



Australian Government

Assessment Requirements for SISFFIT041 Develop personalised exercise programs

Release: 1

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Modification History

Supersedes and is not equivalent to SISFFIT021 Instruct personal training 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, and:

- develop and document one personalised exercise program for three clients, to collectively include:
 - a female adult client
 - a male adult client
 - a client for whom medical guidance has been received
- consistently use client-centred communication to identify each of the above client's program needs and preferences
- for each of the above three clients, develop and document four personalised session plans, each with a minimum duration of 45 minutes
- across the above 12 sessions collectively, incorporate both indoor and outdoor sessions and the following types of exercises:
 - cardiovascular
 - resistance
 - flexibility
 - low and high impact
 - exercises that target the:
 - health related components of fitness
 - skill related components of fitness
 - exercises with and without equipment.

Knowledge Evidence

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

- boundaries and responsibilities of fitness instructors in providing personalised exercise prescription and relationship to duty of care
- 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 composition data
 - 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 personalised 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 training sessions
 - client goals
- client-centred communication techniques for establishing and building trust and rapport, and how they may vary depending on individual client characteristics
- 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 high and low impact exercises and equipment that can be used:
 - 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
- how to effectively apply and combine exercise science principles to the design of personalised exercise programs and sessions to target client goals
- how the FITT (frequency, intensity, time and type) principle is used to structure exercise programs and sessions
- the principle of recovery, its importance and how this relates to different types of exercise for:
 - cardiovascular endurance training
 - muscle strength and endurance training
 - neuromuscular coordination training
 - flexibility training
- 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 in personalised exercise 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
 - fartlek
- format and inclusions of documented:
 - exercise programs
 - 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
- 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 exercise program and session plans.

Assessors must:

- satisfy the Standards for Registered Training Organisations requirements for assessors, and
- hold a Certificate 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>