



Australian Government

Assessment Requirements for SISFFIT044 Develop and instruct personalised exercise programs for older clients

Release: 1

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Modification History

Supersedes and is not equivalent to SISFFIT014 Instruct exercise to older clients.

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:

- develop and document one personalised exercise program for three different clients aged 55 years or over including:
 - a female client
 - a male client
 - a client for whom medical advice has been received
- for each of the above three clients:
 - develop and document two personalised session plans, each with a minimum duration of 30 minutes
 - incorporate exercises and injury prevention strategies suited to older clients
 - incorporate strength and balance exercises that can help prevent falls
- instruct two of the above sessions for two of the clients (four sessions in total), according to session plans, each with a minimum duration of 30 minutes
- consistently use client-centred communication and instructional techniques that are suited to older clients
- according to actual client interactions or case studies:
 - follow protocols for written reports to medical or allied health professionals for one client for whom guidance has been received, and communicate about:
 - client's current fitness capabilities and goals
 - client response to exercise sessions
 - questions, concerns and further guidance sought
 - evaluate the effectiveness of one client program, modify program and session content and document details of the evaluation and changes made.

Knowledge Evidence

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

- boundaries and responsibilities of fitness instructors in providing personalised exercise prescription for older clients and relationship to duty of care
- format and inclusions of client progress reports to medical and allied health professionals

- specific information provided by pre-exercise screening and fitness assessment processes relevant to developing exercise programs for older clients
- current philosophies of service delivery for older people:
 - concept of healthy ageing
 - empowerment
 - re-ablement
 - rights-based approaches
 - client-centred practice
- contents of the key overarching recommendations contained in established national physical activity guidelines for older people
- barriers to exercise for older people:
 - sensory decline, specifically hearing and vision loss
 - discomfort and pain
 - fear of injury and falls
 - fixed income
 - cognitive decline
 - isolation and depression
- common health changes related to ageing:
 - reduced:
 - bone density and risk of osteoporosis
 - coordination and balance
 - muscle mass, strength and physical endurance
 - joint flexibility and mobility
 - increased risk of:
 - falls and injury
 - high cholesterol
 - high blood pressure
 - cardiovascular disease, including coronary heart disease and stroke
 - chronic obstructive pulmonary disease (COPD)
 - cancer
 - osteoarthritis
 - diabetes mellitus
 - mental health issues including depression and anxiety
- exercises suited to older clients that target improvements in the above age related health changes, the particular importance of strength and balance exercises, and types of equipment that can be used
- aspects of exercise science principles relevant to the design of programs and sessions for older clients
- injury risks and issues for older clients during exercise and how to prevent and address these in exercise instruction:
 - falls

- strains
- sore joints
- overexertion
- appropriateness of different demonstration and instruction techniques for effective instruction of older clients
- how older clients with sensory, cognitive and physical decline can be supported during instruction
- communication considerations for older clients:
 - allowing time for interactions
 - avoiding fitness terminology
 - recognising and adapting to visual and hearing impairments
 - being positive and focussing on strengths
 - respecting the older person's rights
 - checking own understanding and the understanding of the older person
- how to recognise and respond to indicators of over exertion and discomfort that can present in older clients, and when exercise should be modified or stopped:
 - chest pain at rest and during activity
 - severe breathlessness, feeling faint, dizziness and loss of balance
 - unusual fatigue and shortness of breath
 - significant muscle, bone and joint pain beyond what is normally expected during exercise
- methods used to evaluate effectiveness of personalised exercise programs:
 - ongoing informal discussions with client and targeted questions to elicit opinion about achievement of goals
 - reports from older clients about improvements to health and functional movement
 - ongoing observation and measurement of client performance and improvements
 - staged formal assessments and comparison measurement.

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 older clients; these can be:
 - older clients in an industry workplace, or

- older people who participate in simulated activities used for the purpose of skills assessment
- equipment required for sessions
- client records which include documentation of:
 - completed industry standard pre-exercise screenings
 - completed fitness assessments
- samples of guidance information provided by medical or allied health professionals
- template progress reports to medical or allied health professionals
- template exercise program and session plans
- client records and progress charts.

Assessors must:

- satisfy the Standards for Registered Training Organisations requirements for assessors, and
- hold a Certificate 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>