



**Australian Government**

# **Assessment Requirements for SISFFIT024 Instruct endurance programs**

**Release: 1**

# Assessment Requirements for SISFFIT024 Instruct endurance 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 at least five endurance training programs that meet specific needs and goals of individuals, groups or teams
- conduct sessions that individually or cumulatively incorporate:
  - appropriate selection, sequencing and monitoring of a range of current equipment
  - appropriate and effective use of phases of training:
    - warm-up
    - conditioning
    - cool-down
  - demonstration, explanation, and instruction of exercises in at least four of the following:
    - aerobic training
    - interval training
    - circuit training
    - gym based training
    - fartlek
    - anaerobic threshold
    - strength
    - lactate tolerance
  - injury prevention strategies specific to client needs and program
  - temperature regulation of client
- monitor exercise intensity during each session using at least one of the following methods:
  - heart rate response
  - perceived rate of exertion
  - talk test
- modify at least three existing exercise plans for clients, addressing at least four of the following:
  - technical requirements
  - changing needs due to fitness adaptations
  - changing goals

- client needs, objectives, likes and dislikes
- technical difficulty adjustments of exercises
- document exercise plans and exercise programs for all clients using clear and structured forms
- use the following communication skills:
  - clear verbal communication
  - modelling and demonstration
  - motivational techniques.

## Knowledge Evidence

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

- legislative and regulatory requirements regarding endurance programs:
  - work health and safety/occupational health and safety
  - duty of care
- organisational policies and procedures in regards to:
  - industry endorsed client pre-exercise screening processes
  - industry endorsed risk stratification procedures, exercise implications and referral requirements
  - ventilation and/or climate control
  - hygiene
  - emergency
  - risk management
  - standards of personal presentation
  - participant's clothing and footwear
  - use, care and maintenance of equipment
  - equipment use and maintenance
  - client supervision
  - incident reporting
- endurance training program exercise methods:
  - aerobic training
  - interval training
  - circuit training
  - gym based training
  - fartlek
  - anaerobic threshold
  - strength
  - lactate tolerance
- phases of training:

- warm-up
- conditioning
- cool-down
- specialised fitness tests related to endurance training programs:
  - cardiorespiratory
  - anaerobic threshold
  - muscle endurance
- major body systems, bones, joints muscles and their function to enable the selection, instruction and adjustment of appropriate exercises to meet needs of clients
- signs and symptoms of exercise intolerance and overtraining, and appropriate management strategies
- motivational techniques to maximise program adherence and encourage clients:
  - intrinsic and extrinsic motivation
  - goal setting
  - feedback
  - rewards
  - habit forming
- training principles relevant to endurance programs:
  - overload
  - progression
  - adaptation
  - specificity
  - individualisation
  - maintenance
- injury prevention strategies and resources suitable for endurance training programs
- anatomical terminology relevant to the planning and instruction of endurance training programs
- potentially harmful practices to avoid:
  - hyperextension
  - exercising while sick
  - exercising in extreme environmental conditions
  - inappropriate prescription of exercise to client
- adaptations that occur as a result of endurance training programs:
  - physiological:
    - cardiovascular changes
    - thermoregulation (hot and cold environments)
    - energy system and substrate utilisation
    - pulmonary and nervous system changes
    - musculoskeletal
    - respiratory

- psychological:
  - increased self esteem
  - increased confidence
- biomechanical
- environmental considerations of training:
  - heat
  - cold
  - wind
  - water
  - humidity
  - snow.

## Assessment Conditions

Skills must be demonstrated in:

- a fitness industry workplace or simulated environment with clients with real or simulated health and fitness goals.

Assessment must ensure access to:

- legislation and organisational policies and procedures in relation to endurance programs and sessions
- manufacturer guidelines regarding equipment usage and safety, as required
- appropriate technology for instruction and record keeping of endurance training programs.

Assessment must ensure use of:

- equipment and resources required for the delivery of the program:
  - resistance equipment
  - heart rate monitor
  - program cards
  - resistance bands
  - gym and fitness equipment
- clients with real or simulated needs and goals and a range of fitness and experience levels; these can be:
  - clients in a workplace, or
  - individuals who participate in project activities, role plays or simulated activities, set up for the purpose of assessment, within a training organisation.

Assessors must satisfy the Standards for Registered Training Organisation's requirements for assessors, and:

- have achieved a Diploma of Fitness or above; and
- have at least 1 year consecutive post qualification fitness industry experience in the application of the skills and knowledge of the Diploma of Fitness.

## **Links**

Companion Volume implementation guides are found in VETNet -

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