



Australian Government

SISFFIT041 Develop personalised exercise programs

Release: 1

SISFFIT041 Develop personalised exercise programs

Modification History

Supersedes and is not equivalent to SISFFIT021 Instruct personal training programs.

Application

This unit describes the performance outcomes, skills and knowledge required to develop exercise programs and a series of sessions tailored to individual client needs, exercise preferences and fitness goals.

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. Skills for instructing sessions are covered in a complementary unit.

Program design involves effective application of exercise science and training principles. This unit has a direct relationship with, and is supported by, SISFFIT049 Use exercise science principles in fitness instruction.

This unit applies to personal trainers who work independently with clients using discretion and judgement to develop individually tailored client programs. They practise in settings such as fitness facilities, gyms, leisure and community centres, client workplaces and homes and outdoor locations.

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 significant 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, negotiate and confirm 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 and ongoing evaluation.
2. Plan personalised exercise program.
 - 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 appropriate training volume and frequency of sessions required to achieve client goals.
 - 2.3. Design a systematically structured program that incorporates the effective use of exercise training principles.
 - 2.4. Design overall program aligned to client's short- and long-term goals to allow progression towards fitness improvements.
 - 2.5. Plan for increased difficulty of exercise types to progress client throughout the program.
 - 2.6. Document exercise program according to organisational format.
3. Plan personalised exercise sessions.
 - 3.1. Determine objectives of individual sessions to allow progression of client fitness within overall exercise program.
 - 3.2. Select exercises, training techniques and exercise equipment that target components of client's health and fitness goals.
 - 3.3. Plan sessions that incorporate volume and intensity and load of exercises appropriate to client's age, sex and existing fitness capabilities.
 - 3.4. Plan for exercise phases and volume within client's preferred session duration.
 - 3.5. Develop sequenced and varied sessions to enhance client motivation and program adherence and to allow for recovery from specific exercise types.
 - 3.6. Incorporate at timely intervals progressive difficulty of exercises that respond to client's progression.
 - 3.7. Document session plans according to organisational format.

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:	- produce detailed program and session plans that use fitness terminology and abbreviations for instructional use - use fundamental sentence structure to complete forms, 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.

Unit Mapping Information

Supersedes and is not equivalent to SISFFIT021 Instruct 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>