



Australian Government

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

Release: 1

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.

Application

This unit describes the performance outcomes, skills and knowledge required to develop and instruct exercise programs and sessions specifically tailored to meet body composition goals for individual clients. Goals may relate to body composition maintenance or change. It covers skills for evaluating and modifying programs in response to client monitoring and feedback.

It requires the ability to integrate information from pre-exercise screenings, fitness assessments, and medical guidance that may have been received for particular clients, to design suitable programs.

Program design involves effective application of exercise science principles. This unit has a direct relationship with, and is supported by, SISFFIT049 Use exercise science principles in fitness instruction.

This unit applies to personal trainers who work independently with clients using discretion and judgement to develop and instruct individually tailored client programs. They practise in settings such as fitness facilities, gyms, leisure and community centres, client workplaces and homes and outdoor locations.

The skills in this unit must be applied in accordance with Commonwealth and State or Territory legislation, Australian standards and industry codes of practice.

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

PERFORMANCE CRITERIA

Elements describe the essential outcomes

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

1. Identify client body composition needs.

- 1.1. Review outcomes of pre-exercise screening and fitness assessment and identify relevant information for design of exercise program targeting body composition goals.
- 1.2. Take body measurements and use results for program development.
- 1.3. Identify implications of medical guidance for exercise programming and duty of care to follow.
- 1.4. Consult with client and confirm their body composition goals, exercise preferences and identified barriers.
- 1.5. Build client trust and rapport using client-centred communication showing sensitivity and empathy during interactions.
- 1.6. Develop and document client profile to assist with programming and ongoing evaluation.

2. Develop personalised exercise programs for body composition.

- 2.1. Review client characteristics, exercise preferences, goals, current abilities and medical advice to determine types of exercises and equipment.
- 2.2. Determine appropriate training volume and frequency of sessions required to achieve client body composition goals.
- 2.3. Design a systematically structured program that incorporates the effective use of exercise science principles.
- 2.4. Design overall program aligned to client's short- and long-term body composition goals.
- 2.5. Document exercise program according to organisational format.

3. Plan individual sessions.
 - 3.1. Determine objectives of individual sessions within overall exercise program.
 - 3.2. Select exercises and equipment that target body composition goals and take account of individual client characteristics.
 - 3.3. Plan sessions that incorporate volume and intensity and load of exercises appropriate to client's existing fitness capabilities.
 - 3.4. Plan for exercise phases and volume within client's preferred session duration.
 - 3.5. Develop sequenced and varied sessions to enhance client motivation and program adherence.
 - 3.6. Document session plans according to organisational format.

4. Instruct exercise sessions targeting body composition goals.
 - 4.1. Use and combine verbal, visual and tactile instructional methods according to nature of information and client needs.
 - 4.2. Observe client technique for safety and effectiveness and provide corrective instruction based on observations.
 - 4.3. Provide succinct explanations about the relationship between exercises, their impact on body composition and implications for achieving goals.
 - 4.4. Monitor client performance against objectives using measures suited to the type of exercise.
 - 4.5. Identify signs of fatigue and exercise intolerance and make session modifications.

5. Encourage and support clients during sessions.
 - 5.1. Encourage and respond to client questions about individual exercises and overall program.
 - 5.2. Use communication techniques that provide positive reinforcement and motivation to client.
 - 5.3. Highlight client's key strengths during instruction and provide information about progression towards body composition goals.

6. Evaluate program effectiveness.
 - 6.1. Monitor client progression towards body composition goals through ongoing observation and measurements and compare with expectations in program plan.
 - 6.2. Request ongoing feedback from client to identify program likes and dislikes and their views on goal achievement.
 - 6.3. Modify and update program and future sessions according to feedback and evaluation.
 - 6.4. Update client records with details of evaluation and modifications made.

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
Reading skills to:	<ul style="list-style-type: none">interpret sometimes unfamiliar information of varying complexity in client pre-exercise screening and medical guidance records, including health and fitness terminology and abbreviations.
Writing skills to:	<ul style="list-style-type: none">produce detailed program and session plans that use fitness terminology and abbreviations for instructional useuse fundamental sentence structure to complete forms, basic evaluation records and client records that require factual and subjective information.
Oral communication skills to:	<ul style="list-style-type: none">ask open and closed probe questions and actively listen to elicit information from clients and to determine client understanding of information providedprovide information about body composition management to clients using plain language and terms easily understood.
Numeracy skills to:	<ul style="list-style-type: none">take and record accurate basic body measurementsinterpret and use potentially complex body composition datacomplete and record calculations and estimations of varying complexity for program and session plans involving times, frequency, intervals, volume, speeds and loads.
Initiative and enterprise skills to:	<ul style="list-style-type: none">critically evaluate:<ul style="list-style-type: none">all client requirements for appropriate program designsuccesses and failures of program to initiate improvements.

Unit Mapping Information

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

Links

Companion Volume implementation guides are found in VETNet -

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