

AUSTRALIAN COLLEGE OF
SPORT & FITNESS



Certificate IV in Fitness

**Case Study
Project**

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CERTIFICATE IV IN FITNESS – CASE STUDY TASK

MY PERSONAL TRAINING BUSINESS

OVERVIEW

The 'My Personal Training Business' Case Study involves students establishing and running their own personal training business, over a period of time, with at least **THREE** volunteer clients.

This case study will assess student's competency in elements from the Certificate IV of Fitness SIS40215 including core and elective units of competency.

Your clients can be friends or family or other persons who you already know. Students are required to select clients that represent different demographic groups and with different fitness needs e.g. male, female, age, and fitness level.

This is a comprehensive assessment task that aims to closely simulate the real world activities of a personal trainer.

FORMAT OF CASE STUDY

The case study is completed in the following tasks:

- Task 1 – Client Preparation
- Task 2 – Client Screening Processes
- Task 3 – Conducting Client Fitness Sessions
- Task 4 – Review & Evaluation

INFORMATION FOR COMBINED CERTIFICATE III & IV IN FITNESS STUDENTS

Students completing the combined Certificate III and Certificate IV in Fitness must complete all Tasks within this case study with 3 new clients.

REVIEW SESSION

In addition to the submission documents requested, students will be asked to attend a review session where they will discuss elements of this case study with an assessor.

Students should be ready to discuss with your teacher the following:

- Explain the rationale behind the exercise plan given to each client
- Explain how you will assess your clients for prior knowledge in the activities and for their learning style preferences

- What factors were considered in planning
- Which assessments and screening questions were done and why
- How will progress be monitored
- How will you ensure client adheres to program
- Are there progressions within the exercise plan

SUBMITTING YOUR COMPLETED CASE STUDY

Students should complete all tasks and parts of the case study with **ALL THREE** clients before submitting the work via student drop box.

Each task and client should be clearly organised and compiled for submission. If it is not and your tutor is unable to understand your submission, you will be asked to resubmit their assessment.

Remember, if you do have any questions along the way your tutor is there for you.

SUBMISSIONS OF CASE STUDY MUST BE DONE ELECTRONICALLY ONTO STUDENT DROP BOX.

PAPER COPIES WILL NOT BE ACCEPTED BY THE COLLEGE.

Please note: if this is problematic please contact the college for a solution.

KEEP A COPY

Students are advised to keep a hard copy of any documents complete with clients incase they are lost on the computer.

ASSESSMENT INFORMATION

The following Units of Competency are being assessed in this assessment:

UOC number	UOC Title
SISFFIT018	Promote functional movement capacity
SISXCCS003	Address client needs
SISFFIT016	Provide motivation to positively influence exercise behaviour
SISFFIT021	Instruct personal training programs
SISFFIT013	Instruct exercise to young people aged 13 to 17 years
SISFFIT023	Instruct group personal training programs
SISXRES001	Conduct sustainable work practices in open spaces
SISFFIT020	Instruct exercise programs for body composition goals
SISFFIT017	Instruct long-term exercise programs
SISXCAI005	Conduct individualised long-term training programs
SISSTC301A	Instruct strength and conditioning techniques
SISSTC402A	Develop strength and conditioning programs
SISFFIT019	Incorporate exercise science principles into fitness programming
SISFFIT026	Support healthy eating through the Eat for Health Program
SISFFIT025	Recognise the dangers of providing nutrition advice to clients
SISFFIT015	Collaborate with medical and allied health professionals in a fitness context
BSBSMB401	Establish legal and risk management requirements of small business
BSBSMB403	Market the small business
BSBSMB404	Undertake small business planning
BSBSMB401	Establish legal and risk management requirements of small business

ASSESSMENT CRITERIA

Students should read the assessment criteria for this task on the tables in the appendix.

Students are advised to complete the task in consultation with these criteria to ensure a comprehensive response.

The criteria can be found in the appendix.

PRIVACY

Throughout this Case Study, students are required to gain personal details from clients that participate within this project. It is the student's responsibility that this personal information is kept confidential and stored in a safe manner.

The college ensures that once this assessment has been submitted, it will be kept in a safe and private manner, preventing any information or details being used or seen by other parties.

