



Australian Government

SISFFIT011 Instruct approved community fitness programs

Release: 1

SISFFIT011 Instruct approved community fitness programs

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to instruct an approved community fitness program designed to promote wellbeing and increase physical activity levels in community groups. Program evaluation is the responsibility of the approving authority.

This unit applies to fitness and recreation program instructors who work with a range of clients in a variety of locations including aquatic, recreation, leisure, fitness, gym and community centres.

No occupational licensing, certification or 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.
2. Conduct approved community fitness

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.
- 2.1 Confirm availability of area, assemble resources and prepare environment appropriately.

- program.
- 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 participants.
 - 2.6 Monitor exercise intensity, technique and safety of clients throughout program according to program guidelines.
 - 2.7 Modify activities as required to meet needs and requirements of clients and minimise risk of injury.
 - 2.8 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
Learning skills to:	• update and maintain knowledge of program requirements.
Numeracy skills to:	• work within time schedules of facilities and program requirements.

Unit Mapping Information

SISFFIT311A Deliver approved community fitness programs

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 SISFFIT011 Instruct approved community fitness programs

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 approved 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
- 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 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
- approved 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 an approved community fitness program.

Assessment must ensure access to:

- legislation and organisational policies and procedures in relation to approved 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 an approved community fitness program

- participants in an approved community fitness program; 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 an approved community fitness program 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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