



Australian Government

SISFFIT030 Instruct advanced exercise 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 advanced exercise programs for clients in both controlled and uncontrolled environments within scope of practice.

It requires the ability to provide a variety of fitness and conditioning programs that are targeted at individuals or groups who have completed industry endorsed pre-exercise screening and risk stratification procedures.

This unit does not apply to the delivery of strength and conditioning coaching or outdoor recreation activities.

This unit applies to advanced personal trainers who 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. Establish participant needs and expectations.

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 procedures and fitness appraisal.

- 1.3 Refer client to medical or allied health professionals as required.
 - 1.4 Conduct appropriate baseline fitness and/or functional assessments relevant to the client goals.
 - 1.5 Identify potential barriers to achieving needs and goals.
 - 1.6 Develop and document client profile for re-evaluation purposes.
2. Develop program plans.
 - 2.1 Analyse and evaluate a variety of advanced training methods and program variables including intensity, volume, frequency, load, repetitions and rest intervals.
 - 2.2 Determine type of training, training methods and equipment required to achieve client goals.
 - 2.3 Develop client personalised strategies to overcome identified barriers to participation and enhance exercise adherence.
 - 2.4 Develop and document program incorporating core training principles, key instructional information, and guidance from a medical or allied health professional as required.
 - 2.5 Select appropriate program assessment techniques.
3. Conduct advanced exercise sessions.
 - 3.1 Allocate sufficient space, assemble equipment and resources and conduct safety and risk assessments.
 - 3.2 Explain any precautions for exercise relevant to client as determined through pre-exercise screening and assessment results.
 - 3.3 Provide clear and accurate exercise instruction and demonstration, including correct use of equipment and confirm client understanding.
 - 3.4 Monitor participation and performance to identify signs of exercise intolerance and modify as required.
 - 3.5 Monitor client intensity, techniques, posture and safety, and modify program as required.
 - 3.6 Seek ongoing guidance from, or refer to, a medical or allied health professional, as appropriate.
 - 3.7 Select and use motivational techniques that increase client performance and adherence to exercise.
 - 3.8 Respond to clients experiencing difficulties and answer questions as required.
 - 3.9 Educate client to monitor and maintain own records of training and progress, relevant to established goals and program plan.
 - 3.10 Complete session documentation and progress notes.
4. Evaluate advanced
 - 4.1 Evaluate exercise program at appropriate intervals.

exercise program.

4.2 Measure progress using re-evaluation fitness and/or functional testing procedures.

4.3 Request and respond to feedback from client.

4.4 Identify exercise program or fitness components needing emphasis, attention or modification.

4.5 Review own professional performance and identify areas needing improvement.

4.6 Implement modifications to future sessions and discuss program changes with client.

4.7 Maintain 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

Reading skills to:

- interpret training diary or records of clients to determine level of adherence to fitness program
- interpret pre-exercise screening and fitness appraisal information.

Writing skills to:

- create fitness training programs that are detailed, well-planned, and suitable for preparing the client for the goal
- develop detailed client profiles and training records for re-evaluation purposes.

Oral communication skills to:

- use open and closed probe questioning techniques to:
 - determine if client availability and commitment to training is suitable and realistic for achieving identified goals
 - question client in detail regarding their training history in order to establish client training needs and goals.

Numeracy skills to:

- interpret and conduct mathematical calculations in pre-exercise screening and fitness appraisal to determine baseline health and fitness of client
- monitor client intensity through the use of heart rate or rate of perceived exertion, as appropriate.

Teamwork skills to:

- collaborate with various professionals and client in order to establish and follow through with the most appropriate training strategy or program for the client, if required.

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 SISFFIT030 Instruct advanced 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 period(s) totalling at least ten hours comprising at least ten different client contact sessions with clients/populations with a range of goals, experience and fitness levels including beginner and more advanced, and:

- plan, document, implement and evaluate suitable advanced exercise programs using the principles of program design to suit client goals within required timeframe and within scope of practice:
 - at least six individual client contact sessions
 - at least two group training sessions
 - at least two consecutive training sessions for one individual client who has the goal of competing in a recreational fitness or sporting event
- conduct goal setting and education sessions with clients:
 - one client with the goal of completing in a recreational fitness or sporting event
 - two clients who will be participating in group training sessions
- conduct sessions that individually or cumulatively incorporate:
 - at least three suitable fitness and functional pre and post-tests at appropriate points in the program, incorporating all of the following:
 - use of technology
 - record keeping
 - tests that align to client goals and needs
 - education and involvement of the client
 - simple and more advanced testing methods
 - demonstration, explanation, and instruction of exercises to address health and fitness components appropriate to client goals, experience and fitness level:
 - body composition
 - cardiovascular endurance
 - muscular strength
 - muscular power
 - muscular endurance
 - hypertrophy
 - speed/quickness
 - reaction time

- agility
- flexibility
- balance/coordination for sports performance
- proprioception
- injury prevention strategies specific to client needs and program
- appropriate training principles according to client goals, experience and fitness level:
 - specificity/variation
 - overload
 - progression
 - adaptation
 - periodization
 - adjusted training load
 - recovery/tapering
 - detraining
- modify programs for clients, addressing at least three of the following:
 - technical requirements
 - changing needs due to fitness adaptations
 - changing goals
 - client needs, objectives, likes and dislikes
 - technical difficulty adjustments of exercises
 - medical or allied health professional feedback
- conduct periodic program monitoring and evaluation at appropriate points, incorporating:
 - fitness and functional pre and post-test protocols
 - structure and subdivision of performance level
 - selection dates and criteria, as required
 - intended peak
 - relevant lifestyle or well-being evaluation tools
 - use of technology
 - record keeping
- document client information, exercise plans and progress for all clients using structured forms and industry endorsed protocols where applicable.

