



Australian Government

SISFFIT024 Instruct endurance programs

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to plan, instruct and evaluate endurance training programs for clients who have completed industry endorsed pre-exercise screening and risk stratification procedures. It requires the ability to identify and analyse specific client needs, instruct specialised endurance tests, and organise and implement a range of endurance training methods to achieve identified goals.

This unit does not cover the more complex methods of extensive speed training, power training, agility training or plyometric training.

This unit applies to personal trainers who work in controlled and uncontrolled environments. These individuals typically work independently with some level of autonomy. 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

Fitness

Unit Sector

Fitness

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes

1. Identify client fitness requirements.

PERFORMANCE CRITERIA

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

- 1.1 Consider and confirm client needs, expectations and preferences using suitable questioning techniques.
- 1.2 Review and advise client of outcomes of pre-exercise screening and fitness appraisal.
- 1.3 Refer client to medical or allied health professional as

- required.
- 1.4 Identify potential barriers to participation.
 - 1.5 Develop and document client profile for re-evaluation purposes.
2. Develop program plans.
 - 2.1 Determine type of training, methods and equipment required to achieve client goals.
 - 2.2 Calculate total training volume required to achieve client goals.
 - 2.3 Develop and document an endurance program incorporating key instructional information, phases of sessions, and adherence strategies.
 - 2.4 Develop customised and contemporary training sessions to meet client specific needs.
3. Conduct endurance sessions.
 - 3.1 Allocate sufficient space, assemble resources and check equipment for safety and maintenance requirements.
 - 3.2 Provide clear and accurate endurance training exercise instruction and confirm client understanding.
 - 3.3 Demonstrate skills, techniques and equipment to client.
 - 3.4 Monitor participation and performance of client and adjust as required.
 - 3.5 Select and use communication techniques that encourage and support client.
 - 3.6 Recognise signs and symptoms of overtraining and implement appropriate intervention and prevention strategies.
 - 3.7 Monitor temperature regulation and implement appropriate strategies to prevent adverse reactions to environmental conditions.
 - 3.8 Monitor client for signs and symptoms of intolerance.
 - 3.9 Seek feedback and answer questions during exercise sessions.
 - 3.10 Complete session documentation and progress notes.
4. Evaluate endurance program.
 - 4.1 Monitor and evaluate program at appropriate intervals.
 - 4.2 Request and respond to feedback from client.
 - 4.3 Review own performance and identify areas needing improvement.
 - 4.4 Identify aspects needing further emphasis or attention in future sessions.
 - 4.5 Implement modifications to future instruction and discuss changes with client.
 - 4.6 Document and update program and evaluation records.

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
Oral communication skills to:	<ul style="list-style-type: none">• interact with clients to:<ul style="list-style-type: none">• achieve appropriate rapport• ensure client is adequately prepared for training session• provide motivation and feedback to client at well-timed intervals• discuss endurance training program requirements.
Numeracy skills to:	<ul style="list-style-type: none">• calculate heart rate and use exercise intensity guidelines, including rate of perceived exertion• determine training schedule and timing requirements• allocate phases to the endurance training program.
Problem-solving skills to:	<ul style="list-style-type: none">• manage signs and symptoms of overtraining, where applicable.
Planning and organising skills to:	<ul style="list-style-type: none">• determine appropriate endurance training program within appropriate environment to suit client needs and abilities.
Technology skills to:	<ul style="list-style-type: none">• use and check safety of equipment.

Unit Mapping Information

No equivalent unit.

Links

Companion Volume implementation guides are found in VETNet -

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