



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

PERFORMANCE CRITERIA

Elements describe the essential outcomes

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

1. Prepare for group session.

- 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. Brief participants.

- 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. Deliver group exercise session.

- 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

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Links

Companion Volume implementation guides are found in VETNet - <https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b>