



Australian Government

Assessment Requirements for SISFFIT006 Conduct fitness appraisals

Release: 1

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Modification History

Not applicable.

Performance Evidence

Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role. This must include period(s) totalling at least five hours comprising at least five different client contact sessions, and:

- plan and conduct health and fitness appraisals incorporating the following assessments for each client:
 - cardiorespiratory endurance (submaximal oxygen consumption)
 - blood pressure
 - range of movement/flexibility
 - strength
 - weight
 - height
 - body mass index
 - waist to hip ratio
 - girth measurements
- use the following fitness appraisal equipment appropriately and safely:
 - tape measure
 - scales
 - sit and reach tools
 - bicycle, treadmill or rowing ergometer
 - heart rate monitor
 - blood pressure equipment – sphygmomanometer
 - stop watch.

Knowledge Evidence

Demonstrated knowledge required to complete the tasks outlined in elements and performance criteria of this unit:

- legislation and regulatory requirements relevant to:
 - fitness assessments and collection of client information
 - negligence and duty of care
 - appropriate collection and storage of client information
 - application of legal and ethical limitations of own role

- work health and safety/occupational health and safety
- organisational policies and procedures relevant to:
 - fitness assessments and collection of personal information
 - conduct of fitness appraisals
- industry endorsed client pre-exercise health screening processes
- industry endorsed risk stratification procedures, exercise implications and referral requirements
- features and benefits of fitness facilities, exercise programs and services
- role of medical or allied health professionals for referral processes
- health-related components of fitness:
 - body composition
 - muscle endurance
 - muscle strength
 - cardiovascular endurance
 - flexibility
- contraindications and precautions to participation in health and fitness assessments
- benefits of fitness appraisal procedures and testing
- signs and symptoms of exercise intolerance
- interpretation of results from the following health and fitness assessments:
 - cardiorespiratory endurance (maximal and sub-maximal oxygen consumption)
 - blood pressure
 - range of movement/flexibility
 - strength
 - weight
 - height
 - body mass index
 - waist to hip ratio
 - girth measurements
 - skin fold measurements
- methods for measuring exercise intensity:
 - heart rate response
 - respiration rate response
 - rate of perceived exertion
 - work output
- products and services available in the fitness industry that could be used to meet client goals
- exercise adherence and behavioural change strategies:
 - habits
 - intrinsic and extrinsic motivation
 - goal setting.

Assessment Conditions

Skills must be demonstrated:

- a fitness industry workplace or simulated environment with clients with real or simulated health and fitness goals.

Assessment must ensure access to:

- legislation and organisational policies and procedures in relation to fitness appraisals
- manufacturer guidelines on equipment safety and usage.

Assessment must ensure use of:

- client record forms
- fitness industry standard appraisal equipment suitable for assessing health-related components of fitness:
 - heart rate monitor
 - tape measure
 - scales
 - sit and reach tools
 - bicycle, treadmill, rowing ergometer or step-up box
 - sphygmomanometer
 - stop watch
- clients; these can be:
 - clients in an industry workplace, or
 - individuals who participate in role plays or simulated activities, set up for the purpose of assessment, in a simulated industry environment operated within a training organisation.

Assessors must satisfy the Standards for Registered Training Organisation's requirements for assessors, and:

- have achieved a Certificate IV in Fitness or above; and
- have at least 1 year consecutive post qualification fitness industry experience in the application of the skills and knowledge of the Certificate IV in Fitness.

Links

Companion Volume implementation guides are found in VETNet -

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