



Australian Government

SISFFIT015 Collaborate with medical and allied health professionals in a fitness context

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to identify situations and conditions requiring guidance from, or the need to work with, medical or allied health professionals. This unit requires the ability to undertake referrals, and interpret and implement instructions from medical or allied health professionals to ensure appropriate exercise planning and delivery within industry endorsed scope of practice.

This unit applies to personal trainers who require guidance from an appropriate medical or allied health professional following industry endorsed pre-exercise screening and risk stratification, or resulting from professional judgement.

These individuals typically work autonomously in controlled and uncontrolled fitness environments. 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. Refer to medical or allied health professional.

PERFORMANCE CRITERIA

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

- 1.1 Analyse client pre-exercise screening, risk stratification, and relevant fitness testing results.
- 1.2 Collect relevant health information from client as

- required.
- 1.3 Identify need for referral and guidance from medical practitioner or appropriate allied health professional.
- 1.4 Determine appropriate medical or allied health professional for client referral.
- 1.5 Obtain informed consent from client for the purpose of sharing client information with health professionals, including referrals.
- 1.6 Conduct referral in accordance with industry endorsed referral procedures.
- 2. Receive and respond to referrals.
 - 2.1 Receive guidance from medical or allied health professional.
 - 2.2 Seek verbal or written clarification from medical or allied health professional, if required.
 - 2.3 Clarify recommendations with client and answer queries as required.
- 3. Deliver and monitor client fitness program.
 - 3.1 Deliver exercise in accordance with guidance received from medical or allied health professional, within industry endorsed scope of practice.
 - 3.2 Monitor client responses to exercise and make appropriate adjustments as required.
 - 3.3 Respond to signs and symptoms of exercise intolerance and take appropriate action within scope of practice.
 - 3.4 Refer client to appropriate medical practitioner or allied health professional if required.
- 4. Report on client progress.
 - 4.1 Maintain records of client participation and progress.
 - 4.2 Provide feedback to relevant medical or allied health professional in a timely manner using industry endorsed referral reporting procedures.
 - 4.3 Receive further guidance from medical or allied health professional and modify exercise program and delivery as required.
 - 4.4 Provide feedback to client on progress and any recommended adjustments to exercise program.
- 5. Maintain client records.
 - 5.1 Identify and record information for communication and reporting to relevant medical or allied health professionals.
 - 5.2 Update and maintain current client.

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 and analyse pre-test screening, referral letters, requests and other relevant health information to determine implications for client exercise participation.
Writing skills to:	prepare referral letters using appropriate industry terminology, and inclusion of relevant information from client consultation, as required.
Oral communication skills to:	- clarify information collected from client with medical or allied health professional if required - determine participant preferences and offer suitable products under the guidance of a medical or allied health professional.
Numeracy skills to:	- use heart rate calculations or other monitoring techniques during training, where relevant - use body mass index calculations during pre-exercise screening, where relevant.
Learning skills to:	maintain knowledge of roles of medical and allied health professional suitable for referral of clients.
Initiative and enterprise skills to:	develop professional working relationships with medical or allied health professionals to be able to seek guidance on client needs and refer clients beyond the scope of practice of a personal trainer.
Planning and organising skills to:	select and prepare appropriate exercise repertoire and equipment for exercise sessions under guidance of a medical or allied health professional.

Unit Mapping Information

No equivalent unit.

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 SISFFIT015 Collaborate with medical and allied health professionals in a fitness context

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:

- prepare referral letters for at least ten clients across a range of the following appropriate medical or allied health professionals when guidance and feedback is required regarding exercise participation:
 - accredited exercise physiologist
 - accredited practising dietitian
 - chiropractor
 - continence nurse advisor
 - general practitioner
 - occupational therapist
 - osteopath
 - physiotherapist
 - podiatrist
 - psychologist
 - remedial massage therapist
 - sports physician
- deliver at least five suitable exercise programs in response to guidance or instruction provided by medical or allied health professionals
- maintain and store the following professional records:
 - parental or guardian consent, if relevant
 - pre-exercise screening results
 - other client health information
 - client informed consent
 - documented guidance provided by medical or allied health professional
 - clinical test results, as required
 - fitness test results, as required
 - exercise program
 - client participation
- provide ongoing clear and constructive feedback to clients and medical or allied health professionals, in a timely manner and in accordance with industry endorsed referral and communication reporting procedures including:

- client health and fitness status
- program progress
- questions and concerns, if any
- client response to exercise
- client goals.

