



Australian Government

SISFFIT034 Assess client movement and provide exercise advice

Release: 1

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Modification History

Supersedes and is not equivalent to SISFFIT018 Promote functional movement capacity.

Application

This unit describes the performance outcomes, skills and knowledge required to assess movement capacity in individual clients and provide advice on exercises to achieve optimal movement and safe and effective exercise technique. While this assessment may be completed as a separate dedicated activity, outcomes and recommended exercises may then be integrated into overall fitness programs for individual clients.

Assessment and advice are provided to clients who do not have unstable health conditions, pain or injury identified through pre-exercise screening and fitness assessment. The unit does not include assessment for the purposes of providing advice or treatment of injury or disease. In this case the fitness instructor refers clients to relevant medical or allied health professionals.

This unit applies to personal trainers who work independently with clients using discretion and judgement to provide individually tailored client movement assessments. They practise in settings such as fitness facilities, gyms, leisure and community centres, client workplaces, and homes and outdoor locations.

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

Performance criteria describe the performance needed to

*essential outcomes**demonstrate achievement of the element.*

1. Establish client needs.
 - 1.1. Review outcomes of client pre-exercise screening and fitness assessment and identify relevant information for movement assessment.
 - 1.2. Consult with client to obtain information about their needs in relation to movement capacity.
 - 1.3. Build trust and rapport with client by using client-centred communication showing sensitivity and empathy during interactions.
 - 1.4. Provide clear explanations about the importance of effective dynamic posture and movement capacity during exercise within scope of the personal trainer role.
2. Assess client movement.
 - 2.1. Select movements and exercises based on individual client needs and provide clear and accurate instruction and demonstration.
 - 2.2. Observe client static postural alignment and identify deviations outside normal range that may affect movement.
 - 2.3. Observe client movement and range of movement and identify joint mobility and movement restrictions.
 - 2.4. Identify unsafe and ineffective dynamic posture, movement patterns and exercise technique.
 - 2.5. Identify client balance and stability limitations.
 - 2.6. Accurately record observations of client static and dynamic posture and movement.
3. Provide advice on exercises for optimal movement.
 - 3.1. Review outcomes of assessment and explain implications to client using language and visual aids when required to support client understanding.
 - 3.2. Identify and communicate need for guidance from medical and allied health professionals.
 - 3.3. Suggest and demonstrate exercises that promote movement, optimise exercise performance and reduce likelihood of injury.
 - 3.4. Ask client to complete exercises and advise on modifications to their technique and dynamic posture.
 - 3.5. Identify and advise client of unsuitable exercises and activities based on assessment outcomes.
 - 3.6. Document movement assessment outcomes and exercises in client records and integrate into broader client program development based on individual needs.

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 sometimes unfamiliar information of varying complexity in client pre-exercise screening records, including health and fitness terminology and abbreviations• interpret potentially complex information about human anatomy, physiology and movement.
Writing skills to:	<ul style="list-style-type: none">• use fundamental sentence structure to summarise subjective information in client records and record factual outcomes of observations.
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• explain information that includes anatomical and physiological references using terms that clients can understand• support verbal explanations using visual aids including diagrams and infographics.

Unit Mapping Information

Supersedes and is not equivalent to SISFFIT018 Promote functional movement capacity.

Links

Companion Volume implementation guides are found in VETNet -

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