



Australian Government

Department of Education, Employment and Workplace Relations

SRFFIT007B Undertake relevant exercise planning and programming

Release: 1

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Modification History

Not applicable.

Unit Descriptor

This unit has been developed for the Fitness Industry Training Package and covers the knowledge and skills to plan and program advanced exercise for fitness industry clients. This unit has been developed for the Fitness Industry Training Package and covers the knowledge and skills to plan and program advanced exercise for fitness industry clients.

Application of the Unit

Not applicable.

Licensing/Regulatory Information

Not applicable.

Pre-Requisites

Not applicable.

Employability Skills Information

Not applicable.

Elements and Performance Criteria Pre-Content

Not applicable.

Elements and Performance Criteria

Elements and Performance Criteria

Element	Performance Criteria
1 Use the principles and variables of programming that underlie exercise	1.1 Use the <i>principles of exercise</i> planning to develop <i>exercise plans</i> for <i>clients</i> 1.2 Use clear and structured forms when writing

- | | |
|---|--|
| planning | exercise plans and exercise programs |
| | 1.3 Consider total training volume when developing an exercise plan and relate training volume to other program variables |
| 2 Use a structured approach to exercise planning | <p>2.1 Conduct a client induction and screening before commencing to develop an exercise plan</p> <p>2.2 Use the four program phases when developing session programs and relate to the clients specific needs</p> <p>2.3 Describe the physiological and psychological benefits of the preparation and recovery phase to clients</p> <p>2.4 Outline the various types of conditioning appropriate for their goals and fitness levels to clients</p> |
| 3 Write plan for specific fitness adaptations | <p>3.1 Use the programming principles of planning for specific fitness adaptations when writing fitness plans</p> <p>3.2 Explain the relationship between the type of conditioning desired and the type of preparation phase selected to clients</p> <p>3.3 Demonstrate an awareness of the client's needs, objectives and exercise likes and dislikes when writing the plan/s</p> <p>3.4 Select appropriate exercises to meet the client's needs when writing the plan/s</p> <p>3.5 Design a plan format and structure that is appropriate to the client and the specific target adaptation</p> <p>3.6 Describe the physiological changes and anatomical changes that occur with regular participation in the specific program to clients</p> |
| 4 Evaluate and modify existing exercise plans for fitness industry clients | <p>4.1 Recognise the general conditions that suggest a client's plan should be evaluated</p> <p>4.2 Describe the process by which clients are evaluated to the client</p> |

- 4.3 Recognise the signs and symptoms of overtraining and utilise strategies for its prevention
- 4.4 Analyse and incorporate client's exercise likes and dislikes into a modified ***exercise plan***
- 4.5 Review client goals and incorporate changes to goals into the ***exercise plan***
- 4.6 Assess ***clients*** for relevant fitness changes
- 4.7 Discuss changes to the long term plan with ***clients***
- 4.8 Write revised programs and provide instruction to ***clients***

Required Skills and Knowledge

Not applicable.

Evidence Guide

The Evidence Guide identifies the critical aspects, knowledge and skills to be demonstrated to confirm competence for this unit. This is an integral part of the assessment of competence and should be read in conjunction with the Range Statements

Critical aspects of evidence to be considered

Assessment must confirm the ability integrated demonstration of all elements of competency and their performance criteria, in particular the ability to

- implement the principles and variables of training that underlie exercise planning
- interrelate the components of an exercise plan for specific adaptations
- write exercise plans for a variety of training conditions
- modify existing exercise plans for client

Interdependent assessment of units

This unit must be assessed after attainment of competency in the following unit(s)

- SRFFIT001B Provide orientation to clients prior to undertaking a fitness program
- SRFFIT003B Undertake client induction and screening
- SRFFIT004B Develop basic fitness programs
- SRFFIT005B Apply basic exercise science to exercise instruction
- SRFFIT006B Use and maintain core fitness industry equipment
- SRFFIT014A Provide advice to clients on the application of basic anatomy and physiology to fitness programs
- SRFFIT015A Provide nutrition advice to clients in accordance with recommended guidelines
- SRFGYM001B Instruct fitness activity skills to a client using fitness equipment
- SRFSPP002A Develop and apply an awareness of specific populations to exercise delivery

SRXGRO003A Provide leadership to groups

This unit must be assessed in conjunction with the following unit(s)

Nil

For the purpose of integrated assessment, this unit may be assessed in conjunction with the following unit(s)

SRFFIT008B Utilise a broad knowledge of exercise science in exercise planning, programming and instruction

SRFFIT009B Undertake postural appraisal of low risk clients

SRFFIT010B Utilise a broad range of fitness equipment

SRFFIT011B Provide exercise for fitness industry clients with special requirements

SRFFIT012B Utilise an understanding of motivational psychology with fitness clients

SRFFIT013B Provide information and exercise related to nutrition and body composition

Required knowledge and skills

Required knowledge

Activity aims and client goal setting

Principles of fitness planning

Exercise science, including anatomy, physiology, biomechanics and nutritional principles, as applied to fitness activities

Fitness and exercise equipment terminology

Required skills

Interpersonal skills to enhance interaction with clients

Verbal, written and listening communication skills for understanding a client's specific exercise requirements

Technical expertise and experience in the specific fitness activity being planned for the client

