



**Australian Government**

# **SISFFIT033 Complete client fitness assessments**

**Release: 1**

# SISFFIT033 Complete client fitness assessments

## Modification History

Supersedes and is not equivalent to SISFFIT006 Conduct fitness appraisals.

## Application

This unit describes the performance outcomes, skills and knowledge required to assess current fitness capabilities of clients using information from industry standard pre-exercise screening as the starting point. It requires the ability to complete assessments using a range of activities and measurements and to document outcomes.

Assessment 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 gym instructors and personal trainers, who work unsupervised when interacting with clients using discretion and judgement to provide individually tailored client assessments. 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*

### PERFORMANCE CRITERIA

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

1. Prepare for fitness assessments.
  - 1.1. Review client pre-exercise screening and medical guidance documentation to identify relevant information for fitness assessment.
  - 1.2. Communicate purpose, benefits and scope of fitness assessment to client, and obtain client consent.
  - 1.3. Consult with client to identify their goals and preferences to inform fitness assessment.
  - 1.4. Build trust and rapport with client by using client-centred communication showing sensitivity and empathy during interactions.
2. Assess current fitness capabilities.
  - 2.1. Select assessment activities and exercise equipment suited to individual client profile.
  - 2.2. Demonstrate and explain correct techniques appropriate for the exercise activity.
  - 2.3. Use monitors and measuring equipment to take and record accurate client data.
  - 2.4. Use communication techniques that encourage and support the client during completion of activities.
  - 2.5. Monitor client during activities and immediately discontinue if signs and symptoms of exercise intolerance appear.
  - 2.6. Evaluate results to determine client's current fitness capabilities.
  - 2.7. Review client goals against assessment results and determine suggested changes.
  - 2.8. Accurately record assessment outcomes in client records.
3. Communicate assessment outcomes.
  - 3.1. Explain assessment results to client and the implications for client goals and exercise programs.
  - 3.2. Discuss and confirm adjustments to client goals and suggest options for exercise activities based on assessment outcomes and availability of fitness services.
  - 3.3. Identify and communicate, to client, need for guidance from medical and allied health professionals prior to client participation in exercise programs.
  - 3.4. Document and provide referral information to relevant medical and allied health professionals according to client needs and confidentiality procedures.
  - 3.5. Encourage and respond to client feedback and questions.
  - 3.6. Document assessment information in appropriate format to facilitate individual exercise program planning.

## 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 sometimes unfamiliar information of varying complexity in client pre-exercise screening and medical guidance records, involving health and fitness terminology and abbreviations.</li></ul>                                                                                                               |
| Writing skills to:            | <ul style="list-style-type: none"><li>use fundamental sentence structure to complete forms and reports that require factual and subjective information.</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>provide fitness information to clients using plain language and terms easily understood.</li></ul>                                                 |
| Numeracy skills to:           | <ul style="list-style-type: none"><li>interpret numerical information of varying complexity in client pre-exercise screening records including symbols, abbreviations, percentages, weights, volumes, ratios and pressures</li><li>interpret, discuss and record numerical data from monitoring equipment involving pressures, rates and times.</li></ul> |

## Unit Mapping Information

Supersedes and is not equivalent to SISFFIT006 Conduct fitness appraisals.

## 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 SISFFIT033 Complete client fitness assessments

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## 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

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