



Australian Government

SISFFIT007 Instruct group exercise sessions

Release: 1

SISFFIT007 Instruct group exercise sessions

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to plan, instruct, monitor and evaluate group exercise sessions, with or without music. It requires the ability to plan the selection, sequencing and progression of exercises and appropriate music to ensure safe participation in activities.

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. Develop session plans.

PERFORMANCE CRITERIA

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

- 1.1 Consider participant group characteristics and identify expected fitness outcomes and session type.
- 1.2 Determine appropriate phases, exercises or choreography to meet group needs.
- 1.3 Select and sequence music, as required, according to duration, concepts and phases of session.
- 1.4 Incorporate motivational techniques to maximise

- exercise program adherence.
- 1.5 Develop and document session plans that incorporate instructional information.
2. Conduct session.
- 2.1 Confirm availability of area, assemble resources and prepare environment appropriately.
- 2.2 Check equipment for maintenance requirements, as required.
- 2.3 Confirm capacity to independently participate in session and modify as required to suit specific needs.
- 2.4 Provide clear instructions using effective communication and instructional principles.
- 2.5 Demonstrate exercises, techniques and equipment, and monitor participation and performance of each participant.
- 2.6 Modify activity, as required to cater for a multi-level group.
- 2.7 Respond to participants experiencing difficulties and answer questions as required.
- 2.8 Encourage group cohesion and manage conflicts as they arise.
3. Evaluate session.
- 3.1 Seek and acknowledge feedback from participants.
- 3.2 Evaluate participant response and feedback.
- 3.3 Evaluate own performance and identify areas needing improvement.
- 3.4 Implement modifications to future sessions where relevant to meet participant needs.
- 3.5 Update session documentation.

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 to maintain and use equipment.
Numeracy skills to:	- use the beat of the music to time sessions, ensure safety and enjoyment, as well as effective exercise - monitor intensity of exercise using methods such as heart rate or rate of perceived exertion, if required.

- Learning skills to:
- maintain current knowledge of group exercise training session methods.
- Problem-solving skills to:
- manage participant conflicts and behavioural concerns
 - identify participant problems during session and implement modifications required
 - implement injury prevention strategies.

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>