



Australian Government

SISXCAI009 Instruct strength and conditioning techniques

Release: 1

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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

PERFORMANCE CRITERIA

Elements describe the essential outcomes

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

1. Assess participant status.

- 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. Select strength and conditioning

- 2.1. Select core lifts and exercises to meet participant needs.
- 2.2. Incorporate drills, exercise techniques and activities into

- programs.
- strength and conditioning programs.
- 2.3. Select equipment to be used in strength and conditioning programs.
3. Prepare for strength and conditioning sessions.
- 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. Instruct strength and conditioning session.
- 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. Evaluate strength and conditioning programs.
- 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>