CLIENT SELECTION

Throughout the case study students must select and train **THREE** clients. Please note, if the student feels there is a chance the client cannot complete the case study project with them, and then you may need to take on an extra client as a 'back up' option to complete this task.

Should a client no longer be able to complete the case study, you will have to conduct all tasks (even those you had already submitted) for the new back up client.

Students are required to select clients that represent different demographic groups and with different fitness needs. Your clients must include:

- **1 x Athlete training for a competition/event**
- **1 x Adolescent between the age of 13 and 17 years old**
- **1 x Client with a body composition goal**

TASK 1 - CLIENT PREPARATION

The client preparation task of the case study sees the student creating necessary forms that are to be used within the case study and then answer business related questions.

PART A: CONSENT FORM

- 1.1 Create sample a consent form.** This is to gain permission from the client to be part of this case study.
- 1.2 Create a report or flyer that informs the client of the purpose of the case study and also advises them of the benefits of exercise prescription and correct nutrition.**

The report should:

- Advise your client of the benefits of health related and skill related exercise
- Explain the limitations of a Personal Trainer in providing nutritional advice
- Explain the physiological changes that occur as a result of exercise
- Explain the aims of postural appraisal and the procedure for the appraisal to the clients
- Provide details on common causes of poor posture and movement capacity

PART B: PREPARE FOR CLIENT SCREENING & TESTING

Students need to prepare for the client induction by compiling a pre-exercise health and fitness screening.

- 1.3 Create a questionnaire to be used in along side the APSS during the screening process to obtain information that will help tailor a program to each client.**

You may use the questionnaire created in Certificate III in fitness if you completed this with ACSF.

As a minimum your questionnaire must cover the following:

- | | |
|--------------------------------------------------|----------------------------------|
| ○ Lifestyle evaluation | ○ Fitness likes and dislikes |
| ○ Fitness goals, expectation and preferences | ○ Disclaimer for clients to send |
| ○ Current & past physical activity participation | ○ Time availability |
| | ○ Personal barriers to exercise |

- 1.4 Create an individual testing procedure, which aims to examine the clients fitness level in accordance to their needs or activities needs.** Explain each test you plan to conduct and why are using these.

- 1.5 Create a Nutritional Screening Questionnaire and Nutritional Log template.**

This is required to obtain information about the client's current nutritional habits and submit this for assessment.

Ensure that your questionnaire includes questions, which enable you to gather information about:

- Nutritional habits

- Food groups that may be over or under consumed
- Food preparation techniques
- Lifestyle or cultural factors that impact the clients' nutritional habits

PART C: FITNESS BUSINESS CONSIDERATIONS

1.6 Answer the following business related questions:

Imagine that you are setting up a Personal Trainer business and answer the following questions:

1. Explain the business registration and licensing requirements and the possible options for the legal structure of the business and list any legislation and regulatory requirements for each structure. Including Taxation, security of records, contract requirements with different parties and insurance
2. What are your Occupational Health & Safety (OH&S) responsibilities as the owner and operator of your personal training business? What strategies can you undertake to ensure you meet these obligations? Your response should include comments on your duty of care, training and consultation obligations.
3. Identify the types of contracts you may need in this type of business. What is involved in the creation and termination of these contracts?
4. Consider your operations and the aspects of risk that may play a part in you delivering this training. Conduct a risk analysis of your business. Explain all the areas you considered (both external and internal) and strategies you can take to reduce or eliminate this risk.
5. Explain and provide examples of policies and procedures, which promote compliance with laws, and legal requirements of this business.

TASK 1 – Checklist

Part A

1.1 Sample consent form

1.2 Information sheet on benefits of appraisal and exercise prescription.

Part B

1.3 Sample Pre-exercise Screening

1.4 Testing Procedure

1.5 Sample Nutritional Screening Questionnaire

Part C

1.6 Report answering questions on Business

TASK 2 – CLIENT SCREENING PROCESSES

Task 2 requires the student to perform the client induction pre-exercises screening processes

PART A: PRE-EXERCISE SCREENING PROCESS

2.1 Perform the client induction and screening session you have prepared with each of your clients. Ensure that you allow clients suitable opportunity and time to ask questions throughout all this process.

This will include:

- a. Consent Forms
- b. APSS Pre-exercise questionnaire and additional information questionnaire you created
- c. Provided Nutritional questionnaires
- d. Fitness assessments (relevant for the individual and age specific)

ACTION: Submit all completed documentation.

