



Australian Government

SIS50210 Diploma of Fitness

Release: 3

SIS50210 Diploma of Fitness

Modification History

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

Release	Comments
3	Editorial updates. Updated units.
2	<p>The following additions have been made to General Electives:</p> <ul style="list-style-type: none"> • SISFFIT313A Plan and deliver exercise for apparently healthy children and adolescents • SISFFIT314A Plan and deliver exercise to older clients with managed conditions <p>The following code correction/s have been made:</p> <ul style="list-style-type: none"> • 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

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

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

EMPLOYABILITY SKILLS QUALIFICATION SUMMARY	
	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).

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
SISSTC301A	Instruct strength and conditioning techniques
SISSTC402A	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