SIS50210 Diploma of Fitness

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# Modification History

The release details of this qualification are in the table below. The latest information is at the top.

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| Release | Comments |
| 3 | Editorial updates.Updated units. |
| 2 | The following additions have been made to General Electives: * SISFFIT313A Plan and deliver exercise for apparently healthy children and adolescents
* SISFFIT314A Plan and deliver exercise to older clients with managed conditions

The following code correction/s have been made:* code and unit title correction to cross sector Group – SISXRSK501A Manage risk deleted and changed to SISXRSK502A Manage organisational risks
* SISSST301A corrected to SISSSTC301A
* SISSST402A corrected to SISSSTC402A
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# Description

This qualification provides the skills and knowledge for an individual to be competent in a range of activities and functions within the fitness industry, including working collaboratively with medical and allied health professionals in a broad range of settings, such as fitness facilities, aquatic facilities, community facilities and in open spaces.

Those with this level of competency will be expected to provide exercise training to individual clients with specific needs, on a one-on-one or group basis, and may include older clients and children with chronic conditions.

Persons with this level of competency will have the ability to implement, evaluate and modify the exercise prescription provided by medical or allied health professionals for clients with specific conditions, within an agreed scope for progression as recommended by referring medical or allied health professionals.

Specialised exercise trainers will have the ability to monitor client progress and, in collaboration with medical or allied health professionals, utilise an evidence-based approach to deliver solutions by applying knowledge of physiology and anatomy and the pathology of specific medical conditions.

Job roles

* specialised exercise trainer

# Pathways Information

Not Applicable

# Licensing/Regulatory Information

No licensing, legislative, regulatory or certification requirements apply to this qualification at the time of endorsement.

# Entry Requirements

Entry requirements

This qualification is designed for those existing fitness professionals have considerable experience in exercise delivery. Entry to this qualification is open to those who have achieved the following units of competency and have significant vocational experience in the fitness industry:

| SISFFIT415A | Work collaboratively with medical and allied health professionals  |
| --- | --- |
| SISFFIT416A | Apply motivational psychology to provide guidance on exercise behaviour and change to meet health and fitness goals  |
| SISFFIT417A | Undertake long term exercise programming |
| SISFFIT418A | Undertake appraisals of functional movement  |
| SISFFIT419A | Apply exercise science principles to planning exercise |
| SISFFIT420A | Plan and deliver exercise programs to support desired body composition outcomes |
| SISFFIT421A | Plan and deliver personal training  |
| BSBSMB401A | Establish legal and risk management requirements of small business |

While the nature and duration of the individual's vocational experience may vary according to the fitness business activity undertaken, evidence of the programming and delivery of a diverse range of fitness services to clients is required.

# Employability Skills Summary

| EMPLOYABILITY SKILLS QUALIFICATION SUMMARY |
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| The following table contains a summary of the employability skills required by the fitness industry for this qualification. The employability skills facets described here are broad industry requirements that may vary depending on packaging options. |
| Employability Skill | Industry/enterprise requirements for this qualification include: |
| Communication | Consulting with medical or allied health professionals to obtain clear information about providing exercise for clients with specific needs; explaining to clients the benefits of recommended exercise prescription; providing clear information about the exercises and activities proposed or delivered; answering client's questions and providing support during delivery of fitness services. |
| Teamwork | Collaborating with medical and allied health professionals to take collective responsibility for innovation in delivering quality fitness services to clients; planning fitness service delivery to take into account team member strengths and weaknesses; providing support and coaching. |
| Problem-solving | Modifying exercise prescriptions within scope of this qualification; identifying issues related to client adherence to fitness programs and developing solutions by applying knowledge of physiology and anatomy and the pathology of specific medical conditions; identifying the need for referral back to, or consultation with medical or allied health professionals. |
| Initiative and enterprise | Monitoring of client progress and satisfaction and subsequently indentifying the most appropriate modifications to the exercise prescription or program, within the boundaries of scope and any contraindications present; using knowledge of current and emerging fitness and health industry trends to inform work practices. |
| Planning and organising | Information, time and resources are organised to ensure safe and effective delivery of services; monitoring plans, procedures and systems and participating in continuous improvement processes; specialised exercise trainers will need to manage interactions with medical and allied health professionals to deliver timely and effective services to clients. |
| Self-management | Understanding and complying with the legal and ethical responsibilities that apply to specialised exercise trainers; maintaining professional standards and demonstrating safe practices in all aspects of the services provided, identifying boundaries and determining when to refer clients to medical or allied health professionals |
| Learning | Utilising an evidence based approach to obtain and evaluate knowledge relevant to exercise prescription and programs; undertaking professional development activities to ensure knowledge is current and further develop professional expertise and quality of services offered. |
| Technology | Identifying and assessing updated technologies that assist in the planning and delivery of services; understanding the operating capacities of different equipment and their safe use. |

# Packaging Rules

13 units must be completed:

* 9 core units
* 4 elective units, which may be chosen from the electives listed in this qualification; up to 2 of these units may be selected elsewhere in SIS10 or from any current accredited course or other Training Package, and must be first packaged at AQF level 4 or 5.

In all cases, selection of electives must be guided by the job outcome sought, local industry requirements and the characteristics of this qualification (as per the AQF descriptors).

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| Core (9) |
| HLTFA402C | Apply advanced first aid |
| SISFFIT523A | Deliver prescribed exercise to clients with cardiorespiratory conditions |
| SISFFIT524A | Deliver prescribed exercise to clients with metabolic conditions |
| SISFFIT525A | Advise on injury prevention and management |
| SISFFIT526A | Deliver prescribed exercise to clients with musculoskeletal conditions |
| SISFFIT527A | Undertake health promotion activities to decrease risk factors and prevent chronic disease |
| SISFFIT528A  | Apply research findings to exercise management strategies |
| SISXCCS404A | Address client needs |
| SISIND405A | Conduct projects |
| Electives (4) |
| Fitness |  |
| SISFFIT313A | Plan and deliver exercise for apparently healthy children and adolescents |
| SISFFIT314A | Plan and deliver exercise to older clients with managed conditions |
| SISFFIT529A | Deliver prescribed exercise to clients with a disability or neurological impairment |
| SISFFIT530A | Deliver prescribed exercise to children and young adolescents with specific chronic conditions  |
| SISFFIT531A | Deliver prescribed exercise to older clients with chronic conditions  |
| SISSSTC301A  | Instruct strength and conditioning techniques |
| SISSSTC402A  | Develop strength and conditioning programs |
| Sport Coaching |
| SISSSCO513 | Plan and implement high-performance training and recovery programs |
| Cross Sector |
| SISXFAC404A | Coordinate facility equipment acquisition and maintenance |
| SISXIND406A | Manage projects |
| SISXOHS402A | Implement and monitor occupational health and safety policies |
| SISXRSK502A | Manage organisational risk |
| Imported Units |
| BSBADM502B | Manage meetings |
| BSBMKG501B | Identify and evaluate marketing opportunities |
| BSBWOR501B | Manage personal work priorities and professional development |
| HLTAQU413C | Deliver and monitor a hydrotherapy program |