PART C: POSTURAL AND FUNCTIONAL MOVEMENT APPRAISAL

2.2 Conduct and record the following types of appraisal on each client:

- **Static posture**, addressing:
 - Abnormalities within an individual or compared to ideal posture
 - The source/origin of abnormalities (short, weak, tight, muscles)
 - Any contraindication relating to posture
 - Injury risk due to deviation
- **Functional movement analysis (squat, lunge, overhead press etc.)**, addressing:
 - Movement restrictions
 - Faulty movements
- **Exercise performance**, addressing:
 - Muscle activation
 - Balance and co-ordination
 - Technique
 - Stability of joints
- **Joint range of movement**, addressing:
 - Joint restriction compared to the norm

Write a report for each client containing the following:

Once you have completed your appraisal, you must produce a report which:

- a. Outlines findings from the static posture and functional movement appraisal of each client

- b. Explains the relationship or importance of good posture, injury prevention and safe technique
- c. Identifies methods and equipment used during the appraisal
- d. Compares client's posture to ideal posture, discussing benefits of good posture
- e. Identifies the muscles that require work (strengthening/stretching)
- f. Identifies suitable exercises to promote functional movement and reduce risk of injury
- g. Determines whether a referral to another health care professional was needed

ACTION: Submit Postural and functional movement appraisals for each client along with photographic evidence. Submit Report answering a – g.

PART D: ANALYSIS AND DISCUSSING RESULTS

2.3 Produce a report that analyses the results of each clients APSS, fitness assessments, nutritional questionnaires and log, then discuss the results with their clients.

This report must include:

- a. Key findings from the APSS and pre-exercise information questionnaires (i.e. contraindications, conditions etc.)
- b. Analysis and discussion of fitness assessments
- c. Report on nutritional advice for client – advice must be analysed to each client and include:
 - General information on the features of balanced nutrition
 - The relationship between healthy eating, health and fitness (including the adverse effects of poor nutrition)
 - The interaction of nutrition intake and physical activity
 - Compare client eating patterns with recommendations in the Eat for Health Educator Guide
 - Provide feedback on eating patterns and alignment with Australian Dietary Guidelines to client and assist client to make changes to eating patterns
 - The role of an allied health professional in providing advice
 - Referrals to allied health professionals who could provide further advice
- d. Any aspect that needed further attention

You will need to submit all the responses above. In addition, you will have to advise how you modified your advice for the needs of the client who is considered to be part of a special population.

ACTION: Submit report analysing each client's captured information and fitness results.

PART E: SUPPORT CLIENTS NEEDS WITH SERVICE PROVISIONS

2.4 Research and provide a report on services (at least 5 services for each client) that meet needs and expectations of each client. This report should contain:

- Services which are relevant to the clients needs and preferences
- Evaluation on which service is most suitable for client and why
- Customised solutions of services to meet clients needs

ACTION: Submit report on services along with evidence of products and services

PART F: CLIENT PROFILE

2.5 Create a brief profile for each client.

This profile will help you understand the client and create a program plan and session, it should contain:

- Clients or activity needs, (short and long term) goals, expectations and preferences
- Type training to meet clients needs
- Clients potential barriers and suitable adherence techniques for each client
- Clients prior skill or knowledge (training background and history)
- Need for additional support personnel
- Preferred motivation and learning techniques or styles
- Requirement for behaviour change strategies

TASK 2 – Checklist

Part A

2.1 Submit the following documents which have been completed with all 3 clients:

- a. Consent Forms
- b. APSS Pre-exercise questionnaire and additional information questionnaire you created
- c. Nutritional questionnaires
- d. Fitness assessments (monitoring for intolerance signs and symptoms)

Part B

2.2 Postural Appraisal report covering the 7 points with photo evidences

Part C

2.3 Nutritional Log

Part D

2.4 A report for each client, that includes:

- a. An analysis of the fitness test results and modifications to fitness goals
- b. Nutritional information for each client
- c. How your advice was modified for special populations
- d. Any aspect that needed further attention

Part E

2.5 Product and services for clients

Part F

2.6 Create client profile

TASK 3 – CLIENT SESSIONS

Task 3 involves the student designing and implementing (and videoing) a training program for each of your clients as well as a group fitness session and long term plan for one of your clients. The Task then involves clients evaluating the program and suggesting modifications.

