



Australian Government

SISFFIT527A Undertake health promotion activities to decrease risk factors and prevent chronic disease

Release: 3

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Modification History

The release details of this endorsed unit of competency set are in the table below. The latest information is at the top.

Release	Comments
3	Update to Guidance information for assessment.

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to plan and deliver exercise to promote general health and well-being, and decrease risk factors and chronic disease. The unit outlines appropriate exercise levels within the context of public health recommendations on physical activity.

Application of the Unit

This unit applies to specialised exercise trainers operating within fitness or health environments such as fitness centres, community and workplace settings, health clubs, gyms or autonomously in the fitness or health industry.

Licensing/Regulatory Information

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

Pre-Requisites

Nil

Employability Skills Information

This unit contains employability skills.

Elements and Performance Criteria Pre-Content

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

Elements describe the essential outcomes of a unit of competency.

Performance criteria describe the performance needed to demonstrate achievement of the element. Where bold italicised text is used, further information is detailed in the required skills and knowledge section and the range statement. Assessment of performance is to be consistent with the evidence guide.

1. Explain and apply current recommendations regarding the type and amount of physical activity to promote health, reduce risk factors and prevent ***chronic disease and disability*** among adults.

- 1.1. Identify major causes of disease and disability among adults, and explain to the client ***the role of physical activity in health and disease prevention***.
- 1.2. Identify and explain to the client the mechanisms by which exercise may lower risk of ***chronic lifestyle disease or disability***.
- 1.3. Identify major cardiovascular disease ***risk factors*** and the recommended clinical values for each, and explain to the client to what extent each is affected by exercise.
- 1.4. Identify and apply ***current recommendations regarding physical activity*** for disease prevention in adults.
- 1.5. Identify and explain to the client the appropriate ***exercise variables*** recommended to achieve a beneficial change in risk factors and disease prevention.
- 1.6. Explain to the client the different roles of cardiovascular conditioning and muscular conditioning in enhancing general health and for preventing specific diseases or conditions.
- 1.7. Reinforce the need to undertake additional ***lifestyle modifications*** to improve health.

2. Plan and develop a physical activity intervention to improve and promote the health status of a population group, ***sub-group*** or individual.

- 2.1. Access relevant sources of information to determine health problems of target group and the established causes of the health problem.
- 2.2. Locate and critically evaluate effectiveness of other health promotion interventions to develop an evidence based approach that would cause beneficial change in health status of the target group.
- 2.3. Obtain information about the level of physical activity currently undertaken by participants using

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- an appropriate *method of measuring physical activity* and determine whether current physical activity level is sufficient to gain health benefits.
- 2.4. Collect information about current health problems or concerns, lifestyle and other *factors affecting participation in physical activity*.
 - 2.5. Design a multifaceted approach to *health promotion activities* including education and skill building.
 - 2.6. Demonstrate recognition of and support for the importance of access and equity in the provision of physical activity interventions.
 - 2.7. Ensure intervention addresses identified client barriers to participation.
3. Implement physical activity intervention in an appropriate *setting*.
 - 3.1. Conduct appropriate health and fitness assessments to establish baseline measures and monitor client progress.
 - 3.2. Fully explain intervention strategies to participants.
 - 3.3. Provide additional support materials and assist client to access additional *sources of relevant information* to improve health status.
 - 3.4. Implement motivational strategies to encourage behaviour change and exercise adherence based on *behaviour change models* and determinants of exercise adherence.
 - 3.5. Monitor *client's physiological responses* during activity sessions and make appropriate adjustments to exercise variables as required to ensure client safety.
 - 3.6. Maintain *records* of relevant documentation in accordance with relevant legislation, and organisational policy and procedure.
 4. Deliver education and training activities to promote good health and support physical activity strategies.
 - 4.1. Conduct health promotion and education activities relating to aspects of physical activity, diet and lifestyle that directly effect the reduction of *risk factors* and prevention of chronic disease.
 - 4.2. Ensure health promotion and education activities support clients to take a self-care approach to health in line with individual needs.
 - 4.3. Recognise clients that may need further assistance from medical or allied health professionals and organise referral.
 - 4.4. Re-administer questionnaires relating to exercise

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| | behaviour and health status to determine changes in behaviour. |
| 5. Evaluate effectiveness of intervention. | 5.1. Obtain feedback from participants about the effectiveness of the physical activity sessions and other <i>health promotion activities</i> conducted.
5.2. Ascertain level of compliance and comfort with recommended strategies.
5.3. Identify any obstacles or problems for future reference. |

Required Skills and Knowledge

This section describes the skills and knowledge required for this unit.

