



Australian Government

SISXCAI010 Develop strength and conditioning programs

Release: 1

SISXCAI010 Develop strength and conditioning programs

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to develop, implement and evaluate strength and conditioning programs. It focuses on the skills needed to develop programs to meet the needs of participants undertaking fitness programs 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

Nil

Competency Field

Coaching and Instruction

Unit Sector

Cross-Sector

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes

1. Identify needs of participants.

PERFORMANCE CRITERIA

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

- 1.1. Analyse the strength and conditioning needs of activities.
- 1.2. Develop profiles for strength and conditioning program for participants using assessment measures.
- 1.3. Negotiate with participants and support staff to develop short, medium and long term objectives for strength and conditioning programs.
- 1.4. Identify career phase of participants and training phase of activities to be addressed in the program.

2. Plan strength and conditioning programs to meet identified needs.
 - 2.1. Develop strategies to meet participant needs.
 - 2.2. Select core lifts and exercises to address participant needs.
 - 2.3. Establish fixed points of strength and conditioning programs and identify and document training phases.
 - 2.4. Apply exercise selection and exercise order to maximise conditioning outcomes throughout the strength and conditioning program.
 - 2.5. Identify equipment and resource requirements for strength and conditioning program sessions.
 - 2.6. Develop and document strength and conditioning program schedules to meet identified participant needs and objectives.
 - 2.7. Select evaluation methods to monitor strength and conditioning program implementation.
3. Implement strength and conditioning programs.
 - 3.1. Supervise strength and conditioning programs.
 - 3.2. Use strength and conditioning training methods to meet participant needs.
 - 3.3. Observe sessions to see that exercises are conducted according to organisational policies and procedures and accepted best practice principles of strength and conditioning training.
 - 3.4. Monitor sessions to ensure correct use of equipment during strength and conditioning sessions according to manufacturer specifications.
 - 3.5. Establish ongoing liaison with support staff to ensure a consistent approach to strength and conditioning programs.
4. Evaluate strength and conditioning programs.
 - 4.1. Evaluate strength and conditioning programs according to methods identified in strength and conditioning program plans.
 - 4.2. Review participant training diaries to monitor progress.
 - 4.3. Use assessment measures to assess participant progress.
 - 4.4. Seek and receive feedback from participants and support staff.
 - 4.5. Implement modifications to strength and conditioning programs to meet identified needs.

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.
Writing skills to:	• document strength and conditioning programs in the required detail and format.
Oral communications skills to:	• use active listening and questioning to give and receive instructions and confirm understanding of participant needs • interact with participants and support staff in a polite and positive manner.
Numeracy skills to:	• interpret, analyse and discuss fitness data and training diary records • schedule, sequence and pace strength and conditioning program activities.
Problem-solving skills to:	• assess participants and select strength and conditioning program activities.
Teamwork skills to:	• work with participants and support staff.

Unit Mapping Information

SISSSTC402A Develop strength and conditioning programs

Links

Companion Volume Implementation Guides -

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

Assessment Requirements for SISXCAI010 Develop strength and conditioning programs

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:

- plan, implement and evaluate three strength and conditioning programs that include at least eight training sessions each and meet the needs of participants.

Knowledge Evidence

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

- organisational policies and procedures relevant to developing strength and conditioning programs
- major body systems, bones, joints, muscles and their function applicable to planning and implementing strength and conditioning programs
- anatomical, physiological and biomechanical differences of participants including age and sex
- physiological adaptation to strength and conditioning training
- strength and conditioning training techniques
- exercise prescription and exercise order principles
- physical constraints that may affect planning for strength and conditioning programs
- types and safe use of equipment:
 - cardiovascular equipment
 - free weight equipment
 - hydraulic equipment
 - innovative equipment
 - exercise balls
 - bars
 - steps
 - bands
 - plyometric training systems
 - resistance equipment
 - pool based equipment
- types of participant requirements:
 - competition performance

- pre-adolescent
- mature aged
- disability
- reconditioning
- rehabilitation
- types of profiles:
 - physical
 - psychological
 - tactical
 - technical
 - leadership skills
- types of assessment measures:
 - discussion with participants
 - physical ability tests
 - trials
 - performances in familiar environment
 - performances in unfamiliar environment
 - field assessments of fitness components
 - performance history
- types of objectives:
 - enjoyment
 - competition and performance
 - selection
 - tapering
 - peaking
 - maintenance
- types of career phases:
 - novice
 - intermediate
 - advanced
- types of training phases:
 - macro-cycles
 - micro-cycles
 - meso-cycles
 - pre-season
 - in-season
 - post-season
 - four year Olympic cycle
- techniques of core lifts and exercises:
 - abdominal

- roll outs
- reverse crunch
- side bends
- prone and hold
- back
- biceps
- calves and ankles
- chest
- forearms
- hip or thigh
- shoulders
- triceps
- power exercises
- proprioception and neuromuscular coordination exercises
- techniques of strength and conditioning:
 - resistance training
 - aerobic endurance
 - anaerobic endurance
 - flexibility and stretching
 - elastic energy
 - abdominal
 - core stability
- types of fixed points:
 - structure and subdivision of performance levels
 - availability of facilities
 - rules of the activity
 - rules of the competition or performance
 - intended peaks
 - selection dates and criteria
 - availability of support staff
- exercise selection and order
- types of evaluation methods:
 - fitness assessments
 - laboratory assessments
 - discussion with participants
 - training and competitive performances
 - training diaries
- strength and conditioning training methods:
 - work duration, rest periods and frequency
 - periodisation

- training load, repetition and volume
- rehabilitation and reconditioning
- core stability
- types of resource requirements:
 - ratio of coaches to participants
 - ratio of equipment to participants
 - access to first aid facilities
 - access to equipment
 - appropriate facilities
- self reflection methods.

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 developing strength and conditioning programs
- organisational safety, emergency response and first aid procedures.

Assessment must ensure use of:

- individual training goals and individual performance history.
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Assessors must satisfy the Standards for Registered Training Organisations requirements for assessors.

Links

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