PART A: CREATE AND IMPLEMENT PROGRAM PLAN AND SESSIONS

3.1 Create a program plan for each client for a 3 – 6 week period

Design a weekly plan (timetable) for each client to meet his or her needs and goals. This timetable identifies the days in which clients will be performing your exercises programs and any other activities or fitness sessions.

The plan should be approved by the client, parent/guardian or any relevant support personnel.

ACTION: Submit a fitness plans for each client.

3.2 Create, implement and video THREE training sessions for each of the following clients over a 3 – 6 week period (therefore 9 individual sessions should be created):

1. Athlete training for a specific event or competition. The program should:

- Be based on the athletes goals and sporting/event needs
- Strength and condition training principles
- Relevant micro or macro cycles
- Include assessment measures (these should be conducted)
- Ask the client to keep a training diary

2. Adolescent client (aged between 13 and 17 years old)

- Gain parent/guardian consent regarding the program

3. Client with a Body composition goal

- Relevant training to meet the body composition goals

Each program should contain:

- Warm up and cool down
- Reps, sets, load and rest related to each exercise

ACTION: Submit THREE programs and video evidence of conducting each program

3.3 Chose one of the above clients to conduct an outdoor group fitness session (between 3 – 12 participants).

The program should contain:

- Evaluation of suitable intensities
- A report on the outdoor space and environment impact, involving:
 - Selected appropriate outdoor space, and obtain permission if required
 - Techniques to monitor, record and limit environmental impact
 - Explanation of appropriate client behaviour in open space environment

- Identify which authority to inform changes to environment

ACTION: Submit group fitness program, video evidence and open spaces report

3.4 Choose one of the above clients to plan a long-term program (8 – 12 weeks).

The plan should contain:

- 8 – 12 week plan
- Sample training programs throughout the plan
- Explanation of long-term plan objectives and evaluation points
- Relevant phases or cycles

ACTION: Submit Long-term program.

Element to incorporate in the implementation of the program sessions for 3.2, 3.3 and 3.4:

- Set up equipment and workout environment checking for faulty equipment
- Provide instruction and demonstration of exercise and explain common faulty technique and injuries
- Explain purpose, muscles involved and expected adaptations of exercises
- Monitor intensity, technique, posture, intolerance and safety and respond to any difficulties within the session
- Use appropriate motivation techniques

Video submission Requirements:

The purpose of the video submission is to provide evidence that you have delivered programs to each of your clients. It is also to provide evidence that you have delivered each of the different types of programs to your clients.

Total video time must not exceed 10 minutes. You must provide video evidence of the following:

- Each client (athlete, child and body composition client)
- 1 x outdoor group fitness session
- 1 x long term progress session

Each video must begin with you providing a short (less than one minute) client profile and justification for the program you have created or selected and modified. The remainder of the video **MUST** show you implementing each phase of the program (warm up, conditioning, cool down) and must show clear instruction, correction and demonstration of techniques to your clients.

Be careful about what you are submitting. You have a limited amount of time to show your assessor that you can competently perform these tasks.

For each client/fitness program, include the following:

- A brief outline of the client and any contraindications or concerns that were identified during screening and testing
- The aim of the training session and rationale behind it
- Footage of the training session which shows at least one relevant exercise during each of the warm up, conditioning and cool down phases.
- Demonstration of appropriate cueing, spotting, communication (including an explanation to the client of why you have selected the exercise) and correction of technique
- A brief evaluation of the implementation which summarises feedback from the client and includes your own reflection
- As a guide, you should allocate the majority of the time to the footage from the training session. The discussion of client profile, rationale and evaluation should be a maximum of 1 minute each.

Note: You MUST provide evidence of each client AND each program.

ACTION: Submit all fitness programs along with a 10-minute video which shows each client AND each type of program.

PART B: PROGRAM DELIVERY REPORT

3.5 Write a report following the delivery of your programs that include the follow points:

- The methods you used to instruct the session
- Communication techniques used to support and motivate each client throughout the session
- How you monitored the intensity, technique, posture, intolerance and safety of the clients throughout the program
- Any modifications implemented throughout the session due to exercise difficulty, rep range, load and exercise intolerance
- How can you adapt or modify your motivation in future session for a beneficial outcome?
- Suitability of workout environment and equipment
- Include any notes that you made during the session

ACTION: Submit a report on the delivery of the fitness program for each client.

