



**Australian Government**

# **SISSS00130 Pre-exercise Screening**

**Release 1**

## SISSS00130 Pre-exercise Screening

### Modification History

No equivalent skill set.

### Description

A set of skills to screen clients for participation in exercise programs utilising industry standard pre-exercise screening systems, questionnaires and guidelines to collect and evaluate health information, and provide general advice about programs and services suitable to clients.

### Pathways Information

Achievement of this unit provides credit towards SIS30321 Certificate III in Fitness.

### Licensing/Regulatory Information

No occupational licensing, certification or specific legislative requirements apply to this skill set at the time of publication.

### Skill Set Requirements

Unit code	Unit title
SISFFIT032	Complete pre-exercise screening and service orientation

### Target Group

Group fitness instructors, gym instructors, personal trainers and other fitness facility staff members who screen clients and provide service information prior to clients participating in exercise activities.

### Suggested words for Statement of Attainment

This unit of competency from the SIS Sport, Fitness and Recreation Training Package provides skills and knowledge to screen clients for participation in exercise programs utilising industry standard pre-exercise screening systems, questionnaires and guidelines to collect and evaluate health information, and provide general advice about programs and services suitable to clients.