



**Australian Government**

# **Assessment Requirements for SISFFIT040 Develop and instruct gym-based exercise programs for individual clients**

**Release: 1**

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## **Modification History**

Supersedes and is not equivalent to SISFFIT003 Instruct fitness programs.

## **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.

- develop and document one individually tailored gym-based exercise program for three clients, to collectively include:
  - a female adult client
  - a male adult client
  - a client aged 55 years or over
  - a client for whom medical guidance has been received
- for each of the above three clients:
  - develop and document two session plans, each with a minimum duration of 30 minutes
  - instruct two sessions according to the above session plans, each with a minimum duration of 30 minutes
  - consistently use client-centred communication and instructional techniques
- across the above six session plans collectively, incorporate the following:
  - cardiovascular exercises
  - resistance exercises
  - flexibility exercises
  - exercises with and without equipment
- according to actual client interactions or case studies, evaluate the effectiveness of two client programs, modify program and session content and document details of the evaluation and changes made.

## **Knowledge Evidence**

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

- role and scope of established gym procedures that impact fitness instruction
- boundaries and responsibilities of fitness instructors in providing tailored gym-based programs for clients and relationship to duty of care
- differences between gym-based programs where clients largely self-manage their exercise activities, and fully personalised programs involving ongoing one-to-one instruction
- type of client information provided by pre-exercise screening and fitness assessment processes, and implications for exercise programming:

- client needs and exercise preferences
- client body measurements
- client fitness data and indication of suitable exercise intensity
- types of client guidance that may be provided by medical and allied health professionals and implications for exercise programming:
  - injury management protocols
  - contraindications and precautions for types of exercise for those with medical conditions and health risk factors
  - exercise recommendations for client health improvement and collaborative rehabilitation
- factors that affect the design of client-tailored gym-based exercise programs:
  - physical differences that need to be considered for:
    - adults of different sexes
    - older people
    - antenatal, postnatal, menopausal and post-menopausal women
  - exercise history and current abilities
  - desired frequency of gym attendance and other personal exercise activities
  - client goals
- the meaning of the following components of fitness, and how exercises can target client goals and improvements for each:
  - health related components:
    - cardiovascular endurance
    - muscle strength
    - muscle endurance
    - flexibility
    - body composition
  - skill related components:
    - power
    - speed
    - agility
    - coordination
    - balance
    - reaction time
    - proprioception
- different types of exercises, equipment that can be used and safe techniques for their completion:
  - cardiovascular exercises:
    - continuous
    - interval
  - resistance exercises using:
    - free weights

- gym equipment including weight machines
  - body weight
- flexibility exercises:
  - dynamic
  - static
- benefits and impacts on the body of different types of exercises and specific injury prevention strategies
- how different types of exercises can be combined and sequenced for safety and optimum effectiveness
- overview of the following exercise science principles and how they are used to design gym-based exercise programs and sessions for individuals:
  - adaptation
  - overload
  - specificity
  - individualisation
  - progression and regression
  - reversibility
- how the FITT (frequency, intensity, time and type) principle is used to structure exercise programs and sessions
- established phases of exercise sessions, their underpinning rationale and timing for each within designated time of session:
  - warm up
  - main workout
  - cool down and stretches
- components of exercise sessions, and how they can be used effectively to target client goals:
  - exercise order
  - volume and intensity and load of exercises
  - repetitions and sets
  - repetition tempo
  - rest intervals
- training techniques that can be used by clients in self-directed gym sessions, how they can be used, and considerations for their use:
  - supersets
  - drop sets
  - pre-fatigue techniques
  - plyometric training
  - interval training including high intensity interval training (HIIT)
  - circuit training
- instructional techniques used with individual clients and how they impact effectiveness of instruction and client execution of exercises:

- providing clear information about exercises and instructions about technique
- combining explanation and demonstration of correct exercise technique
- cueing and how to adapt instruction to suit different learning styles:
  - verbal
  - visual
  - tactile
  - kinaesthetic
- communication techniques used for the following and how these may vary depending on individual client characteristics:
  - establishing and maintaining individual rapport
  - motivating individuals for optimum performance
  - providing constructive feedback and positive reinforcement
- ways of supporting clients managing their own exercise sessions in a gym environment:
  - recognising when clients could progress volume, intensity and loads and making suggestions
  - correcting technique
  - offering opportunities for formal program evaluation and modification
- methods used to evaluate gym-based exercise programs:
  - periodic informal discussions with client and targeted questions to elicit opinion about achievement of goals, fitness improvement, changes to health, general wellbeing and skills
  - periodic observation and measurement of client performance, and health and skill improvements
- format and inclusions of documented:
  - client based exercise programs
  - client based exercise session plans
  - client profile and client evaluation records.

## 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
- equipment required for selected exercises
- client records which include documentation of:
  - completed industry standard pre-exercise screenings

- completed fitness assessments
- samples of guidance information provided by medical or allied health professionals
- template client-based exercise program and session plans

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>