SISFFIT046 Plan and instruct online exercise sessions

Release: 1

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Modification History

No equivalent unit.

Application

This unit describes the performance outcomes, skills and knowledge required to plan and instruct online exercise sessions for individuals or groups of clients. Online exercise activities are diverse in nature and could involve live or pre-recorded on demand sessions.

The focus of this unit is on the specific considerations for the delivery of online exercise sessions. It requires the ability to research, set up and use basic technologies for online instruction and to assess and manage session related safety risks. Exercises are selected based on their suitability for the online environment.

This unit applies to fitness instructors who use considerable discretion and judgement to deliver online sessions as part of a fitness operator's service delivery. It has particular application to personal trainers working independently with clients.

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

1. Establish technology requirements for online exercise sessions.	1.1. Source technologies that support delivery of live and other types of online exercise sessions.
	1.2. Research costs, features and capabilities of basic technologies and determine suitability for own fitness instruction activities and client technology capabilities.
	1.3. Select technology suited to online exercise activities based on research outcomes.
	1.4. Establish and set up hardware and software for effective operation according to technology requirements.
2. Assess safety risks associated with online exercise sessions.	2.1. Identify common and foreseeable hazards for clients and others present during online exercise activities.
	2.2. Assist clients to identify environmental and equipment hazards in their exercise location.
	2.3. Analyse type and level of risk posed by identified hazards.
	2.4. Determine ways to eliminate and control risks during delivery of online exercise sessions.
	2.5. Confirm suitability of clients for online exercise sessions based on outcomes of pre-exercise screening and available fitness assessments.
	2.6. Document outcomes of risk assessment and proposed actions to eliminate and control risks.
	2.7. Determine legal and business consideration specific to online exercise delivery.
3. Plan online exercise sessions.	3.1. Determine type of session and fitness goals to be targeted.
	3.2. Plan all activities according to documented risk assessment outcomes.
	3.3. Select exercises and exercise combinations that take account of instructional and monitoring limitations of the online environment.
	3.4. Select exercise equipment that will be safe and accessible to clients in their exercise location.
	3.5. Identify and incorporate other resources that support and complement the online exercise experience of clients.
	3.6. Document session plans according to organisational format.

SkillsIQ

4. Instruct online exercise sessions.	4.1. Set up own online instruction environment and equipment according to session plan and exercise demonstration requirements.
	4.2. Use and optimise technology features during all session phases.
	4.3. Support clients with clear advice on technology use for effective participation.
	4.4. Brief clients about risk management requirements for a safe physical environment for participation.
	4.5. Combine clear and accurate verbal instructions and exercise technique demonstrations suitable for online viewing.
	4.6. Monitor participant technique and safety in live sessions and provide corrective instruction based on observations.
5. Evaluate online exercise sessions.	5.1. Seek and acknowledge feedback from clients and evaluate satisfaction with sessions.
	5.2. Evaluate effectiveness of technology and own performance and identify areas for improvement in online instruction.
	5.3. Complete session documentation and evaluation according to record keeping procedures.

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 unfamiliar technical details about basic technologies that support online exercise instruction.
Writing skills to:	• use fundamental sentence structure to complete records that require factual and subjective information.
Oral communication skills to:	• provide clear and unambiguous information to participants using language and terms easily understood.
Numeracy skills to:	• score the level of risk and calculate overall risk level for hazards.
Self-management skills to:	• critically analyse hazards and logically evaluate associated risks to apply effective and tailored control measures.

Unit Mapping Information

No equivalent unit.

Links

Companion Volume implementation guides are found in VETNet -
https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b