PART C: PROGRAM RATIONALE

3.6 Explain the rationale behind each program, timetable schedule and why and how it has been designed specifically for each client.

This means, you will have to justify why your program is relevant to your client in each of the areas listed in Part A of this task.

ACTION: Submit rationale for each client.

PART D: PROGRAM EVALUATION

3.7 Evaluate the programs you developed (in 3.2, 3.3 and 3.4) for each of your clients.

Commenting on the following:

- a. Appropriateness of training type
- b. Suitability of reps, sets and load
- c. Specificity of program regarding client goals
- d. Identify aspects needing further emphasis or attention in future sessions
- e. Athletes training diary (client 1 in task 3.2)
- f. Modification for future programs, considering:
 - Technical requirements
 - Changing needs due to fitness adaptations
 - Changing goals
 - Client needs, objectives, likes and dislikes
 - Technical difficulty adjustments of exercises

ACTION: Submit a report on the evaluation of each program.

TASK 3 – Checklist

Part A

- 3.1. Create Program Plan
- 3.2. Create, implement and video program sessions for each client
- 3.3. Create long term program for one client
- 3.4. Conduct a group session with one or more of your clients

Part B

- 3.5. Program delivery report

Part C

- 3.6. Rationale report for each client

Part D

- 3.7. Program evaluation
-

TASK 4 – REVIEW & EVALUATION

The last task in this case study involves the student producing a client review (PART A), self review (PART B), and then design a long-term program for one of the clients (PART C).

PART A: CLIENT REVIEW

4.1 Students must gain client feedback and reviews of your services.

This should be completed using the following:

- Create and submit Client evaluation form
- Submit any notes of informal feedback throughout the program
- Document any information gathered in the session diaries
- Provide information on parent/caregiver feedback which answers the following questions:
 - Did you communicate positively with the child on an ongoing basis?
 - Did you promote positive behaviour?
 - Did you ask the child about their interests?
 - Did you respect their differences?
 - Did you support them in learning?

You will need to submit copies of all the above feedback mechanisms.

ACTION: Submit Client Evaluations and other methods of obtaining feedback.

PART B: SELF REVIEW

4.2 Students are required to complete a self-review of how they feel the case study progressed. This should involve:

- Did it meet the standards of a fitness professional? Why or why not?
- What new skills you developed
- Which elements did you find easy or hard?
- What improvements could you identify?
- How could you further develop your skills?

ACTION: Submit self-review.

TASK 4 – Checklist

Part A

4.1 Submit Client reviews

Part B

4.2 Submit Self review

NOTE: You may also be asked to verbally discuss aspects of your case study with your teacher including:

- Explain the rationale behind the exercise plan given to each client
- Explain how you assessed your clients' prior knowledge in the activities and for their learning style preferences
- Explain the factors considered in planning
- Explain which assessments and screening questions were included and why
- Explain how progress was monitored
- Explain how you will ensure clients adheres to programs
- Are there progressions within the exercise plan?

APPENDIX

TASK 1

Part	Code	UOC
1.1		Preparation task
1.2	SISFFIT026	1.3 Explain benefits of combining regular moderate intensity physical activity and healthy eating. 1.4 Explain limitations as a personal trainer in providing the Eat for Health Program to a client.
	SISFFIT018	2.4 Discuss importance of identifying postural variances and explain relationship between posture and injury prevention to clients. 2.5 Provide information about common causes of poor posture and movement capacity to client. 2.6 Inform clients of legal and ethical limitations of a personal trainer.
1.3		Preparation task
1.4		Preparation task
1.5		Preparation task
1.6	BSBSMB401	1.1 Identify and research possible options for the business legal structure using appropriate sources 1.2 Determine legislation and regulatory requirements affecting operations of the business under its chosen structure 2.1 Establish systems to ensure legal rights and responsibilities of the business are identified and the business is adequately protected, specifically in relation to occupational health and safety (OHS), business registration and environmental requirements 2.2 Identify taxation principles and requirements relevant to the business, and follow procedures to ensure compliance 2.3 Identify and carefully maintain legal documents and maintain and update relevant records to ensure their ongoing security and accessibility 3.1 Seek legal advice on contractual rights and obligations, if required, to clarify business liabilities 3.3 Negotiate and secure contractual procurement rights for goods and services including contracts with relevant people, as required, in accordance with the business plan 3.4 Identify insurance requirements and acquire adequate cover 3.5 Identify options for leasing/ownership of business premises and complete contractual arrangements in accordance with the business plan
	BSBSMB404	2.1 Research resources, legal and compliance requirements, specifically in relation to occupational health and safety (OHS), in accordance with business goals and objectives
	BSBSMB405	1.2 Identify work health and safety (WHS) and environmental issues, and implement strategies to minimise risk factors

