



Australian Government

Assessment Requirements for SISXCAI009 Instruct strength and conditioning techniques

Release: 1

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Modification History

Not applicable.

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:

- instruct strength and conditioning techniques in three sessions where each session meets the needs of participants and is at least 30 minutes in duration.

Knowledge Evidence

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

- organisational policies and procedures relevant to instructing strength and conditioning techniques
- major body systems including bones, joints, muscles and their function relevant to instructing strength and conditioning techniques
- types and safe use of equipment:
 - cardiovascular equipment
 - free weight equipment
 - hydraulic equipment
 - exercise balls
 - bars
 - steps
 - bands
 - resistance equipment
 - pin loaded equipment
 - electronically braked equipment
 - air braked equipment
 - pool based equipment
- drills, activities and games to teach the techniques of strength and conditioning
- physiological, psychological and biomechanical changes that occur with strength and conditioning training
- types of testing protocols:
 - core stability
 - aerobic performance

- anaerobic performance
- techniques of strength and conditioning:
 - resistance training
 - aerobic endurance
 - anaerobic endurance
 - flexibility
 - elastic energy
 - abdominal
 - core stability
- techniques of core lifts and exercises:
 - abdominal
 - roll outs
 - reverse crunches
 - side bends
 - prone and hold
 - back:
 - bent over row
 - lateral pull down
 - biceps:
 - biceps curl
 - hammer curl
 - calves and ankles:
 - standing calf and heel raise
 - peroneal flexions and wobble board
 - chest:
 - flat bench press and dumbbell version
 - incline dumbbell press and barbell version
 - forearms:
 - wrist curl
 - hip and thigh:
 - hip sled
 - back squat
 - forward lunge
 - shoulders:
 - seated shoulder press
 - machine shoulder press
 - triceps:
 - lying triceps extension
 - triceps pushdown
 - power exercises:

- push press and push jerk
 - clean and power clean
- proprioception and neuromuscular coordination exercises
- exercise techniques:
 - hand grips
 - stable body and limb positioning
 - movement range of motion and speed
 - breathing
 - spotting
- benefits of strength and conditioning training:
 - physiological
 - psychological
 - social
 - improved performance in chosen physical activity
- common types of injuries:
 - soft tissue injury
 - back injury
- instructional techniques:
 - establishing a rapport
 - verbal and non verbal communication
 - motivational strategies
 - goal setting
 - positive feedback
 - methods of self reflection.

Assessment Conditions

Skills must be demonstrated in:

- a fitness industry environment, sport training environment or simulated environment.

Assessment must ensure access to:

- first aid kit
- drinking water
- strength and conditioning facilities, equipment and materials
- manufacturer specifications for equipment
- organisational policies and procedures related to instructing strength and conditioning techniques
- organisational safety, emergency response and first aid procedures.

Assessment must ensure use of:

- participants with strength and conditioning goals.
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Assessors must satisfy the Standards for Registered Training Organisations requirements for assessors.

Links

Companion Volume Implementation Guides -

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