



Australian Government

Assessment Requirements for SISFFIT009 Deliver pre-choreographed or prescribed community fitness

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, and:

- instruct three pre-choreographed or prescribed community fitness programs, that individually or cumulatively incorporate:
 - clear and accurate instructions and pre-session information:
 - personal introduction
 - verbal pre-screen
 - session level outline and demonstration and explanation of exercises
 - well-timed visual and verbal cueing
 - class organisation and formation
 - emergency procedures
 - appropriate and safe footwear and clothing
 - rests
 - correct exercise techniques and breathing
 - modification of exercise options to meet individual needs
 - sensitivity to social and cultural differences or needs
 - regular encouragement and feedback to clients during session
- monitor client exercise intensity and appropriateness of exercise using at least one of the following suitable techniques:
 - talk test
 - heart rate
 - breathing frequency
 - rate of perceived exertion
- use the following communication skills:
 - clear verbal communication
 - modelling and demonstration
 - motivational techniques.

Knowledge Evidence

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

- legislative and regulatory requirements regarding pre-choreographed or prescribed community fitness programs:
 - work health and safety/occupational health and safety
 - duty of care
 - copyright
 - licensing
- organisational policies and procedures in regards to:
 - pre-session screening
 - overcrowding
 - ventilation and/or climate control
 - hygiene
 - participant to instructor ratio
 - emergency
 - risk management
 - standards of personal presentation
 - participant's clothing and footwear
 - use, care and maintenance of equipment
 - venue hire
 - recording and reporting requirements
 - communication protocol
 - security
- pre-choreographed or prescribed community fitness programs:
 - benefits
 - purpose
 - aims
 - target group
 - acceptable program modifications
 - equipment requirements and safe usage
- instructional techniques to enable effective delivery and monitoring of program
- general characteristics of main cultural and social groups in Australian society and key aspects that relate to client cultural and religious protocols and preferences for exercise
- injury prevention strategies to maximise client participation in the program.

Assessment Conditions

Skills must be demonstrated in:

- a fitness industry workplace or simulated environment that offers appropriate services and facilities relevant to provision of pre-choreographed or prescribed community fitness programs.

Assessment must ensure access to:

- legislation and organisational policies and procedures in relation to pre-choreographed or prescribed community fitness programs
- manufacturer guidelines regarding equipment usage and safety, as required.

Assessment must ensure use of:

- equipment and resources required for the delivery of the program
- documentation related to pre-choreographed or prescribed community fitness programs
- participants in pre-choreographed or prescribed community fitness programs; these can be:
 - participants in a community setting, or
 - individuals who participate in project activities, role plays or simulated activities, set up for the purpose of assessment, within a training organisation.

Assessment activities that allow the individual to:

- demonstrate the ability to instruct pre-choreographed or prescribed community fitness programs catering for :
 - beginners, intermediate and advanced participants
 - low and high impact.

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

- have at least 2 years consecutive industry experience in the application of the skills and knowledge of this unit.

Links

Companion Volume implementation guides are found in VETNet -

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