



Australian Government

SISFFIT050 Support exercise behaviour change

Release: 1

SISFFIT050 Support exercise behaviour change

Modification History

Supersedes and is not equivalent to SISFFIT016 Provide motivation to positively influence exercise behaviour.

Application

This unit describes the performance outcomes, skills and knowledge required to establish current patterns of client exercise and support clients to make changes to optimise fitness outcomes, health and wellbeing. Support for behaviour change reflects evidence-based approaches and can be integrated into fitness assessment, program planning, instruction and evaluation.

This unit applies to personal trainers who work independently with clients using discretion and judgement to develop and deliver individually tailored client exercise programs, and to provide support to individual clients. 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. Establish current patterns of client exercise.
 - 1.1. Use questioning and active listening to obtain information about client's current exercise patterns, attitudes and motivation for change.
 - 1.2. Build trust and rapport with client by using client-centred communication showing sensitivity and empathy during interactions.
 - 1.3. Identify perceived and actual barriers and other factors that currently influence client exercise behaviour.
 - 1.4. Use information to assess client readiness for change and implications for fitness instruction.
 - 1.5. Identify situations where client needs fall outside scope of own role and refer to relevant health professional.
2. Assist clients to plan for change.
 - 2.1. Source and critically evaluate current and emerging evidence-based information about behaviour change to support professional practice and client needs.
 - 2.2. Provide clients with information and techniques for making exercise behaviour change based on their specific needs.
 - 2.3. Explain ways of setting and monitoring exercise activity goals that are specific, measurable and realistic.
 - 2.4. Support clients to set their preferred goals and nominate specific behaviour changes based on their individual exercise program.
 - 2.5. Maintain records of client goals and exercise preferences according to record keeping and confidentiality procedures.
3. Support the change process.
 - 3.1. Use observation and client discussion to monitor client progress towards changed behaviour and goals.
 - 3.2. Identify and use opportunities to provide positive feedback and reinforcement to clients about exercise behaviour change.
 - 3.3. Use techniques that address barriers and assist clients to maintain commitment to agreed exercise activities.
 - 3.4. Identify potential changes to improve client outcomes through reflection on client feedback and own performance.
 - 3.5. Adjust goals and approaches in collaboration with client based on reflection and progress being achieved.
 - 3.6. Update client records to reflect changes and progress.

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 potentially complex and unfamiliar evidence-based information about exercise behaviour change.
Writing skills to:	use fundamental sentence structure to summarise both factual and subjective information in client records.
Oral communication skills to:	- provide clear and succinct information to clients about behaviour change techniques - ask open and closed probe questions and actively listen to elicit information from clients and to determine client understanding of information provided.

Unit Mapping Information

Supersedes and is not equivalent to SISFFIT016 Provide motivation to positively influence exercise behaviour.

Links

Companion Volume implementation guides are found in VETNet -

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