



Australian Government

SISFFIT009 Deliver pre-choreographed or prescribed community fitness

Release: 1

SISFFIT009 Deliver pre-choreographed or prescribed community fitness

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to instruct pre-choreographed community fitness programs according to the training guidelines provided by the program developer. Program evaluation remains the responsibility of the approving authority.

This unit applies to group exercise leaders working in a variety of locations and with a range of clients in diverse environments including aquatic, recreation, leisure, fitness, gym 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. Prepare for community fitness program delivery.

PERFORMANCE CRITERIA

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

- 1.1 Confirm licensing and provider requirements of the program.
- 1.2 Confirm facility and resource requirements for program delivery.

2. Conduct pre-choreographed community fitness program.
 - 1.3 Confirm access to venue or facility meets needs and requirements of clients.
 - 2.1 Confirm availability of area, assemble resources and prepare environment appropriately.
 - 2.2 Check equipment for maintenance requirements according to program guidelines, as required.
 - 2.3 Confirm capacity to independently participate in session and modify as required to suit specific needs.
 - 2.4 Provide clear instructions according to program requirements 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 according to program guidelines.
 - 2.7 Respond to participants experiencing difficulties and answer questions as required.
3. Evaluate program.
 - 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 Update session documentation.
 - 3.5 Maintain records of sessions according to program guidelines.

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 training guidelines provided by the program developer.
Learning skills to:	update and maintain knowledge of program requirements.
Planning and organising skills to:	work within time schedules of facilities and program requirements.

Unit Mapping Information

SISFFIT332 Deliver pre-choreographed or prescribed community exercise program

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 SISFFIT009 Deliver pre-choreographed or prescribed community fitness

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

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