



**Australian Government**

# **SISFFIT031 Implement injury prevention strategies**

**Release: 1**

# SISFFIT031 Implement injury prevention strategies

## Modification History

Not applicable.

## Application

This unit describes the performance outcomes, skills and knowledge required to incorporate an understanding of injury prevention into fitness instruction, programming and provision of fitness advice. It involves the application of foundation knowledge and skills to support the encouragement of healthy posture, effective movement patterns and safe exercise technique.

This unit requires the ability to screen the injury risk of clients who have a history of current and/or recurrent injury, within the scope of practice as part of or following industry endorsed pre-exercise screening and risk stratification protocols.

It applies to advanced personal trainers who analyse the risk of injury, re-injury or development of avoidable injury complications as well as client response to injury prevention in consultation with relevant medical or allied health professionals. Advanced personal trainers 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. Consolidate understanding of

### PERFORMANCE CRITERIA

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

- 1.1 Source and access information on injury prevention relevant to prevention of recurrence or development of

- |                                                        |                                                                                                                                               |
|--------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| injury prevention.                                     | secondary injuries.                                                                                                                           |
|                                                        | 1.2 Source and analyse data on common injuries for clients using fitness services.                                                            |
|                                                        | 1.3 Use knowledge of injury prevention strategies in day-to-day professional practice.                                                        |
|                                                        | 1.4 Discuss/explain how understanding of injury prevention strategies contribute to safe/optimum technique and skill development.             |
|                                                        | 1.5 Use a wide range of terminology relevant to injury prevention and fitness outcomes.                                                       |
| 2. Analyse client risk of injury.                      | 2.1 Conduct pre-exercise screening using industry endorsed screening protocols.                                                               |
|                                                        | 2.2 Review client history of injury, fitness level and risk factors that may lead to injury or complications for specific fitness activities. |
|                                                        | 2.3 Observe and analyse client movement and exercise capacity against accepted movement analysis and exercise technique standards.            |
|                                                        | 2.4 Determine need for further functional evaluation and refer client to appropriate allied health professional as required.                  |
| 3. Develop and implement injury prevention strategies. | 3.1 Analyse various exercises, exercise techniques and fitness activities in relation to injury risk.                                         |
|                                                        | 3.2 Develop injury prevention strategies in consultation with client, and appropriate allied health professional as required.                 |
|                                                        | 3.3 Explain injury prevention strategies to client.                                                                                           |
|                                                        | 3.4 Use preventative strategies in fitness instruction, programming and provision of advice to minimise likelihood of client injury.          |
|                                                        | 3.5 Monitor client progress and seek guidance from, or provide feedback to, allied health professional as required.                           |
|                                                        | 3.6 Adjust preventative measures and interventions in response to ongoing client monitoring.                                                  |
|                                                        | 3.7 Maintain client records of injury prevention strategies.                                                                                  |
| 4. Update knowledge of injury trends and prevention.   | 4.1 Evaluate own professional performance and identify potential improvements for future implementation of injury prevention strategies.      |
|                                                        | 4.2 Identify and use opportunities to update and expand own knowledge of injury trends, preventative measures and interventions.              |
|                                                        | 4.3 Monitor response to changes made to own professional                                                                                      |

practice or instruction.

4.4 Continue to adjust own practice to optimise results.

## 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:            | <ul style="list-style-type: none"><li>source and comprehend often complex injury prevention information and evidence-based research</li><li>interpret pre-exercise screening and fitness appraisal information.</li></ul>      |
| Writing skills to:            | <ul style="list-style-type: none"><li>develop detailed client profiles and training records pertaining to prevention strategies and guidance received from medical or allied health professionals.</li></ul>                   |
| Oral communication skills to: | <ul style="list-style-type: none"><li>use open and closed probe questioning techniques to:<ul style="list-style-type: none"><li>determine client history of injury, fitness level and risk factors.</li></ul></li></ul>        |
| Teamwork skills to:           | <ul style="list-style-type: none"><li>collaborate with various professionals and client in order to establish and follow through with the most appropriate injury prevention strategies for the client, if required.</li></ul> |

## 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>