



Australian Government

SISFFIT047 Use anatomy and physiology knowledge to support safe and effective exercise

Release: 1

SISFFIT047 Use anatomy and physiology knowledge to support safe and effective exercise

Modification History

Supersedes and is not equivalent to SISFFIT004 Incorporate anatomy and physiology principles into fitness programming.

Application

This unit describes the performance outcomes, skills and knowledge required to identify the role of anatomy and physiology knowledge in fitness instruction, and to use that knowledge to develop and instruct safe and effective exercise activities.

Knowledge of anatomy and physiology underpins effective performance in a range of work functions for fitness instruction. This unit has direct links to, and supports, a range of units for planning and instructing group and personalised exercise programs.

This unit applies to group fitness instructors, gym instructors and personal trainers. They practise in settings such as fitness facilities, gyms, leisure and community centres, client workplaces and homes and outdoor locations, depending on their role.

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.

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|--|---|
| 1. Identify role of anatomy and physiology in fitness instruction. | 1.1. Identify credible sources of information about anatomy and physiology that are relevant to fitness instruction.
1.2. Review information and identify how it relates to safe and effective fitness training for clients. |
| 2. Select effective exercise activities for participants. | 2.1. Identify aspects of anatomy and physiology that impact selection of suitable exercises for participants.
2.2. Select exercises that account for variations associated with participant sex and age. |
| 3. Support participants to exercise safely and effectively. | 3.1. Provide succinct explanations about the relationship between exercises and their beneficial impacts on the body and health.
3.2. Explain injury risk factors and demonstrate and explain safe and effective exercise technique to participants. |

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 information of varying complexity about anatomy and physiology, including anatomical terminology. |
| Oral communication skills to: | <ul style="list-style-type: none">explain information that includes anatomical and physiological references using terms that participants can understandsupport verbal explanations using visual aids including diagrams and infographics. |
| Initiative and enterprise skills to: | <ul style="list-style-type: none">critically analyse information about anatomy and physiology for its application to fitness instructioncritically interpret and synthesise complex information into participant focussed fundamental information. |

Unit Mapping Information

Supersedes and is not equivalent to SISFFIT004 Incorporate anatomy and physiology principles into fitness programming.

Links

Companion Volume implementation guides are found in VETNet -

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