



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.

- 1.3 Confirm access to venue or facility meets needs and requirements of clients.
2. Conduct pre-choreographed community fitness program.
 - 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>