



**Australian Government**

**Assessment Requirements for SISFFIT043  
Develop and instruct personalised exercise  
programs for body composition goals**

**Release: 1**

# **Assessment Requirements for SISFFIT043 Develop and instruct personalised exercise programs for body composition goals**

## **Modification History**

Supersedes and is not equivalent to SISFFIT020 Instruct exercise programs for body composition goals.

## **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:

- develop and document one personalised exercise program that targets specific body composition goals for a total of three clients to collectively include:
  - a female adult
  - a male adult
  - a client seeking to lose weight or fat
  - a client seeking to build muscle or increase weight
- for each of the above three clients:
  - take, record and interpret key body measurements
  - develop and document two personalised session plans, each with a minimum duration of 30 minutes
- instruct two sessions for two of the above clients (four sessions in total), according to session plans, each with a minimum duration of 30 minutes
- consistently use client-centred communication and instructional techniques
- according to actual client interactions or case studies, evaluate the effectiveness of one client program, modify program and session content and document details of the evaluation and changes.

## **Knowledge Evidence**

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

- boundaries and responsibilities of fitness instructors in providing personalised body composition exercise prescription and relationship to duty of care
- information and recommendations contained in fitness industry eating disorder publications, and how fitness instructors can effectively respond to behavioural warnings signs for:
  - eating disorders
  - excessive exercise disorders
  - body dysmorphic disorder
  - muscle dysmorphia

- specific information related to body composition that is provided by pre-exercise screening and fitness assessment processes
- key body measurements, how to take these, and their role as baseline and progress markers in body composition exercise programs:
  - height
  - weight
  - body mass index
  - body circumference including waist, hip and limbs
  - waist to hip ratio
- strengths and limitations of commonly used methods for measuring body composition, information provided in reports and how fitness instructors use for programming purposes:
  - skinfold measurement and analysis
  - bioelectrical impedance analysis
  - air displacement plethysmography
  - DEXA (dual energy X-ray absorptiometry) scans
- aspects of exercise science principles relevant to the design of programs and sessions targeting body composition goals
- exercises that target body composition goals and types of equipment that can be used:
  - muscle maintenance and hypertrophy
  - fat loss
- factors for consideration when selecting exercises for programs targeting body composition goals:
  - current physical activity status of client: sedentary and active as defined in established national guidelines for physical activity
  - building on existing strengths and positives
  - functional and equipment limitations due to existing body composition
- definition and role of the following in developing and instructing exercise programs targeting body composition goals:
  - metabolism and resting metabolic rate
  - energy expenditure, energy intake and the balance between them for body composition maintenance and changes
  - basic concept of thermogenesis, including adaptive thermogenesis, and thermic effects of:
    - food
    - physical activity
- instructional techniques relevant to the delivery of sessions targeting body composition goals including spotting for weight training
- communication techniques used for clients with body composition goals:
  - establishing and maintaining individual rapport
  - motivating individuals to achieve goals, including techniques for intrinsic and extrinsic motivation

- providing constructive feedback and positive reinforcement
- methods used to evaluate effectiveness of personalised exercise programs:
  - ongoing informal discussions with client and targeted questions to elicit opinion about achievement of body composition goals
  - ongoing observation and measurement of client performance and improvements
  - staged formal assessments and comparison measurement.

## Assessment Conditions

Skills can be demonstrated in:

- the workplace, or
- a simulated workplace set up for the purpose of skills assessment.

The following resources must be available to replicate industry conditions of operation:

- first aid equipment
- communication equipment for emergency response.

Assessment must ensure the use of:

- interaction with clients; these can be:
  - clients in an industry workplace, or
  - individuals who participate in role plays or simulated activities, used for the purpose of skills assessment
- weight scales
- tape measures which can include stadiometers for measuring height
- equipment required for sessions
- client records which include documentation of:
  - completed industry standard pre-exercise screenings
  - completed fitness assessments
- template exercise program and session plans
- client records and progress charts.

Assessors must:

- satisfy the Standards for Registered Training Organisations requirements for assessors, and
- hold a Certificate IV in Fitness, and have a collective period of at least two years' experience working in fitness instruction, where they have applied the skills and knowledge covered in this unit of competency; the two years' experience can incorporate full and part time experience, or
- be a registered or accredited practising health or exercise professional with a degree and experience relevant to this unit of competency.

## **Links**

Companion Volume implementation guides are found in VETNet -

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