



Australian Government

SISFFIT017 Instruct long-term exercise programs

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, knowledge and skills required to plan, instruct and evaluate long-term exercise programs for clients. It requires the ability to apply the principles of training and program design to achieve goals in relation to health and skill-related components of fitness. It applies to the use of a variety of training techniques and cardiovascular, free weights and contemporary training equipment, in client programs.

This unit does not cover exercise prescription or instruction of uncontrolled movements. The personal trainer must only implement instruction and monitoring of power exercises that are controlled and only in situations where the client is prepared. This unit does not apply to the use of Olympic lifts.

This unit applies to personal trainers who work in controlled and uncontrolled environments. These individuals typically work independently with some level of autonomy. 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. Identify client fitness goals.

PERFORMANCE CRITERIA

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

- 1.1 Discuss client health-related and skill-related goals.
- 1.2 Explain the need to incorporate an increase in physical activity and a decrease in physical inactivity, as required,

- to clients.
- 1.3 Conduct pre-exercise health screening, and health assessment procedures as required.
 - 1.4 Explain training adaptations expected when participating in long-term exercise program.
 - 1.5 Develop objectives for long-term program and each phase of program, in consultation with client where required.
2. Develop program plans.
 - 2.1 Determine type of training, training methods and equipment required to achieve client goals.
 - 2.2 Calculate total training volume required to achieve client goals.
 - 2.3 Develop and document a long-term exercise plan that incorporates key instructional information.
 - 2.4 Develop customised and contemporary training sessions to meet client specific needs.
3. Conduct exercise sessions.
 - 3.1 Allocate sufficient space, assemble resources and check equipment for safety and maintenance requirements.
 - 3.2 Provide clear and accurate exercise instruction and confirm client understanding.
 - 3.3 Demonstrate skills and techniques to client.
 - 3.4 Observe and monitor participation and performance of client and adjust as required.
 - 3.5 Select and use communication techniques that encourage and support client.
 - 3.6 Monitor client for signs and symptoms of intolerance.
 - 3.7 Seek feedback from client during exercise sessions.
 - 3.8 Modify session as required, according to specific fitness outcomes, or for safety, using consideration of basic mechanics.
 - 3.9 Respond to clients experiencing difficulties, and answer questions as required.
 - 3.10 Complete session documentation and progress notes.
4. Evaluate program.
 - 4.1 Monitor and evaluate exercise program at appropriate intervals.
 - 4.2 Request and respond to feedback from client.
 - 4.3 Identify aspects needing further emphasis or attention in future sessions.
 - 4.4 Review own performance and identify areas needing improvement.
 - 4.5 Implement modifications to future instruction and discuss changes to the client's long-term exercise plan.
 - 4.6 Maintain and store records of evaluation and

modification of program.

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
Writing skills to:	develop and maintain detailed structure and layout of long-term exercise programs.
Oral communication skills to:	- use active listening and questioning techniques to: - identify clients' specific long term needs - confirm objectives of long-term exercise program.
Numeracy skills to:	- select and calculate training volumes - interpret and use calculations to assess fitness levels - interpret fitness testing and performance results from equipment.
Learning skills to:	maintain current knowledge of contemporary exercise equipment and methods of training.
Problem-solving skills to:	modify session and program as required with consideration and awareness of expected training adaptations specific to client.
Initiative and enterprise skills to:	provide training programs and exercises that are current and maintain the interest of clients.
Technology skills to:	use a variety of exercise equipment including electrical and non-electrical.

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 SISFFIT017 Instruct long-term exercise 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. This must include a period(s) totalling at least ten hours comprising at least ten different client contact sessions and:

