



Australian Government

SISFFIT046 Plan and instruct online exercise sessions

Release: 1

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Modification History

No equivalent unit.

Application

This unit describes the performance outcomes, skills and knowledge required to plan and instruct online exercise sessions for individuals or groups of clients. Online exercise activities are diverse in nature and could involve live or pre-recorded on demand sessions.

The focus of this unit is on the specific considerations for the delivery of online exercise sessions. It requires the ability to research, set up and use basic technologies for online instruction and to assess and manage session related safety risks. Exercises are selected based on their suitability for the online environment.

This unit applies to fitness instructors who use considerable discretion and judgement to deliver online sessions as part of a fitness operator's service delivery. It has particular application to personal trainers working independently with clients.

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. Establish technology requirements for online exercise sessions.
 - 1.1. Source technologies that support delivery of live and other types of online exercise sessions.
 - 1.2. Research costs, features and capabilities of basic technologies and determine suitability for own fitness instruction activities and client technology capabilities.
 - 1.3. Select technology suited to online exercise activities based on research outcomes.
 - 1.4. Establish and set up hardware and software for effective operation according to technology requirements.
2. Assess safety risks associated with online exercise sessions.
 - 2.1. Identify common and foreseeable hazards for clients and others present during online exercise activities.
 - 2.2. Assist clients to identify environmental and equipment hazards in their exercise location.
 - 2.3. Analyse type and level of risk posed by identified hazards.
 - 2.4. Determine ways to eliminate and control risks during delivery of online exercise sessions.
 - 2.5. Confirm suitability of clients for online exercise sessions based on outcomes of pre-exercise screening and available fitness assessments.
 - 2.6. Document outcomes of risk assessment and proposed actions to eliminate and control risks.
 - 2.7. Determine legal and business consideration specific to online exercise delivery.
3. Plan online exercise sessions.
 - 3.1. Determine type of session and fitness goals to be targeted.
 - 3.2. Plan all activities according to documented risk assessment outcomes.
 - 3.3. Select exercises and exercise combinations that take account of instructional and monitoring limitations of the online environment.
 - 3.4. Select exercise equipment that will be safe and accessible to clients in their exercise location.
 - 3.5. Identify and incorporate other resources that support and complement the online exercise experience of clients.
 - 3.6. Document session plans according to organisational format.

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|---------------------------------------|---|
| 4. Instruct online exercise sessions. | <ul style="list-style-type: none">4.1. Set up own online instruction environment and equipment according to session plan and exercise demonstration requirements.4.2. Use and optimise technology features during all session phases.4.3. Support clients with clear advice on technology use for effective participation.4.4. Brief clients about risk management requirements for a safe physical environment for participation.4.5. Combine clear and accurate verbal instructions and exercise technique demonstrations suitable for online viewing.4.6. Monitor participant technique and safety in live sessions and provide corrective instruction based on observations. |
| 5. Evaluate online exercise sessions. | <ul style="list-style-type: none">5.1. Seek and acknowledge feedback from clients and evaluate satisfaction with sessions.5.2. Evaluate effectiveness of technology and own performance and identify areas for improvement in online instruction.5.3. 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 unfamiliar technical details about basic technologies that support online exercise instruction.
Writing skills to:	use fundamental sentence structure to complete records that require factual and subjective information.
Oral communication skills to:	provide clear and unambiguous information to participants using language and terms easily understood.
Numeracy skills to:	score the level of risk and calculate overall risk level for hazards.
Self-management skills to:	critically analyse hazards and logically evaluate associated risks to apply effective and tailored control measures.

Unit Mapping Information

No equivalent unit.

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 SISFFIT046 Plan and instruct online exercise sessions

Modification History

No equivalent unit.

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:

- research and set up one basic technology for the delivery of live online exercise sessions
- plan, document and instruct three live online exercise sessions, each with a minimum duration of 30 minutes, and include:
 - at least one session for an individual
 - at least one session for a group with a minimum of four and a maximum of eight participants
- across the above three online exercise sessions collectively, instruct exercises with and without equipment
- for each of the above three sessions:
 - assess the safety risks associated with the online exercise session:
 - identify hazards and analyse type and level of associated risk
 - document outcomes of risk assessment and proposed actions to eliminate or control risks
 - set up the online instruction environment and exercise equipment
 - complete participant safety briefing
 - effectively use communication and demonstration techniques suited to the online environment
 - use and optimise technology features effectively
 - complete accurate session documentation and evaluation reports.

Knowledge Evidence

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

- legal and business considerations specific to online exercise service offerings:
 - obligations to manage the safety of remote clients
 - requirements for insurance coverage
 - maintaining privacy of clients when instructing online
 - obtaining informed consent to record client exercise sessions
 - maintaining records for session delivery and evaluation

- different types of online exercise services offered by the fitness industry, and their features, benefits and limitations:
 - personal consultations
 - live online sessions
 - pre-recorded on demand sessions
 - library of pre-recorded individual exercise demonstrations
 - one-to-one services
 - group services with and without instructor interaction
- how different types of online services may work together with an overall suite of exercise service offerings and with personalised client programs
- types and features of basic technologies, both free and paid, that are typically used by fitness instructors to provide online exercise instruction and used for live instruction:
 - hardware
 - software
 - communication capabilities and limitations for live sessions
 - basic troubleshooting
- risk assessment considerations for the safe delivery of online exercise sessions:
 - common types of exercise related hazards in client exercise locations including those that relate to environment, equipment and the presence of other people
 - methods for identifying hazards in client locations, and types of assistance that can be provided to allow clients to identify hazards
 - features of commonly used risk assessment methods and templates
 - methods of eliminating and controlling risks particular to online exercise instruction
 - industry established safety standards and codes of practice
 - documentation requirements for risk assessments
- factors for consideration when determining client suitability for online exercise instruction:
 - outcomes of pre-exercise screening and fitness assessments
 - current capability and previous exercise participation
 - level of physical supervision required
- for online exercise sessions:
 - types of suitable exercises and rationale for their use:
 - those with easier technique
 - those which are easier to demonstrate and explain
 - those which can be suitably viewed and monitored in live online sessions
 - exercise equipment limitations and opportunities for clients to use safe alternative items
 - types of safety information to be provided to clients about the physical environment in which they are exercising
 - instructional limitations and suitable demonstration and communication techniques
 - importance of using appropriate technology to clearly view clients

- challenges for monitoring participant technique and safety and how these can be overcome
- resources that can support and complement online instruction:
 - pre-recorded individual exercise demonstrations
 - fitness tracking equipment and applications
 - applications to allow clients to report progress
- emergency procedures for live sessions
- factors to consider in online exercise session evaluation:
 - effectiveness of technology used
 - suitability of exercises and equipment for the online environment
 - client feedback
 - trainer demonstration, instruction and communication in the online environment.

Assessment Conditions

Skills must be demonstrated in a workplace or simulated workplace venue suitable for instructing online exercise sessions.

Assessment must ensure the use of:

- interaction with clients in an online environment; these can be:
 - actual clients
 - individuals who participate in simulated activities used for the purpose of skills assessment
- hardware and software for live online exercise instruction
- equipment for demonstrating exercises
- hazard identification and risk assessment templates
- template online exercise session plans
- template evaluation reports.

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; 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.

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