



Australian Government

Department of Education, Employment and Workplace Relations

SISFFIT528A Apply research findings to exercise management strategies

Release: 2

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Modification History

Not Applicable

Unit Descriptor

This unit of competency describes the skills and knowledge required to source and evaluate evidence based research information and apply findings to the prescription of exercise management strategies to support the long and short term goals of clients with various identified medical conditions or musculoskeletal needs.

Application of the Unit

This unit applies to specialised exercise trainers operating within fitness or health environments such as fitness centres, health clubs, gyms or autonomously in the fitness or health industry.

Licensing/Regulatory Information

Not Applicable

Pre-Requisites

Nil

Employability Skills Information

This unit contains employability skills.

Elements and Performance Criteria Pre-Content

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

Elements describe the essential outcomes of a unit of competency.

Performance criteria describe the performance needed to demonstrate achievement of the element. Where bold italicised text is used, further information is detailed in the required skills and knowledge section and the range statement. Assessment of performance is to be consistent with the evidence guide.

1. Identify information needs

1.1. Work with an awareness of the need for evidence based practice in exercise management.

1.2. Become familiar with the medical condition or health concern of the target client group being managed.

1.3. Become familiar with health and medical information needs.

2. Access research literature.

2.1. Undertake literature searches.

2.2. Identify ***relevant primary and secondary sources*** of information.

2.3. Recognise ***established and reputable sources of information***.

2.4. Assess currency of ***information***.

2.5. Collect and collate information.

3. Evaluate information.

3.1. Establish relevance of information to exercise management.

3.2. Critically appraise information accessed in terms of ***reliability*** and ***applicability***.

3.3. Extract relevant information.

3.4. Correlate information findings with individual client information.

4. Apply information to the development of exercise management strategies.

4.1. Apply information to modification of exercise programs to meet the long and short term goals of clients.

4.2. Integrate information findings with existing exercise programming.

Required Skills and Knowledge

This section describes the skills and knowledge required for this unit.

Required skills

- communication skills to:
 - transfer information through written or verbal media
 - question clients and medical and allied health professionals
- problem-solving skills to:
 - identify information needs and plan information-gathering strategies
 - critically evaluate information with regard to validity and credibility
 - prioritise usefulness of information to exercise situation
- literacy and research skills to:
 - identify a range of primary, secondary, new and established information sources
 - access and interpret current information and relevant reference works
 - critically evaluate reference material
- numeracy skills to:
 - recognise statistical terminology and understand the significance of common statistical analysis.

Required knowledge

- up-to-date information on relevant research
- research priorities
- research strategies and techniques
- recent issues and events affecting the industry
- issues and their application
- relevant reference works and information sources
- statistical analysis and methods
- research methodologies commonly used in research
- common terminology used in medical, allied health and complementary medicine research.

Evidence Guide

The evidence guide provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge, range statement and the Assessment Guidelines for the Training Package.

Overview of assessment

Critical aspects for assessment and evidence required to demonstrate competency in this unit

Evidence of the following is essential:

- understanding of the research process as it relates to accessing current relevant information to deliver exercise management strategies for clients with identified medical conditions or musculoskeletal needs.
- ability to critical review and interpret research literature
- ability to apply research information to the modification of exercise programs to meet the long and short term goals of clients.

Context of and specific resources for assessment

Assessment must ensure the identification of client needs relevant to the candidate's current or intended work environment and the development of customised solutions to demonstrate consistency of performance.

Assessment must also ensure access to:

- relevant databases to locate research literature
- relevant texts, manuals or research papers
- relevant journals
- access to internet or on-line research information
- exercise programs for a range of clients
- a range of clients with a real or simulated range of long and short term health goals.

Method of assessment

A range of assessment methods should be used to assess practical skills and knowledge. The following examples are appropriate for this unit:

- observation of
- oral and or written questioning to assess knowledge of
- third-party reports from a supervisor detailing appropriate work performed by the candidate.

Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended.

Range Statement

The range statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Bold italicised wording, if used in the performance criteria, is detailed below. Essential operating conditions that may be present with training and assessment (depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts) may also be included.

Relevant primary and secondary sources may include:

- clinical research studies
- peer reviewed medical and allied health journals
- peer reviewed complementary medicine journals
- reference texts
- peer reviewed conference presentations
- other journals
- abstracts
- popular media (magazines, newsletters, books)
- other conferences and presentations
- internet.

Information may include:

- exercise recommendations
- recommendations for screening
- staff qualifications
- emergency policies related to safety
- contraindications
- information on pathology of specific conditions and or diseases
- information on latest treatment pathology options for specific conditions and or diseases
- research data on exercise recommendations relevant to specific conditions and or diseases
- clinical information to assist in meeting specific client health outcomes.

Established and reputable information sources may include:

- Sports Medicine Australia
- Australian Physiotherapy Association
- National Heart Foundation
- Dieticians Association of Australia
- Exercise and Sports Science Australia
- American College of Sports Medicine
- American Heart Association
- clinical texts
- reference works
- recognised teachings.

- Reliability** may include:
- The logical soundness of method, results and conclusions drawn by authors.
- Applicability** may include:
- The extent to which the finding could extend to, or be replicated, in other groups - particularly the group being targeted.
- Research literature** may include:
- reports
 - research studies
 - position statements
 - position stands
 - scientific review
 - epidemiological observation studies
 - cohort studies
 - controlled trials.
- Relevant sources of information** may include:
- books
 - journals
 - surveys
 - annual public health reports
 - existing epidemiological and or socio-demographic data.
- Evaluate** may include:
- establish the validity and credibility
 - establish relevance to meeting information needs
 - assess the level of industry recognition
 - assess usefulness
 - check references.
- Implement** may include:
- Include new findings in exercise management strategies
 - Use information to reassess exercise management strategies.

Unit Sector(s)

Fitness

Competency Field

Fitness