



Australian Government

SISXCAI009 Instruct strength and conditioning techniques

Release: 1

SISXCAI009 Instruct strength and conditioning techniques

Modification History

Not applicable.

Application

This unit describes the performance outcomes, knowledge and skills required to use drills, exercises and activities to instruct individuals undertaking fitness programs in strength and conditioning techniques to achieve personal fitness goals.

This unit applies to fitness instructors and coaches who work in fitness and sport environments. Work is performed according to relevant legislation and organisational policies and procedures.

No occupational licensing, certification or specific legislative requirements apply to this unit at the time of publication.

Pre-requisite Unit

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Competency Field

Coaching and Instruction

Unit Sector

Sport

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes

1. Assess participant status.
2. Select strength and conditioning

PERFORMANCE CRITERIA

Performance criteria describe the performance needed to demonstrate achievement of the element.

- 1.1. Select and implement testing protocols to assess participant fitness level.
- 1.2. Evaluate participant training background and exercise history to inform participant needs.
- 1.3. Identify strength and conditioning techniques to be developed with support staff according to participant needs.
- 2.1. Select core lifts and exercises to meet participant needs.
- 2.2. Incorporate drills, exercise techniques and activities into

- programs.
3. Prepare for strength and conditioning sessions.
4. Instruct strength and conditioning session.
5. Evaluate strength and conditioning programs.
- strength and conditioning programs.
- 2.3. Select equipment to be used in strength and conditioning programs.
- 3.1. Allocate space and resources sufficient for drills, activities and games.
- 3.2. Check exercise area is free from obstacles prior to session commencement.
- 3.3. Check equipment is in good working order prior to session commencement.
- 3.4. Quarantine and report faulty equipment according to organisational policies and procedures.
- 3.5. Arrange equipment according to exercise plan, and organisational policies and procedures.
- 4.1. Communicate session objectives and benefits of strength and conditioning to participants.
- 4.2. Explain common types of injuries that prevent session participation and confirm participants are not affected.
- 4.3. Instruct session according to strength and conditioning plan, organisational policies and procedures, and best practice principles of strength and conditioning training.
- 4.4. Demonstrate and instruct correct use of equipment according to organisational policies and procedures and equipment manufacturer instructions.
- 4.5. Demonstrate strength and conditioning exercises using instructional techniques appropriate for the exercise.
- 4.6. Monitor participant intensity, technique and safety during strength and conditioning sessions.
- 4.7. Incorporate motivation techniques to maximise exercise program adherence.
- 5.1. Review participant training diaries to monitor progress.
- 5.2. Modify programs to meet identified participant needs.
- 5.3. Use testing protocols to assess participant ongoing progress.
- 5.4. Review own performance to identify potential improvements.

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 fitness information.
Oral communications skills to:	• use active listening and questioning to give and receive instructions and confirm understanding of participant needs • interact with participants in a polite and positive manner • give and receive participant feedback.
Numeracy skills to:	• interpret, analyse and discuss fitness data and training diary records • estimate time and space requirements for exercise activities • sequence and pace session activities.
Problem-solving skills to:	• assess participants and select drills, activities and games.
Teamwork skills to:	• work with participants.

Unit Mapping Information

SISSSTC301A Instruct strength and conditioning techniques

Links

Companion Volume Implementation Guides -

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

Assessment Requirements for SISXCAI009 Instruct strength and conditioning techniques

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

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