



Australian Government

SISFFIT035 Plan group exercise sessions

Release: 1

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Modification History

Supersedes and is not equivalent to SISFFIT007 Instruct group exercise sessions, and SISFFIT023 Instruct group personal training programs.

Application

This unit describes the performance outcomes, knowledge and skills required to plan group exercise sessions designed for participation by mixed ability groups, or by groups that predominately comprise a particular profile, for example, older people. It requires the ability to account for the participation of individuals from specific population groups and of diverse abilities and allow for modifications that can be made during instruction.

It covers skills for evaluating and improving sessions in response to participant and instructor feedback, noting that sessions might be delivered by self or others. Skills for instructing group exercise sessions are covered in a complementary unit.

Exercise sessions are diverse in nature. They could combine or specifically concentrate on cardiovascular, resistance and flexibility exercises, and be delivered with or without music.

This unit applies to group fitness instructors and personal trainers who use discretion and judgment when planning sessions to meet diverse participant needs. Instructors practise in settings such as fitness facilities, gyms, leisure and community centres, client workplaces and other locations, depending on their 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

PERFORMANCE CRITERIA

<i>Elements describe the essential outcomes</i>	<i>Performance criteria describe the performance needed to demonstrate achievement of the element.</i>
1. Identify needs and expectations of diverse participants.	1.1. Identify diverse reasons and goals for participation in group exercise sessions and evaluate how these can be accommodated in a group setting. 1.2. Identify characteristics, abilities and special needs of participants from specific population groups and determine ways that session inclusions can address needs. 1.3. Identify common injury and medical barriers for participation in group exercise sessions and determine how session inclusions can be modified.
2. Plan group exercise sessions.	2.1. Determine type of session and fitness goals to be targeted. 2.2. Identify participant characteristics, abilities and fitness levels and determine group profile. 2.3. Select exercises, training techniques and exercise equipment that target identified fitness goals and suit the group profile. 2.4. Plan sessions that incorporate volume and intensity and load of exercises appropriate to group profile. 2.5. Plan for exercise phases and volume within boundaries of session duration. 2.6. Determine ways that exercise type and intensity and load can be modified during instruction to meet individual participant abilities and needs. 2.7. Document session plans according to organisational formats.
3. Review and modify future sessions.	3.1. Collate and review feedback provided by participants and instructors. 3.2. Identify successes, problems and difficulties with session delivery. 3.3. Modify and improve future sessions according to feedback.

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
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- Writing skills to:
- produce detailed session plans that use fitness terminology and abbreviations for instructional use
 - use fundamental sentence structure to complete basic evaluation records that require factual and subjective information.
- Numeracy skills to:
- record and complete calculations and estimations of varying complexity for session plans involving times, intervals, volume, speeds and loads.
- Problem-solving skills to:
- critically evaluate successes and failures of sessions to initiate future improvements.

Unit Mapping Information

Supersedes and is not equivalent to SISFFIT007 Instruct group exercise sessions, and SISFFIT023 Instruct group personal training programs.

Links

Companion Volume implementation guides are found in VETNet -

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