



Australian Government

SISFFIT040 Develop and instruct gym-based exercise programs for individual clients

Release: 1

SISFFIT040 Develop and instruct gym-based exercise programs for individual clients

Modification History

Supersedes and is not equivalent to SISFFIT003 Instruct fitness programs.

Application

This unit describes the performance outcomes, skills and knowledge required to develop tailored gym-based exercise programs for individuals where the level of personalised instruction, ongoing client monitoring and program evaluation is limited. Clients are provided with initial instruction and then largely self-manage their own exercise sessions at the gym, according to the program, without ongoing one-to-one instruction.

It requires the ability to integrate information from pre-exercise screenings, fitness assessments, and any medical guidance that may have been received for particular clients, to design suitable programs.

This unit applies to gym instructors and gym-based personal trainers who work unsupervised when interacting with clients using discretion and judgement and are guided by policies and procedures. They practise in settings such as fitness facilities, gyms, and leisure and community centres.

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. Identify client needs.
 - 1.1. Review outcomes of client pre-exercise screening and fitness assessment and identify relevant information for program design.
 - 1.2. Identify implications of medical guidance for exercise programming and duty of care to follow.
 - 1.3. Discuss exercise preferences and consult with client to identify their short- and long-term fitness goals to inform program design.
 - 1.4. Build client trust and rapport using client-centred communication showing sensitivity and empathy during interactions.
 - 1.5. Develop and document client profile to assist with programming.
2. Develop program and session structure.
 - 2.1. Review client's exercise preferences, goals, current abilities and medical advice to determine types of exercises and equipment for program.
 - 2.2. Determine type and frequency of exercise sessions required for client to achieve goals.
 - 2.3. Select exercises, training techniques and exercise equipment that target client's fitness goals.
 - 2.4. Plan sessions that incorporate volume and intensity and load of exercises appropriate to client's age, sex and existing fitness capabilities.
 - 2.5. Plan for exercise phases and volume within client's preferred session duration.
 - 2.6. Document program and session plans for use by client according to organisational format.
3. Provide initial instruction and advice.
 - 3.1. Provide clear and accurate exercise technique instruction and demonstration to client.
 - 3.2. Demonstrate safe use of equipment included in program.
 - 3.3. Observe client exercise technique for safety and effectiveness and provide corrective instruction based on observations.
 - 3.4. Provide advice to client about how to adapt and progress exercise volume and intensity over time to achieve fitness goals.
 - 3.5. Seek feedback from client about proposed program and record agreed modifications before finalising program.
 - 3.6. Provide information about ongoing program monitoring and evaluation options and agree to approach based on client preferences.

4. Provide ongoing service to client.
 - 4.1. Identify and use opportunities to interact with and support client during their gym sessions and seek feedback on their experience with program.
 - 4.2. Complete formal program evaluation based on client requests and organisational requirements for periodic evaluation.
 - 4.3. Modify and update program according to feedback and evaluation.
 - 4.4. Update client records with details of evaluation and modifications.

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 information of varying complexity in client pre-exercise screening and medical guidance records, including health and fitness terminology and abbreviations.
Writing skills to:	- present client-based information using plain language and minimal technical terminology for ease of understanding - use fundamental sentence structure to complete program templates and client records that require factual and subjective information.
Oral communication skills to:	- ask open and closed probe questions and actively listen to elicit information from clients and to determine client understanding of information provided - provide fitness and exercise information to clients using plain language and terms easily understood.
Numeracy skills to:	complete and record calculations and estimations of varying complexity for program and session plans involving times, frequency, intervals, volume, speeds and loads.
Initiative and enterprise skills to:	- critically evaluate: - all client requirements for appropriate program design - successes and failures of programs to initiate improvements.

Unit Mapping Information

Supersedes and is not equivalent to SISFFIT003 Instruct fitness programs.

Links

Companion Volume implementation guides are found in VETNet -

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