



**Australian Government**

# **SISFFIT032 Complete pre-exercise screening and service orientation**

**Release: 1**

# **SISFFIT032 Complete pre-exercise screening and service orientation**

## **Modification History**

Supersedes and is not equivalent to SISFFIT001 Provide health screening and fitness orientation.

## **Application**

This unit describes the performance outcomes, skills and knowledge required to screen clients for participation in exercise programs and to provide general advice about programs and services suitable to clients.

It requires the ability to utilise industry standard pre-exercise screening systems, questionnaires and guidelines to collect and evaluate health information, and to determine suitable levels of exercise intensity for clients. This includes determining risk factors and providing referrals to medical or allied health professionals for guidance.

Screening may occur prior to clients beginning an exercise program, before changes to programs and when their health status changes. Outcomes are used by fitness instructors to plan client programs. Skills for planning are covered in complementary units.

This unit applies to group fitness instructors, gym instructors and personal trainers. It can also apply to other fitness facility staff members who screen clients and provide service information prior to clients participating in exercise activities. They practise in settings such as fitness facilities, gyms, leisure and community centres, client workplaces and homes, and outdoor locations, depending on their job role.

The skills in this unit must be applied in accordance with Commonwealth and State or Territory legislation, Australian standards and industry codes of practice.

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. Screen clients for participation in exercise programs.

2. Evaluate outcomes of screening.

3. Provide client referrals.

4. Provide exercise service information.

### PERFORMANCE CRITERIA

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

- 1.1. Consult with client to identify reasons for exercise participation and identify client needs and preferences.
- 1.2. Question client to identify current and past participation in physical activities.
- 1.3. Explain to client purpose of pre-exercise screening processes in identifying risks for participating in exercise programs.
- 1.4. Assist client to complete industry standard pre-exercise screening questionnaire.
- 1.5. Collect and record accurate client data and basic body measurements, with informed client consent.
- 2.1. Identify and evaluate client health risk factors using screening system guidelines and within boundaries of fitness industry scope of practice.
- 2.2. Use screening system risk assessment guidelines to identify risks for client participation in exercise programs.
- 2.3. Discuss outcomes of screening with client and provide information about suitable levels of exercise intensity.
- 2.4. Determine need for guidance from medical and allied health professionals and discuss appropriate action with client.
- 3.1. Explain referral process and confidentiality procedures to client and obtain informed client consent to share health information.
- 3.2. Compile relevant, accurate and concise information for inclusion in referral.
- 3.3. Document and provide referral information to relevant medical and allied health professionals according to client needs.
- 4.1. Describe available programs, services and facilities relevant to client needs and preferences.
- 4.2. Actively engage with client to explain the features, general benefits and health benefits of different services.
- 4.3. Provide advice on suitability of exercise programs for client, according to outcomes of screening.
- 4.4. Remind clients identified as requiring medical or allied

- health professional guidance of the requirement to obtain that guidance prior to participation.
- 4.5. Document accurate details of screening outcomes, referral details and advice provided.

## 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>interpret information of varying complexity in pre-exercise screening questionnaires and guidelines, including health terminology, directions for use and flow charts.</li></ul>                                                                                                                                                                                                                                                               |
| Writing skills to:            | <ul style="list-style-type: none"><li>use fundamental sentence structure to complete forms and referral letters that require factual and subjective information</li><li>use drafting and proofreading strategies to construct logically sequenced referral information and ensure accuracy of spelling and grammar.</li></ul>                                                                                                                                                        |
| Oral communication skills to: | <ul style="list-style-type: none"><li>ask open and closed probe questions and actively listen to elicit information from clients and to determine client understanding of information provided</li><li>assist client understanding of screening process and questionnaire content using plain language and terms easily understood.</li></ul>                                                                                                                                        |
| Numeracy skills to:           | <ul style="list-style-type: none"><li>interpret sometimes complex numerical information in screening questionnaires and guidelines including symbols, abbreviations, percentages, weights, volumes, ratios and pressures</li><li>take, discuss and record accurate basic body measurements involving blood pressure, weight, height, and length</li><li>complete and record calculations involving addition, subtraction, multiplication, division percentages and ratios.</li></ul> |
| Problem-solving skills to:    | <ul style="list-style-type: none"><li>critically analyse client health information to determine significance of risk factors and referral needs.</li></ul>                                                                                                                                                                                                                                                                                                                           |

## Unit Mapping Information

Supersedes and is not equivalent to SISFFIT001 Provide health screening and fitness orientation.

## 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 SISFFIT032 Complete pre-exercise screening and service orientation

## Modification History

Supersedes and is not equivalent to SISFFIT001 Provide health screening and fitness orientation.