Required skills

- communication skills appropriate to educating clients about health benefits of physical activity in relation to management of risk factors and prevention of disease, and delivering health promotion activities
- problem-solving skills to identify specific client group needs and match health promotion activities to meet these needs
- team work skills to work collaboratively with team members and relevant partners to implement effective health promotion activities
- literacy and numeracy skills to:
 - develop supporting resources,
 - locate and access evidence based research
 - ensure accurate documentation is maintained

Required knowledge

- major causes of disease and disability in Australian adults
- major risk factors for disease, the recommended clinical values for each, the role of physical activity as a risk factor and its effect on other risk factors
- factors affecting health and well-being
- social determinants of health
- national health priority areas
- burden of disease and burden attributable to risk factors
- role of physical activity in the prevention and management of disease and disability
- methods used to measure physical activity
- determinants of physical activity, barriers to participation
- risk stratification according to the American College of Sports Medicine definitions
- effects of physical activity on risk factors and risk of disease
- roles of cardio-respiratory and muscular conditioning in altering risk factors for disease
- current Australian and overseas recommendations for physical activity for health and disease prevention
- factors motivating adults to be physically active and influencing adherence to physical activity
- signs and symptoms of untoward event that may occur during exercise
- behavioural change models, interventions and strategies to effect a behaviour change
- health promotion practice and principles.

Evidence Guide

The evidence guide provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge, range statement and the Assessment Guidelines for the Training Package.

Overview of assessment

Critical aspects for assessment and evidence required to demonstrate competency in this unit

Evidence of the following is essential:

- demonstrates understanding and application of current exercise recommendations to promote health, reduce risk factors and prevent chronic lifestyle disease
- designs, implements and evaluates health promotion activities to improve the health status of groups or individuals
- uses effective communication strategies to lead and instruct physical activity sessions, and to deliver education and training activities to promote good health
- monitors and maintains the safety of participants, exercise equipment and the exercise setting when delivering health promotion interventions
- provides appropriate motivational strategies to effect a positive behaviour change in participants

Context of and specific resources for assessment

Assessment must ensure demonstration of skills over a period of time within a setting where a variety of exercise modes and equipment are available to deliver physical activity sessions

Assessment must also ensure access to:

- a range of clients from a range of ages who do not meet the minimum level of physical activity to gain health benefit
- a suitable setting for the implementation of a physical activity intervention
- relevant documentation such as client health screening forms, physical activity logs or questionnaires, other record forms
- demonstration of skills on sufficient occasions to determine competence in interpreting relevant client information, and designing, delivering and evaluating health promotion activities to promote health, reduce risk factors and prevent chronic disease.

Method of assessment

A range of assessment methods should be used to assess practical skills and knowledge. The following examples

are appropriate for this unit:

- observation of the delivery of health promotion activities including physical activity sessions
- written plans of physical activity intervention strategies
- samples of health promotion materials, client records and support materials
- observation of dealing effectively with a range of contingencies such a range of clients with varied risk factors or health conditions
- oral or written questioning to assess knowledge of the relationship between physical activity and chronic disease, behaviour change principles, exercise recommendations and health promotion principles
- third-party reports from a supervisor detailing work performance.

Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended, for example:

- SISXIND405A Conduct projects
- SISFFIT523A Deliver prescribed exercise to clients with cardiorespiratory conditions
- SISFFIT524A Deliver prescribed exercise to clients with metabolic conditions

Range Statement

The range statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Bold italicised wording, if used in the performance criteria, is detailed below. Essential operating conditions that may be present with training and assessment (depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts) may also be included.

