



Australian Government

Assessment Requirements for SISFFIT036 Instruct group exercise sessions

Release: 1

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Modification History

Supersedes and is not equivalent to SISFFIT007 Instruct group exercise sessions, SISFFIT009 Deliver pre-choreographed or prescribed community fitness, SISFFIT010 Deliver pre-choreographed or prescribed group exercise to music, SISFFIT011 Instruct approved community fitness programs, and SISFFIT023 Instruct group personal training programs.

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:

- instruct three predesigned group exercise sessions:
 - each with a minimum duration of 45 minutes
 - each with at least six participants
 - one group that is predominately comprised of female adults
 - one group that is predominately comprised of male adults
 - one group that is predominately comprised of participants aged 55 years or over
- across the above three sessions collectively, instruct:
 - cardiovascular exercises
 - resistance exercises
 - flexibility exercises
 - exercises with and without equipment
- for each of the above three sessions:
 - prepare environment and equipment
 - pre-screen participants for current condition
 - brief participants and provide safety information tailored to the environment and types of exercises
 - incorporate the following techniques:
 - optimal instructor positioning
 - clear verbal communication
 - optimal voice projection
 - combined explanation and demonstration of safe exercise technique
 - verbal and visual cueing
 - motivational communication
 - complete accurate session documentation and evaluation reports
- according to actual client interactions or case studies:

- identify two situations from pre-session screenings that require recommendations on exercise participation, explain exercise precautions and provide recommendations for modifications
- respond to two individuals showing signs of over exertion or difficulty, and modify their activities.

Knowledge Evidence

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

- procedures for:
 - pre-exercise screening of group participants
 - maintaining records for session delivery and evaluation
- environmental factors that may impact session delivery and how to respond:
 - noise
 - venue climate control and ventilation
- safety and serviceability checks for equipment used with cardiovascular, resistance and flexibility exercises
- considerations for the use of music in instruction of group exercise sessions:
 - type and operation of music equipment
 - volume and instructor positioning in relation to sound system
- types of observations and verbal screening questions that can be used to assess suitability of individuals for participation
- safety considerations for group exercise sessions and importance of clear and accurate briefing information:
 - appropriate spacing for group numbers and exercise types
 - importance of participants working within own capability and tailoring intensity
 - dangers of exercising while sick
 - common medical conditions and injuries, contraindications and precautions for exercises, and how exercises, intensity and loads can be modified to allow safe participation by individuals with low risk injuries and health conditions
- participant clothing and footwear appropriate for comfort and safety, and how this may vary according to different cultural backgrounds
- established phases of exercise sessions and their underpinning rationale:
 - warm up
 - main workout
 - cool down and stretches
- types of exercises, equipment that can be used and safe techniques for their completion:
 - cardiovascular exercises:
 - continuous
 - interval
 - resistance exercises using:

- free weights
- gym equipment including weight machines
- body weight
- flexibility exercises:
 - dynamic
 - static
- benefits and impacts on the body of different types of exercises and specific injury prevention strategies
- physical differences that need to be considered and ways that exercises can be modified for:
 - adults of different sexes
 - older people with low risk health conditions
 - antenatal, postnatal, menopausal and post-menopausal women with low risk health conditions
- factors that affect selection of equipment to suit participants
- group exercise instructional techniques and how they impact effectiveness of instruction:
 - optimum positioning of instructor
 - physical formation of group
 - movement breakdown and combination
 - combining explanation and demonstration
 - verbal and visual cueing
 - mirror imaging
- ways of varying instruction:
 - to meet the needs different participant characteristics
 - to cater for individual abilities within a group
- group communication techniques used for the following, and how they may vary depending on participant profile:
 - voice projection with and without the use of a sound system
 - establishing rapport with group
 - providing clear instruction in group environment
 - motivating and encouraging participants of different abilities to keep them engaged and challenged
 - maintaining group cohesion
 - providing constructive feedback and positive reinforcement
- key considerations for monitoring participant comfort and safety during group exercise sessions:
 - common indicators of over exertion that can be observed in a group situation
 - how the talk test and rated perceived exertion (RPE) scale can be applied in a group situation
 - when exercise intensity and technique should be modified for individuals and how to instruct individuals while maintaining group momentum

- situations that indicate individuals should stop exercising
- factors to consider in session evaluation:
 - suitability of physical environment and availability of suitable equipment
 - structure and timing
 - suitability of exercises and equipment for session objectives
 - participant feedback
 - trainer communication and instruction.

Assessment Conditions

Skills can be demonstrated in:

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

The following resources must be available to replicate industry conditions of operation:

- first aid equipment
- communication equipment for emergency response.

Assessment must ensure the use of:

- interaction with group participants; these can be:
 - group participants in an industry workplace, or
 - group participants who participate in simulated activities used for the purpose of skills assessment
- equipment for exercises
- predesigned session plans for group exercise sessions
- template evaluation reports
- procedures for:
 - pre-exercise screening of group participants
 - maintaining records for session delivery and evaluation.

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>

