



Australian Government

SISXCAI011 Develop and deliver long-term training programs

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to develop and deliver long-term training programs for individuals, groups, or sporting teams which are tailored to their physical capacity objectives. Objectives can be diverse in nature and may relate to personal fitness targets, or their targeted capacity to compete in future activities such as recreational events or sporting competitions.

Program design involves effective application of exercise science principles. This unit has a direct relationship with, and is supported by, SISFFIT049 Use exercise science principles in fitness instruction.

This unit applies to sport, fitness or recreation trainers, instructors and coaches who work independently using discretion and judgement to develop, deliver, evaluate and modify programs.

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

Coaching and Instruction

Unit Sector

Cross-Sector

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes.

1. Identify participant needs.

PERFORMANCE CRITERIA

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

- 1.1. Consult with participants and other relevant personnel to identify physical demands of future activity and physical

- capacity goals.
- 1.2. Identify fixed timelines for achievement of goals according to activity requirements.
- 1.3. Evaluate participant characteristics and current fitness capabilities to establish participant profiles.
- 2. Plan long-term training program.
 - 2.1. Plan phases of training program required to meet fixed points and participant physical capacity goals.
 - 2.2. Determine training volume, and duration and frequency of sessions required to achieve goals.
 - 2.3. Design a systematically structured program that incorporates effective use of exercise science and long-term training principles.
 - 2.4. Identify training exercises, equipment requirements and roles of support personnel for each program phase.
 - 2.5. Document long-term training program according to organisational format.
- 3. Plan individual sessions.
 - 3.1. Determine objectives of individual sessions within the overall program and according to current program phase.
 - 3.2. Select training exercises, techniques and equipment that target participant goals and session objectives.
 - 3.3. Plan sessions that incorporate volume, intensity and load of exercises appropriate to participant existing fitness capabilities.
 - 3.4. Develop sequenced and varied sessions to enhance participant motivation and to allow for recovery from specific exercise types.
 - 3.5. Document session plans according to organisational format.
- 4. Deliver training sessions.
 - 4.1. Provide clear and accurate instructions and demonstrations for exercises, technique and use of equipment.
 - 4.2. Use communication techniques that provide positive reinforcement and motivation to participant.
 - 4.3. Observe participant technique for safety and effectiveness and provide corrective instruction based on observations.
 - 4.4. Monitor participant performance against session objectives using measures suited to type of exercises.
 - 4.5. Identify signs of fatigue and overtraining and make required session modifications.
- 5. Monitor participant progress and update program.
 - 5.1. Monitor participant progression towards goals through ongoing observation and measurements and compare with expectations in program plan.
 - 5.2. Request ongoing feedback from participant to identify program likes and dislikes and their views on goal achievement.

- 5.3. Modify and update program and sessions according to feedback and evaluation.
- 5.4. Update program and participant progress records with details of evaluation and modifications.

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
Writing skills to:	• produce detailed program and session plans for instructional use that use exercise and training terminology and abbreviations • use fundamental sentence structure to complete participant records that require factual and subjective information.
Oral communication skills to:	• ask open and closed question and actively listen to elicit information from participants and determine participant understanding of information provided • explain complexities of long-term training programs to participants using plain language and terms easily understood.
Numeracy skills to:	• complete and record calculations and estimations of varying complexity for program and session plans involving times, frequency, interval, volume, speeds and loads.
Initiative and enterprise skills to:	• critically evaluate: • participant requirements for appropriate program design • successes and failures of program to initiate improvements.

Unit Mapping Information

Supersedes and is not equivalent to SISXCAI005 Conduct individualised long-term training programs.

Links

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