



Australian Government

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.

Application

This unit describes the performance outcomes, skills and knowledge required to prepare for and deliver land-based group exercise sessions according to predesigned session plans which may have been developed by self or others.

It requires the ability to use exercise instructional techniques, and cater for different participant needs, in a mixed ability group situation within the confines of session guidelines.

Skills for planning 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 who work unsupervised when instructing groups, using discretion and judgement to solve routine problems and are guided by policies and procedures. It also applies to personal trainers working independently with groups. 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

Elements describe the essential outcomes

1. Prepare for group session.

2. Brief participants.

3. Deliver group exercise session.

PERFORMANCE CRITERIA

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

1.1. Check and prepare physical environment to meet session requirements and identify and respond to factors that may impact session delivery.

1.2. Prepare required physical resources and check for safety and serviceability.

1.3. Follow pre-exercise screening procedures and assess participant characteristics, condition and capability as they present through observation and verbal screening and provide required response.

1.4. Allocate exercise equipment to match participant characteristics and types of exercises.

2.1. Provide clear safety information about environment, equipment and group spacing for exercises.

2.2. Explain participant responsibility to work within their capability and provide clear advice on contraindications and precautions for particular activities during session.

2.3. Introduce session and its basic components using communication suited to participant characteristics.

3.1. Follow predesigned session structure and timings.

3.2. Use voice projection techniques suited to the environment and nature of exercise activity.

3.3. Combine clear and accurate verbal instructions and demonstrations for exercise technique.

3.4. Use group communication techniques that motivate participants to maintain active participation in the session.

3.5. Monitor participant technique and safety and provide feedback, encouragement and corrective instruction based on observations.

3.6. Facilitate effective group interaction to maintain group cohesion, engagement and safety.

3.7. Observe individual participants, respond to difficulties and modify their activities to suit needs and to ensure engagement and comfort.

4. Evaluate group session.
- 4.1. Seek and acknowledge feedback from participants and evaluate satisfaction with session.
 - 4.2. Evaluate own performance and identify areas for improvement.
 - 4.3. Complete session documentation and evaluation according to record keeping procedures.

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:	- interpret sometimes unfamiliar session plans which include fitness terminology and abbreviations - interpret detailed familiar procedures for instructing and reporting on group exercise sessions.
Writing skills to:	use fundamental sentence structure to record factual and subjective information in session documentation.
Oral communication skills to:	provide clear and unambiguous information to participants using language and terms easily understood.
Numeracy skills to:	follow and adjust session timings to meet requirements of session duration.
Problem-solving skills to:	critically evaluate successes and failures of sessions to contribute to improvements.

Unit Mapping Information

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.

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 SISFFIT036 Instruct group exercise sessions

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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:

- 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.

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