TASK 2

Part	Code	UOC
2.1	SISFFIT016	1.3 Discuss/explain how understanding of motivation and behaviour change contribute to client commitment and confidence.
	SISFFIT021, SISFFIT013, SISFFIT023	1.1 Consider and confirm client needs, expectations and preferences using suitable questioning techniques. 1.2 Review and advice participant and parent or carer of outcomes of pre-exercise health screening procedures.
	SISFFIT013	1.4 Select and use appropriate baseline functional capacity or fitness assessments, as required.
	SISFFIT020	1.1 Consider and confirm client body composition goals, expectations and preferences using suitable questioning techniques.
	SISFFIT020	1.6 Determine daily energy expenditure of client.
	SISFFIT017	1.3 Conduct pre-exercise health screening, and health assessment procedures as required.
	SISSTC301A	1.1. Select appropriate testing protocols and implement to assess current fitness level of athlete or athletes. 1.2. Evaluate the training background and exercise history of athlete or athletes.
	SISFFIT026	1.1 Consider and confirm client goals, expectations and preferences using suitable questioning techniques. 1.2 Identify current sedentary and incidental physical activity patterns of client. 2.1 Determine daily eating patterns of client in format of the Australian Dietary Guidelines. 2.2 Identify influences of food choices using the Eat for Health Educator Guide. 4.3 Maintain records of all assistance provided to client.
	SISFFIT015	1.2 Collect relevant health information from client as required. 1.5 Obtain informed consent from client for the purpose of sharing client information with health professionals, including referrals.
SISSTC402A	1.1. Analyse the strength and conditioning needs and requirements of the activity or sport of the target individual or group. 1.4. Identify the career phase of athlete and the training phase of the selected sport or activity to be addressed in the program.	
2.2	SISFFIT018	1.2 Use knowledge of functional movement in day-to-day professional practice. 1.3 Discuss/explain how understanding of functional movement contributes to safe/optimum technique and skill development. 1.4 Use a wide range of functional movement terminology relevant to injury prevention and fitness outcomes. 2.4 Discuss importance of identifying postural variances and explain relationship between posture and injury prevention to clients. 2.5 Provide information about common causes of poor posture and movement capacity to client. 2.6 Inform clients of legal and ethical limitations of a personal trainer. 3.2 Explain the importance of functional movement and correct technique and dynamic posture during exercise. 3.3 Observe functional movement, range of movement and exercise capacity to identify any joint mobility or movement restrictions. 3.4 Observe strength and muscle activation outputs to identify any muscle activation concerns and/or strength limitation or imbalance. 3.5 Observe and record any client balance, stability or coordination limitations. 3.6 Monitor participation and performance to identify ineffective movement patterns and exercise technique.

