



Australian Government

Assessment Requirements for SISFFIT033 Complete client fitness assessments

Release: 1

Assessment Requirements for SISFFIT033 Complete client fitness assessments

Modification History

Supersedes and is not equivalent to SISFFIT006 Conduct fitness appraisals.

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 fitness assessment of three different clients including:
 - a female adult
 - a male adult
 - a client aged 55 years or over
- for each of the above three clients:
 - measure heart rate at rest, during exercise and post exercise using a heart rate monitor
 - select and use client-appropriate activities to assess:
 - cardiovascular endurance
 - muscle strength
 - muscle endurance
 - flexibility
 - accurately record results in client records and prepare information to facilitate exercise program development
 - suggest two options for suitable exercise activities according to fitness assessment outcomes and client goals
- according to actual client interactions or case studies:
 - identify two clients with risk factors that require referral to medical or allied health professionals
 - 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 to maintain 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 fitness assessments and providing exercise prescription
- how fitness assessments and referral of at-risk clients relate to duty of care

- type of information provided by industry standard pre-exercise screening processes and implications for fitness assessments:
 - client needs and exercise preferences
 - client body measurements
 - contraindications and precautions for exercise including those provided by medical and allied health professionals
 - indicative recommended level of exercise intensity
- purpose of fitness assessments and benefits for clients and instructors
- key aspects of health-related components of fitness, methods used to assess these and how to interpret results:
 - cardiovascular endurance
 - muscle strength
 - muscle endurance
 - flexibility
- methods for measuring exercise intensity:
 - heart rate response
 - talk test
 - rated perceived exertion (RPE) scale
 - power output
- types of exercise equipment used for fitness assessments and how to complete assessments without using exercise equipment
- functions of heart rate monitors used for fitness assessments and how to operate
- meaning of exercise intolerance and common signs and symptoms
- fitness assessment situations and outcomes indicating the need for referral to medical and allied health professionals
- essential information included in referrals
- formats of client fitness assessment records and the types of information they include
- services available in the fitness industry that match different fitness levels and types of client goals.

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
- heart rate monitor

- template referral letters
- client records which include completed industry standard pre-exercise screening documentation.

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.

Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b>