Australian Government

SISFFIT049 Use exercise science principles in fitness instruction

Release: 1

SISFFIT049 Use exercise science principles in fitness instruction

Modification History

Supersedes and is not equivalent to SISFFIT019 Incorporate exercise science principles into fitness programming.

Application

This unit describes the performance outcomes, skills and knowledge required to identify how exercise science principles (also known as exercise training principles) apply to fitness instruction, and use those principles in the design and ongoing modification of exercise programs for clients.

This unit has a direct relationship with, and supports the following units involving the application of exercise science and training principles to program design:

- SISFFIT041 Develop personalised exercise programs
- SISFFIT043 Develop and instruct personalised exercise programs for body composition goals
- SISFFIT044 Develop and instruct personalised exercise programs for older clients
- SISFFIT045 Develop and instruct personalised exercise programs for adolescent clients.

This unit applies to personal trainers who work independently with clients using discretion and judgement to develop and deliver individually tailored client exercise programs. 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	PERFORMANCE CRITERIA
Elements describe the essential outcomes	*Performance criteria describe the performance needed to demonstrate achievement of the element.*
1. Identify information sources for exercise science principles relevant to fitness instruction.	1.1. Identify credible sources of evidence-based information about exercise science principles that are relevant to fitness instruction.
	1.2. Review information and identify how exercise science principles relate to safe and optimum training and client fitness improvements.
	1.3. Interpret exercise science terminology and its application to fitness instruction.
2. Incorporate exercise science principles in fitness instruction.	2.1. Identify relevance of exercise science principles to individual clients at different stages and levels of exercise activity.
	2.2. Design programs for individual clients that consider client characteristics and goals and appropriate exercise science principles.
	2.3. Monitor and adjust programs consistent with exercise science principles.
3. Maintain and update knowledge of exercise science.	3.1. Identify and use opportunities to update and expand knowledge of exercise science relevant to scope of practice for personal trainers.
	3.2. Use critical thinking processes to evaluate changing and emerging evidence-based information and its application to fitness instruction.

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 and complex evidence-based information including scientific, anatomical and physiological terminology.
Numeracy skills to:	• interpret numerical information of varying complexity involving times, frequency, intervals, volume and loads
	• complete calculation and estimations of varying complexity for program design.

| Learning skills to: | • monitor emerging and changing information for use in own practice. |

Unit Mapping Information

Supersedes and is not equivalent to SISFFIT019 Incorporate exercise science 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