- plan, implement and evaluate at least five long-term exercise programs using the principles of program design to suit the needs of clients with goals related to a combination of health- and skill-related components of fitness
- conduct sessions that individually or cumulatively incorporate:
 - use of a variety of all of the following equipment:
 - cardiovascular
 - free weight
 - gym
 - contemporary exercise equipment
 - demonstration, explanation, and instruction in the following:
 - cardiovascular, with and without electrical or non-electrical equipment
 - resistance, using body weight, free weights and contemporary fitness equipment, and a combination of compound and isolation exercises
 - flexibility – static, dynamic and proprioceptive neuromuscular facilitation (PNF)
 - injury prevention strategies specific to client needs and program
 - competition or performance strategy into at least one of the programs
 - exercises to develop:
 - skill
 - agility
 - proprioception
 - balance
 - coordination
 - reaction time
 - controlled power movements, for example in plyometric-style exercises
- modify at least three existing exercise plans for clients, addressing at least four of the following:
 - technical requirements
 - changing needs due to fitness adaptations
 - changing goals

- client needs, objectives, likes and dislikes
- technical difficulty adjustments of exercises
- document exercise plans and exercise programs for all clients using clear and structured forms.

Knowledge Evidence

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

- long-term exercise program planning for improvement of health- and skill-related components of fitness:
 - body composition
 - muscle endurance
 - muscle strength
 - flexibility
 - cardiovascular endurance
 - balance
 - reaction time
 - coordination
 - power
 - speed
 - agility
 - proprioception
- safety and preparation considerations for the use of plyometric training in client programs
- program design and variables relevant to the combination of health- and skill-related components of fitness in the client's program:
 - muscle actions
 - loads and volumes
 - exercise selection and order
 - rest periods
 - repetition velocity
 - frequency
- training principles relevant to the health- and skill-related components of fitness in the client's program:
 - overload
 - progression
 - adaptation
 - specificity
 - individualisation
 - maintenance

- training methods and consideration of intensity, program types, sets and reps, circuits, matrices, super-sets, pre-fatigue and interval training
- types of conditioning and training, and expected adaptations, including timing, for:
 - speed
 - power
 - strength
 - flexibility
 - cardiovascular endurance
 - hypertrophy
 - muscle endurance
 - weight loss
 - agility
 - reaction time
 - balance
 - coordination
- client considerations and needs:
 - client details
 - fitness levels and goals
 - training history
 - targeted adaptations
 - anticipated rate of client adaptation
 - number and nature of session programs
 - equipment requirements
 - facility requirements
 - review dates
- application of exercise science, anatomy, physiology, biomechanics considerations to fitness activities and long-term exercise programming:
 - aerobic endurance and responses
 - hypertrophy training and types of muscle fibres
 - muscle tension
 - local muscle endurance training and recovery
 - neuromuscular coordination training, safety, skill and recovery
 - strength training, recovery times and techniques
 - stretching and flexibility methods, techniques and recovery times
 - predicted rate of adaptation
 - progression
 - recovery rate
 - reversibility
 - specificity
 - training threshold

- manufacturer and exercise equipment specifications for safe use and techniques
- signs and symptoms of exercise intolerance and overtraining such as unusual fatigue
- physiological changes that occur from long-term exercise training:
 - cardiovascular changes
 - energy system and substrate utilisation
 - nervous system changes
 - pulmonary changes
 - thermoregulation.

Assessment Conditions

Skills must be demonstrated in:

- a fitness industry workplace or simulated environment with clients with real or simulated long-term health and fitness goals.

Assessment must ensure use of:

- a variety of cardiovascular (electrical or non-electrical) equipment, free weights, such as barbells, dumbbells and plates, and contemporary equipment, such as fit balls
- resistance training methods that are aimed at a variety of client goals, such as muscle hypertrophy and muscle strength
- clients that are considered capable of participating in exercise sessions from long-term exercise programs with:
 - cardiovascular training methods, such as continuous and interval training
 - resistance training methods using body weight, free weights and contemporary exercise equipment
 - stretching techniques that involve the client performing the stretches independently and the use of the fitness trainer's skills to conduct partner-based PNF stretching
- clients; these can be:
 - clients in an industry workplace, or
 - individuals who participate in role plays or simulated activities, set up for the purpose of assessment, in a simulated industry environment operated within a training organisation.

Assessment must ensure access to:

- legislation and organisational policies and procedures in relation to the conduct of long-term exercise programs.

Assessment activities that allow the individual to:

- develop a variety of long-term exercise programs over a period of time suitable for ensuring adequate time for the client to achieve several health- and skill-related components of fitness goals.

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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