		<p>3.7 Determine need for further evaluation and seek guidance from an appropriate allied health professional as required.</p> <p>3.8 Document observations and discuss with client.</p> <p>4.1 Apply understanding of postural mechanisms and symptoms of poor posture to client observation and consultation.</p> <p>4.2 Observe client static posture and identify issues that may be relevant in a dynamic setting.</p> <p>4.3 Identify and document joints, muscles and connective tissues that would benefit from functional exercise strategies.</p> <p>4.4 Seek guidance from an appropriate allied health professional as required.</p>
	SISFFIT020	1.7 Measure body composition of client using anthropometric standards.
2.3	SISFFIT018	<p>3.1 Provide clear and accurate instruction and demonstration during relevant movements and exercises.</p> <p>2.3 Refer client to a medical or allied health professional as required.</p>
	SISFFIT021, SISFFIT013, SISFFIT023	1.3 Refer client to medical or allied health professionals as required.
	SISFFIT020	<p>1.2 Review and advice client of outcomes of pre-exercise health screening procedures.</p> <p>1.3 Refer client to medical or allied health professionals as required.</p> <p>1.5 Provide information to client on the relationship between healthy eating, exercise and health.</p>
	SISSTC402A	1.2. Develop <i>profiles</i> for each individual or group member participating in the strength and conditioning program using appropriate <i>assessment measures</i> .
	SISFFIT015	<p>1.1 Analyse client pre-exercise screening, risk stratification, and relevant fitness testing results.</p> <p>1.3 Identify need for referral and guidance from medical practitioner or appropriate allied health professional.</p> <p>1.4 Determine appropriate medical or allied health professional for client referral.</p> <p>3.4 Refer client to appropriate medical practitioner or allied health professional if required.</p>
	SISFFIT025	<p>1.1 Identify the role of medical and allied health professionals in providing and applying nutritional information and advice to clients.</p> <p>1.3 Recognise clients with specific nutritional needs.</p> <p>2.1 Identify need for referral and guidance from medical practitioner or appropriate allied health professional for nutrition and body composition advice.</p> <p>2.2 Conduct referral in accordance with organisational policies and procedures.</p>
		SISXCCS003
	SISFFIT026	<p>1.5 Refer client to an Accredited Practising Dietitian or Accredited Sports Dietitian, as required.</p> <p>3.1 Compare client-eating patterns with recommendations in the Eat for Health Educator Guide.</p> <p>3.2 Provide feedback on eating patterns and alignment with Australian Dietary Guidelines to client.</p>

		4.1 Assist client to make changes to eating patterns to more closely align with their goals using the template for adapting the Australian Guide to Healthy Eating.
2.5	SISFFIT021	2.1 Determine type of training, training methods and equipment required to achieve client goals. 2.2 Develop client personalised strategies to increase exercise adherence. 3.2 Determine client prior knowledge and skills in the fitness activity.
	SISFFIT013	1.5 Identify potential barriers to participation. 1.6 Develop and document client profile for re-evaluation purposes. 2.1 Determine type of training, training methods and equipment required to achieve participant goals.
	SISFFIT023	1.5 Identify potential barriers to achieving needs and goals of individuals within the group. 1.6 Develop and document client profiles for re-evaluation purposes.
	SISFFIT020	1.4 Identify potential barriers to achieving needs and goals. 1.8 Develop and document client profile for re-evaluation purposes. 2.1 Determine type of training, training methods and equipment required to achieve client body composition goals. 2.2 Develop client personalised strategies to increase exercise adherence. 2.4 Set realistic guidelines and confirm exercise plan with client.
	SISFFIT017	1.1 Discuss client health-related and skill-related goals. 1.4 Explain training adaptations expected when participating in long-term exercise program. 2.1 Determine type of training, training methods and equipment required to achieve client goals.
	SISCAI005	1.1 Review and analyse participant requirements according to demands of the activity. 1.2 Develop participant profiles using evaluation measures. 1.4 Identify specific participant needs to be addressed by the program. 2.1 Develop program goals and phase objectives in consultation with participant. 2.2 Identify need for support personnel within the program.
	SISSTC301A	1.3. Identify the techniques of strength and conditioning to be developed with relevant support personnel according to the needs of the athlete or group.
	SISSTC402A	1.3. Develop short, medium and long-term <i>objectives</i> for the strength and conditioning program through negotiation with <i>athletes</i> and <i>support personnel</i> .

