



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>