Role of physical activity in health and disease prevention may include:

- major causes of disease and disability in Australian adults:
 - effects of physical activity in prevention
 - effects of physical activity in management of disease and disability

Chronic lifestyle disease or disability may include:

- mechanisms by which physical activity alters disease risk
- answer questions by clients about health benefits of physical activity.
- hypertension
- type 2 diabetes
- obesity
- cardiovascular disease
- dislipidemia
- musculoskeletal conditions
- mental health problems
- asthma
- chronic obstructive pulmonary disease
- osteoporosis
- sarcopenia.

Risk factors may include:

- family history
- smoking
- hypertension
- hypercholesterolaemia
- impaired fasting glucose
- obesity
- sedentary lifestyle
- alcohol
- dietary imbalances
- age
- co-morbidities.

Current recommendations regarding physical activity may include:

- position statements and recommendations by recognised bodies
- national physical activity guidelines
- evidence based research.

- Exercise variables*** may include:
- mode
 - intensity
 - frequency
 - duration.
- Lifestyle modifications*** may include:
- moderation of alcohol consumption
 - cessation of smoking
 - increased incidental activity
 - stress reduction
 - provision of health eating guidelines
 - provision of healthier choices.
- Methods of measuring physical activity*** may include:
- diary
 - log
 - recall
 - self report
 - direct observation
 - pedometer
 - accelerometer
 - calorimetry.
- Factors affecting participation in physical activity*** may include:
- personal factors
 - social factors
 - environmental factors
 - cultural factors
 - education factors.
- Health promotion activities*** may include:
- population approaches
 - individual approaches.
- Sources of relevant information*** may include:
- state , national and international support organisations
 - books
 - journals
 - internet sites
 - research studies
 - medical and allied health professionals.
- Behavioural change models*** may include:
- health belief model
 - protection motivation theory
 - theory of reasoned action
 - theory of planned behaviour
 - social cognitive model
 - self efficacy
 - trans-theoretical model
- Client physiological responses***
- heart rate
 - rating of perceived exertion (RPE)

may include:

- 'talk test'
- direct observation.

Records may include:

- electronic
- hand written
- questionnaires
- pre-exercise screening forms
- medical clearance and referral
- physical activity recall
- exercise programming cards
- diaries
- attendance records.

Risk factors may include:

- family history
- smoking
- hypertension
- hypercholesterolaemia
- impaired fasting glucose
- obesity
- sedentary lifestyle
- alcohol
- dietary imbalances
- age
- co-morbidities.

Health promotion strategies may include:

- screening, individual risk factor assessment
- education and skill development
- social marketing
- health information
- environmental approaches
- public policy
- workforce initiatives
- community action
- settings and supportive environments.

Factors motivating adults to be physically active and influencing exercise adherence may include:

- client need and preference for:
 - moderate activity
 - social interaction
 - non-competitive setting
 - non-judgmental interactions and instruction
 - activity specifically addressing health concerns and risks
- barriers to participation:
 - perceived versus actual
 - initial low fitness level

- time
 - access
 - health risks and concerns
 - peer and family support
 - possibly overweight.
 - a group identified through statistics to be less likely to be physically active or able to access or afford programs or facilities that encourage active participation
 - young adolescents
 - people with chronic disease or disability
 - indigenous Australians
 - people from non-English speaking backgrounds
 - older adults
 - women especially mothers with young children
 - middle age
 - adults with low education and or low socio-economic status.
- Population sub-groups considered 'at risk'*** may include:
- Settings*** for health promotion interventions may include:
- worksites
 - schools
 - community based
 - health.
- Determinants of physical activity*** may include:
- demographic or biological variables
 - psychological factors
 - socio-cultural factors
 - physical environmental factors
 - behavioural attributes or skills
 - physical activity characteristics.

Unit Sector(s)

Fitness

Competency Field

Fitness