



Australian Government

SISFFIT024 Instruct endurance programs

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to plan, instruct and evaluate endurance training programs for clients who have completed industry endorsed pre-exercise screening and risk stratification procedures. It requires the ability to identify and analyse specific client needs, instruct specialised endurance tests, and organise and implement a range of endurance training methods to achieve identified goals.

This unit does not cover the more complex methods of extensive speed training, power training, agility training or plyometric training.

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 requirements.

PERFORMANCE CRITERIA

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

- 1.1 Consider and confirm client needs, expectations and preferences using suitable questioning techniques.
- 1.2 Review and advise client of outcomes of pre-exercise screening and fitness appraisal.
- 1.3 Refer client to medical or allied health professional as

- required.
- 1.4 Identify potential barriers to participation.
- 1.5 Develop and document client profile for re-evaluation purposes.
- 2. Develop program plans.
 - 2.1 Determine type of 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 an endurance program incorporating key instructional information, phases of sessions, and adherence strategies.
 - 2.4 Develop customised and contemporary training sessions to meet client specific needs.
- 3. Conduct endurance sessions.
 - 3.1 Allocate sufficient space, assemble resources and check equipment for safety and maintenance requirements.
 - 3.2 Provide clear and accurate endurance training exercise instruction and confirm client understanding.
 - 3.3 Demonstrate skills, techniques and equipment to client.
 - 3.4 Monitor participation and performance of client and adjust as required.
 - 3.5 Select and use communication techniques that encourage and support client.
 - 3.6 Recognise signs and symptoms of overtraining and implement appropriate intervention and prevention strategies.
 - 3.7 Monitor temperature regulation and implement appropriate strategies to prevent adverse reactions to environmental conditions.
 - 3.8 Monitor client for signs and symptoms of intolerance.
 - 3.9 Seek feedback and answer questions during exercise sessions.
 - 3.10 Complete session documentation and progress notes.
- 4. Evaluate endurance program.
 - 4.1 Monitor and evaluate program at appropriate intervals.
 - 4.2 Request and respond to feedback from client.
 - 4.3 Review own performance and identify areas needing improvement.
 - 4.4 Identify aspects needing further emphasis or attention in future sessions.
 - 4.5 Implement modifications to future instruction and discuss changes with client.
 - 4.6 Document and update program and evaluation records.

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
Oral communication skills to:	• interact with clients to: • achieve appropriate rapport • ensure client is adequately prepared for training session • provide motivation and feedback to client at well-timed intervals • discuss endurance training program requirements.
Numeracy skills to:	• calculate heart rate and use exercise intensity guidelines, including rate of perceived exertion • determine training schedule and timing requirements • allocate phases to the endurance training program.
Problem-solving skills to:	• manage signs and symptoms of overtraining, where applicable.
Planning and organising skills to:	• determine appropriate endurance training program within appropriate environment to suit client needs and abilities.
Technology skills to:	• use and check safety of equipment.

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 SISFFIT024 Instruct endurance 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:

- plan, implement and evaluate at least five endurance training programs that meet specific needs and goals of individuals, groups or teams
- conduct sessions that individually or cumulatively incorporate:
 - appropriate selection, sequencing and monitoring of a range of current equipment
 - appropriate and effective use of phases of training:
 - warm-up
 - conditioning
 - cool-down
 - demonstration, explanation, and instruction of exercises in at least four of the following:
 - aerobic training
 - interval training
 - circuit training
 - gym based training
 - fartlek
 - anaerobic threshold
 - strength
 - lactate tolerance
 - injury prevention strategies specific to client needs and program
 - temperature regulation of client
- monitor exercise intensity during each session using at least one of the following methods:
 - heart rate response
 - perceived rate of exertion
 - talk test
- 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
- 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 endurance programs:
 - work health and safety/occupational health and safety
 - duty of care
- organisational policies and procedures in regards to:
 - industry endorsed client pre-exercise screening processes
 - industry endorsed risk stratification procedures, exercise implications and referral requirements
 - ventilation and/or climate control
 - hygiene
 - emergency
 - risk management
 - standards of personal presentation
 - participant's clothing and footwear
 - use, care and maintenance of equipment
 - equipment use and maintenance
 - client supervision
 - incident reporting
- endurance training program exercise methods:
 - aerobic training
 - interval training
 - circuit training
 - gym based training
 - fartlek
 - anaerobic threshold
 - strength
 - lactate tolerance
- phases of training:
 - warm-up

- conditioning
- cool-down
- specialised fitness tests related to endurance training programs:
 - cardiorespiratory
 - anaerobic threshold
 - muscle endurance
- major body systems, bones, joints muscles and their function to enable the selection, instruction and adjustment of appropriate exercises to meet needs of clients
- signs and symptoms of exercise intolerance and overtraining, and appropriate management strategies
- motivational techniques to maximise program adherence and encourage clients:
 - intrinsic and extrinsic motivation
 - goal setting
 - feedback
 - rewards
 - habit forming
- training principles relevant to endurance programs:
 - overload
 - progression
 - adaptation
 - specificity
 - individualisation
 - maintenance
- injury prevention strategies and resources suitable for endurance training programs
- anatomical terminology relevant to the planning and instruction of endurance training programs
- potentially harmful practices to avoid:
 - hyperextension
 - exercising while sick
 - exercising in extreme environmental conditions
 - inappropriate prescription of exercise to client
- adaptations that occur as a result of endurance training programs:
 - physiological:
 - cardiovascular changes
 - thermoregulation (hot and cold environments)
 - energy system and substrate utilisation
 - pulmonary and nervous system changes
 - musculoskeletal
 - respiratory
 - psychological:

- increased self esteem
- increased confidence
- biomechanical
- environmental considerations of training:
 - heat
 - cold
 - wind
 - water
 - humidity
 - snow.

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 endurance programs and sessions
- manufacturer guidelines regarding equipment usage and safety, as required
- appropriate technology for instruction and record keeping of endurance training programs.

Assessment must ensure use of:

- equipment and resources required for the delivery of the program:
 - resistance equipment
 - heart rate monitor
 - program cards
 - resistance bands
 - gym and fitness equipment
- clients with real or simulated needs and goals and a range of fitness and experience levels; these can be:
 - clients in a workplace, or
 - individuals who participate in project activities, role plays or simulated activities, set up for the purpose of assessment, within a training organisation.

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.

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