



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>