



Australian Government

SISFFIT042 Instruct personalised exercise sessions

Release: 1

SISFFIT042 Instruct personalised exercise sessions

Modification History

Supersedes and is not equivalent to SISFFIT021 Instruct personal training programs.

Application

This unit describes the performance outcomes, skills and knowledge required to prepare for, instruct and evaluate pre-designed exercise sessions that have been tailored to individual client needs, exercise preferences and fitness goals, as part of an overall personal training program. It covers skills for modifying programs in response to ongoing client monitoring and feedback.

Skills for planning programs and sessions are covered in a complementary unit.

This unit applies to personal trainers who work independently with clients using discretion and judgement to prepare for and instruct exercise activities. 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

Elements describe the essential outcomes

PERFORMANCE CRITERIA

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

1. Prepare for session.
 - 1.1. Review client exercise program and confirm individual session objectives and activities.
 - 1.2. Check and prepare physical environment to meet session requirements and identify and respond to factors that may impact session delivery.
 - 1.3. Prepare required equipment and check for safety and serviceability.
 - 1.4. Assess client condition and capability as they present through observation and verbal screening and identify required exercise precautions.
 - 1.5. Identify implications of current medical guidance and make required adjustments to session activities.
2. Provide exercise instruction.
 - 2.1. Introduce and follow pre-designed session structure and timings.
 - 2.2. Use and combine verbal, visual and tactile instructional methods according to nature of information and client needs.
 - 2.3. Observe client exercise technique for safety and effectiveness and provide corrective instruction based on observations.
 - 2.4. Provide succinct explanations about the relationship between exercises, their beneficial impacts on the body and implications for achieving fitness goals.
 - 2.5. Monitor client performance against objectives using measures suited to the type of exercise.
 - 2.6. Identify signs of fatigue and exercise intolerance and make required session modifications.
3. Encourage and support clients during sessions.
 - 3.1. Build client trust and rapport using client-centred communication showing sensitivity and empathy during interactions.
 - 3.2. Encourage and respond to client questions about individual exercises and overall program.
 - 3.3. Use communication techniques that provide positive reinforcement and motivation to client.
 - 3.4. Encourage participants to provide feedback and identify personal progression and satisfaction with session.

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| 4. Evaluate session. | <p>4.1. Evaluate session against objectives and identify progress and aspects needing further emphasis and attention in future sessions.</p> <p>4.2. Evaluate own performance and identify areas for improvement.</p> <p>4.3. Document session evaluation and client progress according to record keeping procedures.</p> |
| 5. Monitor client progress and update program. | <p>5.1. Monitor client progression towards goals through ongoing observation and measurements and compare with expectations in program plan.</p> <p>5.2. Request ongoing feedback from client to identify program likes and dislikes and their views on goal achievement.</p> <p>5.3. Modify and update program and future sessions according to feedback and evaluation.</p> <p>5.4. Maintain current program documentation according to procedures.</p> |

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

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| Reading skills to: | <ul style="list-style-type: none"> • interpret familiar exercise program and session details involving health and exercise terminology. |
| Writing skills to: | <ul style="list-style-type: none"> • use fundamental sentence structure to complete records that require factual and subjective information. |
| 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 provided. |
| Numeracy skills to: | <ul style="list-style-type: none"> • follow and adjust session timings to meet requirements of session duration • take and record accurate measurements involving speed, weight and time. |
| Initiative and enterprise skills to: | <ul style="list-style-type: none"> • critically evaluate successes and failures of sessions and programs to initiate improvements. |

Unit Mapping Information

Supersedes and is not equivalent to SISFFIT021 Instruct personal training programs.

Links

Companion Volume implementation guides are found in VETNet -

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