Knowledge Evidence

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

- legislative and regulatory requirements regarding:
 - privacy
 - anti-discrimination
 - work health and safety/occupational health and safety
 - duty of care
 - business licenses and practices
 - consumer protection
 - civil liability law
- organisational policies and procedures in regards to:
 - industry endorsed risk management protocols, exercise implications and referral requirements
 - confidentiality
 - privacy
 - recording client information
 - hygiene
 - emergency
 - standards of personal presentation
 - participant's clothing and footwear
 - use, care and maintenance of equipment
- industry endorsed risk stratification procedures, exercise implications and referral requirements for:
 - low-risk clients
 - moderate risk clients
 - higher risk clients
 - when there are extreme or multiple risk factors present and professional judgement to decide whether further medical advice is required identification of clients at high or higher risk of an adverse event occurring during exercise
 - physical activity and exercise intensity and frequency guidelines
- role of medical or allied health professionals and their areas of expertise to enable appropriate and timely referrals for clients:
 - sports physician

- registered general practitioner
- registered physiotherapist
- accredited exercise physiologist
- occupational therapist
- remedial massage therapist
- registered chiropractor
- registered osteopath
- podiatrist
- accredited practising dietician
- registered psychologist
- continence nurse advisor
- the Health Practitioner Regulation National Law, Australian Health Practitioner Regulation Agency (AHPRA) and searchable practitioner registers
- risk factors requiring client referral in accordance with industry endorsed pre-exercise screening and risk stratification processes
- signs and symptoms of exercise intolerance or medical conditions requiring referral to appropriate medical practitioner or allied health professional, this may include but is not limited to:
 - chest pain at rest or during activity
 - severe breathlessness/feeling faint/dizziness/loss of balance
 - unusual fatigue or shortness of breath
 - asthma aggravation/attack
 - significant muscle, bone or joint pain (beyond what is normally expected during exercise)
 - recent rapid weight change
 - frequent or persistent headaches
 - visual problems such as diplopia or visual aura
 - balance or coordination deficit
 - a situation whereby the fitness professional makes a judgement that continuing the session is beyond their professional capabilities and scope of practice, and could potentially compromise client health and safety.

Assessment Conditions

Skills must be demonstrated in:

- a workplace or simulated fitness industry environment that offers a variety of services and facilities suitable for working collaboratively with medical and allied health professionals.

Assessment must ensure use of:

- a variety of equipment appropriate for use by clients
- industry endorsed screening and risk stratification procedures

- session plan templates with space to identify modifications/adjustments needed
- learning and assessment tools validated by an accredited/registered allied health professional with at least two consecutive years' experience in clinical practice
- clients and medical or allied health professionals for referral processes; these can be:
 - clients, and medical or allied health professionals in the workplace, or
 - individuals who participate in project activities, role plays or simulated activities, set up for the purpose of assessment, within a training organisation.

Assessment must ensure access to:

- industry endorsed scope of practice.
- manufacturer guidelines on equipment safety and usage
- organisational policies and procedures related to working with medical and allied health professionals.

Assessment activities that allow the individual to:

- deliver a variety of exercise programs for clients where the personal trainer requires guidance from a medical or allied health professional to work within scope of practice
- deliver programs over a period of time, ensuring adequate time to allow for the implementation of required modifications
- complete and update client records:
 - pre-exercise screening documents
 - program as prescribed
 - modifications
 - client consent
 - copies of any communications.

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

- have achieved a Diploma of Fitness or above; and
- have at least 1 year consecutive post qualification fitness industry experience in the application of the skills and knowledge of the Diploma of Fitness.

Links

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