Resource implications

Physical resources - assessment of the competency requires access to

a real or simulated work environment
a fitness centre with the appropriate facilities
and equipment for the context of delivery
such as

a weights gym

exercise to music room

pool

community fitness environment

an outdoor environment such as a running
track

clients able to give information regarding
progress in their fitness program

Human resources - assessment of this
competency will require human resources
consistent with those outlined in the
Assessment Guidelines. That is, assessors
(or persons within the assessment team) must

be competent in this unit but preferably be
competent in the unit at the level above

be current in their knowledge and
understanding of the industry through
provision of evidence of professional activity
in the relevant area

have attained the mandatory competency
requirements for assessors under the
Australian Quality Training Framework
(AQTF) as specified in Standard 7.3 of the
*Standards for Registered Training
Organisations*

Consistency in performance

Due to issues such as safety requirements
and delivery of appropriate techniques, this
unit of competency must be assessed over a
minimum of three (3) different occasions to
ensure consistency of performance over the
Range Statements and context applicable to
the work environment

Context for assessment

This unit of competency must be assessed in
the context of fitness in Australia. For valid
and reliable assessment the fitness activity
should closely replicate the work
environment. The environment should be
safe, with the hazards, circumstances and

equipment likely to be encountered in a real workplace

This unit of competence should be assessed through the observation of processes and procedures, oral and/or written questioning on required knowledge and skills and consideration of required attitudes

Where performance is not directly observed and/or is required to be demonstrated over a "period of time" and/or in a "number of locations", any evidence should be authenticated by colleagues, supervisors, clients or other appropriate persons

KEY COMPETENCIES

Collect, Analyse & Organise Information	Communicate Ideas & Information	Plan & Organise Activities	Work with Others & in Teams	Use Mathematical Ideas & Techniques	Solve Problems	Use Technology
2	3	2	3	2	3	1

These levels do not relate to the Australian Qualifications Framework. They relate to the seven areas of generic competency that underpin effective workplace practices.

The three levels of

performance (1, 2 and 3) denote the level of competency required to perform the task:

Use routine approaches

Select from routine approaches

Establish new approaches

Collecting, analysing and organising information -

Communicating ideas and information -

Planning and organising activities -

Working with teams and others -

Using mathematical ideas and techniques -

Solving problems -
Using

technology

-

Please refer
to the
Assessment
Guidelines
for advice
on how to
use the Key
Competenci
es.

Range Statement

Range Statements

The Range Statements provide advice to interpret the scope and context of this unit of competence, allowing for differences between enterprises and workplaces. The Range Statements relate to the unit as a whole and helps facilitate holistic assessment. In addition, the following variables may be present for this particular unit of competency

RANGE STATEMENT

Adaptations

CATEGORIES

[all categories]
aerobic endurance
aerobic energy system involvement
large muscle groups
involvement of aerobic responses such as
substrate utilisation
heart rate responses
ventilation responses
cardiovascular endurance
muscle group involvement
energy system
involvement of cardiovascular responses
such as
blood pressure
heart rate
vascular shunting
vasodilation
hypertrophy
low volume and heavy load stimuli for fast
twitch fibres
high volume and low load stimuli for slow
twitch fibres
muscle tension
local muscle endurance
number of sets
repetition maximum

recovery
exercises
neuromuscular coordination
sets and repetitions
exercise type
exercise technique
safety considerations
skill foundation
power
sets and repetitions
repetition maximum
recovery times
exercise techniques
strength
sets and repetitions
repetition maximum
recovery times
exercise techniques
stretching/flexibility
sets and repetitions
recovery times
exercise technique

Exercise plans

[all categories]
changes to
movement
direction
range
lever length
complexity
speed
environment
stability of client
perceived risk

	activity type
	intensity
	resistance
	repetitions
	muscle involvement
	program type, such as
	sets and reps
	circuit
	matrix
	super sets
	plyometrics
	pre-fatigue
	interval
Clients	[all categories]
	experienced or inexperienced
	various ages
	screened
	active or inactive
Conditioning	[all categories]
	speed
	power
	strength
	flexibility
	cardiovascular endurance
	hypertrophy
	muscle endurance
	weight loss
Exercise plan	[all categories]
	the components include
	client details
	current fitness
	client goals

	targeted adaptations
	anticipated rate of client adaptation
	periodisation of multiple target adaptations
	number and nature of specific session programs
	equipment requirements
	facility requirements
	review date
Evaluated	[all categories]
	original aims and objectives
	client satisfaction
	suitability and safety of facilities and equipment
Physiological changes	[all categories]
	cardiovascular changes
	thermoregulation
	energy system and substrate utilisation
	pulmonary changes
	nervous system changes
Principles of exercise	[all categories]
	client goals
	client physical capacity
	planning elements
	training threshold
	overload
	specificity
	reversibility
	progression
	periodisation
	genetic potential
	recovery rate
	individualisation
	motivational techniques

performance goals
predicted rate of adaptation

Program phases

[all categories]
preparation phase
mobility
first preparation
pre-stretch
specific preparation
conditioning phase
apply the training stimulus
recovery phase
stretching
nutrition
massage
soft or gentle exercise
adaptation phase
rest
recovery
positive physiological and anatomical
adaptation

Program variables

[all categories]
frequency
intensity
duration
type
progressive overload
specificity
individualisation
reversibility
recovery
periodisation

Psychological

[all categories]

mental imaging

focusing

level of self motivation

development of motivational tools

Unit Sector(s)

Not applicable.