



Australian Government

SISFFIT010 Deliver pre-choreographed or prescribed group exercise to music

Release: 1

SISFFIT010 Deliver pre-choreographed or prescribed group exercise to music

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to instruct pre-choreographed or prescribed group exercise to music classes 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 who are required to use appropriately licensed music.

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 group exercise to music class 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.
 - 1.4 Determine exercise repertoire or choreography, using appropriate movement terminology and application of relevant anatomical and physiological principles.
 - 1.5 Access, select and sequence music according to training guidelines.
 - 1.6 Prepare movement sequences and choreography.
2. Conduct pre-choreographed group exercise to music class.
 - 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.
 - 2.8 Encourage group cohesion and manage conflicts as they arise.
3. Evaluate program delivery.
 - 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: | <ul style="list-style-type: none">• interpret training guidelines provided by the program developer. |
| Numeracy skills to: | <ul style="list-style-type: none">• understand beat of music and how to use the beat to time the session to ensure safety and enjoyment, as well as effective exercise. |
| Learning skills to: | <ul style="list-style-type: none">• maintain current knowledge of group exercise session methods. |
| Problem-solving skills to: | <ul style="list-style-type: none">• manage participant conflicts and behavioural concerns as required• identify participant problems during session and implement modifications required• implement injury prevention strategies. |

Unit Mapping Information

SISFFIT333 Deliver pre-choreographed or prescribed group exercise to music classes

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 SISFFIT010 Deliver pre-choreographed or prescribed group exercise to music

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 group exercise to music classes that incorporate:
 - pre-session instructions:
 - verbal pre-screen
 - personal introduction
 - type of session
 - modifications and recovery
 - spacing and organisation of equipment
 - safe and effective instructional techniques:
 - demonstration and explanation of exercise
 - well-timed cueing
 - establishing rapport
 - teaching positioning
 - session organisation and formation
 - visual and verbal cueing
 - communication techniques:
 - clear verbal communication
 - body language
 - mirror imaging
 - monitoring and encouraging session response
 - negotiation
 - conflict resolution
 - appropriate movement sequences:
 - combinations
 - movement breakdown techniques
 - use of learning curves
 - modification of exercise options to meet individual needs
 - regular encouragement and feedback to clients during session
- monitor exercise intensity during every session using at least one of the following methods:

- heart rate response
- perceived rate of exertion
- talk test
- 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 group exercise to music classes:
 - 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 group exercise to music benefits:
 - purpose
 - aims
 - target group
 - acceptable program modifications
 - equipment requirements and safe usage
- instructional techniques to enable effective delivery and monitoring of session

- injury prevention strategies to maximise client participation in the program
- potentially harmful practices to be avoided:
 - hyperextension of joints
 - exercising while sick
 - exercising in extremes of temperature
 - ballistic movements
 - high impact movements for clients with incontinence or musculoskeletal conditions
- intervention strategies:
 - stopping or modifying the exercise
 - modifying equipment or its use
- variations to pre-choreographed or prescribed group exercise to music classes:
 - choreographed to music
 - with equipment
 - without equipment
- phases of pre-choreographed or prescribed group exercise to music classes:
 - warm-up:
 - pulse raise
 - mobility
 - main cardiovascular workout:
 - using aerobic curve
 - pulse raise
 - main workout
 - build down
 - muscle strength and endurance
 - flexibility
- function and safety of equipment suitable for group exercise to music
- current industry guidelines relevant to pre-choreographed or prescribed group exercise to music classes
- principles of exercise program design:
 - muscle action
 - loading and volume
 - exercise selection and order
 - rest periods
 - repetition velocity
 - frequency
- the use of music in a group exercise to music session or group circuit session, with consideration of appropriate use of:
 - beats per minute
 - rhythm
 - phrasing

- volume
- realistic timings of choreography for sessions, in regards to:
 - add on
 - 32 count phrase
 - verse and chorus
 - layering.

Assessment Conditions

Skills must be demonstrated in:

- 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 pre-choreographed or prescribed group exercise to music classes
- manufacturer guidelines regarding equipment usage and safety, as required.

Assessment must ensure use of:

- equipment and resources required for the delivery of the session:
 - appropriate music and music equipment, as required
 - appropriate area for instruction of pre-choreographed or prescribed group exercise to music class
- group exercise participants; these can be:
 - group exercise participants in the workplace, or
 - individuals who participate in project activities, role plays or simulated activities, set up for the purpose of assessment, within a workplace.

Assessment activities that allow the individual to:

- demonstrate the ability to instruct a variety of pre-choreographed or prescribed group exercise to music classes:
 - with music
 - with and without equipment
 - 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.

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