to:	<ul style="list-style-type: none">critically analyse client health information to determine significance of risk factors and referral needs.

Unit Mapping Information

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

Links

Companion Volume implementation guides are found in VETNet -

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