



Australian Government

SISFFIT033 Complete client fitness assessments

Release: 1

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Modification History

Supersedes and is not equivalent to SISFFIT006 Conduct fitness appraisals.

Application

This unit describes the performance outcomes, skills and knowledge required to assess current fitness capabilities of clients using information from industry standard pre-exercise screening as the starting point. It requires the ability to complete assessments using a range of activities and measurements and to document outcomes.

Assessment 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 gym instructors and personal trainers, who work unsupervised when interacting with clients using discretion and judgement to provide individually tailored client assessments. 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

Elements describe the essential outcomes

PERFORMANCE CRITERIA

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

1. Prepare for fitness assessments.
 - 1.1. Review client pre-exercise screening and medical guidance documentation to identify relevant information for fitness assessment.
 - 1.2. Communicate purpose, benefits and scope of fitness assessment to client, and obtain client consent.
 - 1.3. Consult with client to identify their goals and preferences to inform fitness assessment.
 - 1.4. Build trust and rapport with client by using client-centred communication showing sensitivity and empathy during interactions.
2. Assess current fitness capabilities.
 - 2.1. Select assessment activities and exercise equipment suited to individual client profile.
 - 2.2. Demonstrate and explain correct techniques appropriate for the exercise activity.
 - 2.3. Use monitors and measuring equipment to take and record accurate client data.
 - 2.4. Use communication techniques that encourage and support the client during completion of activities.
 - 2.5. Monitor client during activities and immediately discontinue if signs and symptoms of exercise intolerance appear.
 - 2.6. Evaluate results to determine client's current fitness capabilities.
 - 2.7. Review client goals against assessment results and determine suggested changes.
 - 2.8. Accurately record assessment outcomes in client records.
3. Communicate assessment outcomes.
 - 3.1. Explain assessment results to client and the implications for client goals and exercise programs.
 - 3.2. Discuss and confirm adjustments to client goals and suggest options for exercise activities based on assessment outcomes and availability of fitness services.
 - 3.3. Identify and communicate, to client, need for guidance from medical and allied health professionals prior to client participation in exercise programs.
 - 3.4. Document and provide referral information to relevant medical and allied health professionals according to client needs and confidentiality procedures.
 - 3.5. Encourage and respond to client feedback and questions.
 - 3.6. Document assessment information in appropriate format to facilitate individual exercise program planning.

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:	interpret sometimes unfamiliar information of varying complexity in client pre-exercise screening and medical guidance records, involving health and fitness terminology and abbreviations.
Writing skills to:	use fundamental sentence structure to complete forms and reports that require factual and subjective information.
Oral communication skills to:	- ask open and closed probe questions and actively listen to elicit information from clients and to determine client understanding of information provided - provide fitness information to clients using plain language and terms easily understood.
Numeracy skills to:	- interpret numerical information of varying complexity in client pre-exercise screening records including symbols, abbreviations, percentages, weights, volumes, ratios and pressures - interpret, discuss and record numerical data from monitoring equipment involving pressures, rates and times.

Unit Mapping Information

Supersedes and is not equivalent to SISFFIT006 Conduct fitness appraisals.

Links

Companion Volume implementation guides are found in VETNet -

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