## 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:

- complete a pre-exercise screening and service orientation for three different clients including:
  - a female adult
  - a male adult
  - a client aged 55 years or over
- for each of the above three clients:
  - identify exercise needs and preferences
  - determine health risk factors for exercise participation using industry standard screening questionnaire and guidelines
  - measure and record resting blood pressure
  - take and record accurate basic body measurements:
    - weight in kilograms
    - height in metres
    - waist circumference in centimetres
    - body mass index
  - explain features and benefits of available programs, services and facilities that meet the client's needs and preferences
  - provide advice on suitability of exercise intensity and types of programs, according to the outcomes of their screening
  - accurately document details of client contact including screening outcomes and advice provided
- according to actual client interactions or case studies:
  - identify two clients with risk factors that require referral to medical or allied health professionals
  - document informed consent to share health information for each of the two clients
  - prepare accurate referral documentation for each of the two clients to obtain guidance from medical or allied health professionals for exercise participation and prescription.

## Knowledge Evidence

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

- key legal obligations and procedures for maintaining confidentiality of client information including requirements for the collection, use, maintenance and secure storage of private information, particularly sensitive health information
- boundaries and responsibilities of fitness instructors in completing pre-exercise screenings, determining health risks and providing exercise prescription
- how pre-exercise screening and referral of at-risk clients relate to duty of care
- aims of pre-exercise screening processes and importance of implementing at different times:
  - prior to clients beginning an exercise program from sedentary and low exercise levels
  - prior to significant exercise program changes
  - when client's personal health status changes significantly
  - when assuming exercise programming responsibility for a client previously screened by others
- industry standard pre-exercise screening questionnaires and guidelines:
  - format and inclusions
  - purpose of different stages of screening questionnaires
  - how to use to identify and evaluate client health risk factors
  - circumstances indicating need for referral to medical and allied health professionals
- health risk factors to be considered in screening clients for participation in exercise programs, why these factors are important, and how single and multiple factors contribute to assessment outcomes:
  - chronic disease in client and family history of disease:
    - cardiovascular disease including coronary heart disease and stroke
    - chronic obstructive pulmonary disease (COPD)
    - asthma
    - metabolic disease including diabetes mellitus
    - musculoskeletal disorders
  - adverse responses to physical activity including chest pain and dizziness
  - hypertension and hypotension
  - high cholesterol
  - high blood sugar
  - muscle, bone, tendon, ligament and joint injuries, pain and problems, including diagnosed and of significant concern
  - use of and reasons for prescribed medications
  - reasons for hospital admissions during previous year
  - body composition including underweight, overweight and obesity
  - antenatal and post-natal general issues and conditions
  - smoking

- role of medical and allied health professionals and their area of expertise in providing guidance for client exercise participation and prescription:
  - general practitioners (GPs)
  - rehabilitation physicians
  - sports physicians
  - physiotherapists
  - accredited exercise physiologists
  - accredited practising dietitians
- essential information included in referrals:
  - fitness instructor and facility details
  - client details
  - client consent for release of health information
  - reasons for referral
  - guidance being sought
  - copy of completed pre-exercise screening tool
- how to locate, use and adapt template referral letters
- legal and ethical obligations of obtaining and documenting informed consent from clients to:
  - share screening information with medical and allied health professions
  - authorise medical and allied health professionals to release health information to fitness instructors
- how to tailor consent documentation according to a client's instructions when they choose to limit information to be released to and from medical and allied health professionals
- how to take basic body measurement techniques recorded for screening and how to calculate body mass index (BMI):
  - weight in kilograms
  - height in metres
  - waist circumference in centimetres
- blood pressure and how to operate a blood pressure monitor
- features and benefits of different types of services offered by fitness facilities:
  - group classes
  - programs, advice and support provided by gym instructors
  - personalised exercise programming and instruction by personal trainers
  - supplementary services offered to promote health and wellbeing
- overview of the health benefits of exercise activities, and examples of exercise classes that feature:
  - cardiovascular exercises
  - resistance exercises
  - flexibility exercises
  - high impact exercise
  - low impact exercise.

## Assessment Conditions

Skills can be demonstrated in:

- the workplace, or
- a simulated workplace set up for the purpose of skills assessment.

Assessment must ensure the use of:

- interaction with clients; these can be:
  - clients in an industry workplace, or
  - individuals who participate in simulated activities used for the purpose of skills assessment
- blood pressure monitor
- weight scales
- tape measures which can include stadiometers for measuring height
- industry standard pre-exercise screening questionnaire and guidelines
- informed consent forms
- client record keeping forms
- template referral letters.

Assessors must:

- satisfy the Standards for Registered Training Organisations requirements for assessors, and
- hold a Certificate III or IV in Fitness, and have a collective period of at least two years' experience working in fitness instruction, where they have applied the skills and knowledge covered in this unit of competency; the two years' experience can incorporate full and part time experience, or
- be a registered or accredited practising health or exercise professional with a degree and experience relevant to this unit of competency.

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