Knowledge Evidence

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

- legislative and regulatory requirements regarding personal training, equipment use and selection:
 - work health and safety/occupational health and safety
 - duty of care

- privacy
- anti-discrimination
- organisational policies and procedures in regards to:
 - ventilation and/or climate control
 - hygiene
 - emergency
 - risk management
 - standards of personal presentation
 - participant clothing and footwear
 - use, care and maintenance of equipment
 - client supervision
 - communication protocols
 - records management and security
- industry endorsed client pre-exercise screening protocols
- industry endorsed risk stratification procedures, exercise implications and referral processes 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
- industry endorsed professional scope of practice
- exercise adherence strategies for individuals and groups
- theory relevant to performance and exercise adherence relevant to individuals and groups:
 - physiological and psychological arousal
 - anxiety
 - attention
 - ideal performance state
 - motivation
 - goal setting
 - behaviour change
- fitness and functional capacity test protocols
- precautions to exercise relevant to the client in accordance with industry guidelines
- benefits versus risk of participation
- appropriate management for signs and symptoms of intolerance or an unstable condition:
 - cease or modify exercise
 - refer to a medical or allied health professional
 - call an ambulance if required
- situations where cessation of exercise program is required:
 - 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)
- 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
- core training principles:
 - specificity/variation
 - overload
 - progression
 - adaptation
 - periodization
 - adjusted training load
 - recovery/tapering
 - detraining
- advanced exercise programming for improvement of health and fitness components:
 - body composition
 - cardiovascular endurance
 - muscular strength
 - muscular power
 - muscular endurance
 - hypertrophy
 - speed/quickness
 - reaction time
 - agility
 - flexibility
 - balance/coordination for sports performance
 - proprioception
- training variables for exercise prescription
- exercise order principles
- use and accepted technique for required equipment
- event, competition or performance training requirements typical of the fitness industry
- types of conditioning and training, safe technique and expected adaptations for:
 - interval training
 - combination training
 - endurance training
 - resistance training
 - plyometric training

- movement analysis techniques:
 - directional terminology
 - specificity
- techniques of resistance training and spotting techniques:
 - breathing guidelines
 - weight belt
 - spotting of free weight exercises
 - proper exercise technique for core and advanced lifts
- testing options and safety considerations:
 - 1RM
 - multiple RM
- plyometric training drills techniques and safety:
 - jumps in place
 - standing jumps
 - multiple hops and jumps
 - bounds
 - box drills
 - depth jumps
 - throws
 - plyometric push ups
 - trunk plyometrics
- role of aerobic endurance exercise training in a strength and conditioning training program:
 - maximal aerobic power
 - lactate threshold
 - exercise economy
- aerobic endurance training programs:
 - long, slow distance training
 - pace/temp training
 - interval training
 - repetition training
 - fartlek training
- advanced resistance training techniques:
 - eccentric training
 - high intensity interval training
 - powerlifting
 - kettlebells training
- instructional principles and techniques for individuals and groups to enhance client learning and performance:
 - demonstration and explanation of exercise using visual and verbal cues

- establishing rapport
- teaching positioning
- session organisation and formation
- verbal communication
- body language
- mirror imaging
- demonstration
- rehearsal
- combinations
- movement breakdown techniques
- monitoring and encouraging client responses
- managing individual differences within a group session
- adequate supervision and interaction with group participants
- technology available to the fitness industry to achieve advanced exercise planning, instruction, monitoring and evaluation
- best practice principles of recognised organisations, if applicable:
 - peak industry bodies
 - harassment-free sport policy
 - drugs in sport policy
 - national activity organisation regulations and guidelines.

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:

- industry endorsed risk stratification procedures
- manufacturer guidelines on equipment safety and usage
- current industry endorsed best practice for client pre-exercise screening and risk stratification
- legislation and organisational policies and procedures in relation to the conduct of advanced exercise programs
- medical or allied health professionals for referral processes; these can be:
 - 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 workplace or training organisation.

Assessment must ensure use of:

- client record forms
- equipment and resources required for the delivery of advanced exercise programs
- session plan templates with space to identify modifications/adjustments needed
- 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 activities that allow the individual to:

- develop a variety of advanced exercise programs for clients 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 2 years consecutive post qualification fitness industry experience in the application of the skills and knowledge of the Diploma of Fitness.

Links

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