



Australian Government

SISFFIT006 Conduct fitness appraisals

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to plan and conduct fitness appraisals, related to the health-related components of fitness. It requires the ability to determine positive behavioural change strategies in preparation for an exercise program and use fitness appraisal equipment according to manufacturer guidelines.

This occurs after the completion of an industry endorsed risk stratification process and the subsequent referral of clients where required.

This unit applies to fitness instructors who work in a variety of fitness locations such as fitness, leisure and community centres. These individuals typically work independently with some level of autonomy in a controlled environment. Work is performed according to relevant legislation and organisational policies and procedures.

No occupational licensing, certification or specific legislative requirements apply to this unit at the time of publication.

Pre-requisite Unit

Nil

Competency Field

Fitness

Unit Sector

Fitness

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes

1. Identify client fitness goals.

PERFORMANCE CRITERIA

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

- 1.1 Clarify significance of fitness appraisal in relation to program development and seek client consent.
- 1.2 Review pre-exercise health screening, and health assessment procedures as required.
- 1.3 Discuss client health-related goals and acquire additional

- client information as required.
- 1.4 Refer client to a medical or allied health professional as required.
2. Plan and conduct fitness appraisal.
- 2.1 Determine tools and methods to conduct health and fitness assessments.
- 2.2 Conduct required health and fitness assessments in a safe and timely manner.
- 2.3 Implement strategies to overcome client cultural and social differences and behavioural patterns as required.
- 2.4 Select and use communication techniques that encourage and support the client.
- 2.5 Monitor client for signs and symptoms of intolerance and discontinue fitness assessments as required.
- 2.6 Explain results of fitness assessments and recommend an appropriate exercise program.
- 2.7 Match fitness goals to products and services available in the fitness industry.
- 2.8 Develop a client profile and record outcomes of appraisal and exercise program recommendations.
- 2.9 Review individualised exercise goals and implement adjustments to goals due to fitness appraisal results, as required.
3. Evaluate fitness appraisal.
- 3.1 Request and respond to feedback from client.
- 3.2 Identify and document aspects needing further attention.

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
Reading skills to:	interpret manufacturer guidelines for the use and maintenance of fitness assessment equipment.
Oral communication skills to:	- use active listening and open and closed probe questioning to: - elicit information from clients about their needs and expectations - consult with clients about fitness goals - clarify screening information provided by clients.
Numeracy skills to:	use calculations in fitness testing or assessment methods, such as body mass index and estimations of maximal oxygen

- consumption from submaximal testing
 - set appropriate timeframes in goal setting
 - work within a time schedule to provide fitness assessments
 - review calculations from pre-test orientation and screening information.
- Problem-solving skills to:
- determine referral requirements after reviewing pre-exercise health screening information and acquiring any additional health and fitness information from client before fitness appraisal.
- Technology skills to:
- use fitness assessment equipment and equipment for fitness appraisal.

Unit Mapping Information

No equivalent unit.

Links

Companion Volume implementation guides are found in VETNet -

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

Assessment Requirements for SISFFIT006 Conduct fitness appraisals

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.

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