



**Australian Government**

# **SISXCAI010 Develop strength and conditioning programs**

**Release: 1**

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## Modification History

Not applicable.

## Application

This unit describes the performance outcomes, skills and knowledge required to develop, implement and evaluate strength and conditioning programs. It focuses on the skills needed to develop programs to meet the needs of participants undertaking fitness programs to achieve personal fitness goals.

This unit applies to fitness instructors and coaches who work in fitness and sport environments. Work is performed according to relevant legislation and organisational policies and procedures.

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

## Pre-requisite Unit

Nil

## Competency Field

Coaching and Instruction

## Unit Sector

Cross-Sector

## Elements and Performance Criteria

### ELEMENTS

*Elements describe the essential outcomes*

1. Identify needs of participants.

### PERFORMANCE CRITERIA

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

- 1.1. Analyse the strength and conditioning needs of activities.
- 1.2. Develop profiles for strength and conditioning program for participants using assessment measures.
- 1.3. Negotiate with participants and support staff to develop short, medium and long term objectives for strength and conditioning programs.
- 1.4. Identify career phase of participants and training phase of activities to be addressed in the program.

2. Plan strength and conditioning programs to meet identified needs.
  - 2.1. Develop strategies to meet participant needs.
  - 2.2. Select core lifts and exercises to address participant needs.
  - 2.3. Establish fixed points of strength and conditioning programs and identify and document training phases.
  - 2.4. Apply exercise selection and exercise order to maximise conditioning outcomes throughout the strength and conditioning program.
  - 2.5. Identify equipment and resource requirements for strength and conditioning program sessions.
  - 2.6. Develop and document strength and conditioning program schedules to meet identified participant needs and objectives.
  - 2.7. Select evaluation methods to monitor strength and conditioning program implementation.
3. Implement strength and conditioning programs.
  - 3.1. Supervise strength and conditioning programs.
  - 3.2. Use strength and conditioning training methods to meet participant needs.
  - 3.3. Observe sessions to see that exercises are conducted according to organisational policies and procedures and accepted best practice principles of strength and conditioning training.
  - 3.4. Monitor sessions to ensure correct use of equipment during strength and conditioning sessions according to manufacturer specifications.
  - 3.5. Establish ongoing liaison with support staff to ensure a consistent approach to strength and conditioning programs.
4. Evaluate strength and conditioning programs.
  - 4.1. Evaluate strength and conditioning programs according to methods identified in strength and conditioning program plans.
  - 4.2. Review participant training diaries to monitor progress.
  - 4.3. Use assessment measures to assess participant progress.
  - 4.4. Seek and receive feedback from participants and support staff.
  - 4.5. Implement modifications to strength and conditioning programs to meet identified needs.

## 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:	<ul style="list-style-type: none"><li>• interpret fitness information.</li></ul>
Writing skills to:	<ul style="list-style-type: none"><li>• document strength and conditioning programs in the required detail and format.</li></ul>
Oral communications skills to:	<ul style="list-style-type: none"><li>• use active listening and questioning to give and receive instructions and confirm understanding of participant needs</li><li>• interact with participants and support staff in a polite and positive manner.</li></ul>
Numeracy skills to:	<ul style="list-style-type: none"><li>• interpret, analyse and discuss fitness data and training diary records</li><li>• schedule, sequence and pace strength and conditioning program activities.</li></ul>
Problem-solving skills to:	<ul style="list-style-type: none"><li>• assess participants and select strength and conditioning program activities.</li></ul>
Teamwork skills to:	<ul style="list-style-type: none"><li>• work with participants and support staff.</li></ul>

## Unit Mapping Information

SISSSTC402A Develop strength and conditioning programs

## Links

Companion Volume Implementation Guides -

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