TASK 3

Part	Code	UOC
3.1	SISFFIT021	1.4 Identify potential barriers to achieving needs and goals.
3.2	SISFFIT016	1.4 Use a wide range of motivation and behaviour change relevant to fitness outcomes.
	SISFFIT021	<p>2.3 Develop and document program plans that incorporate key instructional information to match client preferences.</p> <p>2.4 Develop customised training sessions that include a variety of exercises and equipment to meet client needs.</p> <p>2.5 Select appropriate session assessment techniques.</p> <p>2.6 Obtain permission for use of public spaces if required.</p> <p>2.7 Document personal training plans for client.</p> <p>3.1 Allocate sufficient space, assemble resources and check equipment for safety and maintenance requirements.</p> <p>3.2 Determine client prior knowledge and skills in the fitness activity.</p> <p>3.3 Provide clear exercise instructions and confirm client understanding.</p> <p>3.4 Demonstrate exercises, techniques and equipment to client.</p> <p>3.5 Relate location and function of major bones and major joints to movement when instructing client.</p> <p>3.6 Identify major target muscles acting at major joints when instructing clients through exercises.</p> <p>3.7 Monitor participation and performance to identify signs of exercise intolerance and modify as required.</p> <p>3.8 Monitor client intensity, techniques, posture and safety, and modify program as required.</p> <p>3.9 Select and use motivational techniques that increase client performance and adherence to exercise.</p> <p>3.10 Respond to clients experiencing difficulties and answer questions as required.</p> <p>3.11 Complete session documentation and progress notes.</p>
	SISFFIT013	<p>2.2 Gain parent or carer consent for participation in specified exercise program.</p> <p>2.3 Develop and document program plans that incorporate participant goals, abilities, and stage of growth and development within instructional information.</p> <p>2.4 Develop customised training sessions that include a variety of exercises and equipment to meet participant needs.</p> <p>3.1 Allocate sufficient space, assemble resources and check equipment for safety and maintenance requirements.</p> <p>3.2 Provide clear exercise instructions and confirm participant understanding.</p> <p>3.3 Demonstrate exercises, techniques and equipment to participant.</p> <p>3.4 Monitor participation and performance to identify signs of exercise intolerance and modify as required.</p> <p>3.5 Select and use communication techniques that encourage and support participants.</p> <p>3.6 Modify session as required considering basic mechanics, safety and fitness outcomes.</p> <p>3.7 Respond to participants experiencing difficulties and answer questions as required.</p> <p>3.8 Complete session documentation and progress notes.</p>
	SISFFIT020	<p>2.3 Develop and document program plans that incorporate key instructional information and short and long-term body composition goals.</p> <p>3.1 Instruct client in specific programs and exercises.</p> <p>3.2 Select and use motivational techniques that encourage exercise, and healthy eating</p>

	<p>adherence.</p> <p>3.3 Respond to clients experiencing difficulties and answer questions as required.</p> <p>3.4 Monitor and record client progress.</p>
SISFFIT017	2.2 Calculate total training volume required to achieve client goals.
SISSTC301A	<p>2.1. Select core lifts and exercises to meet the identified needs of the athlete or athletes and organisational policies and procedures.</p> <p>2.2. Incorporate drills, exercise techniques and activities into the program to instruct a strength and conditioning program.</p> <p>2.3. Select appropriate equipment to be used as part of the strength and conditioning program according to organisational policies and procedures.</p> <p>3.1. Allocate sufficient space and resources for the drill, activity or game.</p> <p>3.2. Check exercise area is free from obstacles prior to commencement of session.</p> <p>3.3. Check equipment is in good working order prior to commencement of session.</p> <p>3.4. Quarantine and report faulty equipment according to organisational policies and procedures.</p> <p>3.5. Arrange equipment according to exercise plan and relevant legislation and organisational policies and procedures.</p> <p>4.1. Communicate session objectives and the benefits of strength and conditioning to athlete or athletes.</p> <p>4.2. Explain common types of injuries that would prevent participation in the session and confirm athlete or athletes are not affected.</p> <p>4.3. Instruct session according to strength and conditioning plan, relevant legislation and organisational policies and procedures and best practice principles of strength and conditioning training</p> <p>4.4. Demonstrate and instruct correct use of equipment according to organisational policies and procedures and manufacturer's instructions.</p> <p>4.5. Demonstrate exercises within the strength and conditioning class using appropriate instructional techniques.</p> <p>4.6. Monitor athlete intensity, technique and safety during the class.</p> <p>4.7. Incorporate motivation techniques to maximise exercise program adherence.</p> <p>5.3. Use testing protocols to assess athlete's ongoing progress.</p>
SISSTC402A	<p>2.1. Develop a strategy to meet the identified needs and requirements of the athlete or team.</p> <p>2.2. Select the core lifts and exercises and techniques of strength and conditioning to address identified needs and requirements of the athlete according to organisational policies and procedures.</p> <p>2.3. Establish fixed points of the program and identify and document training phases within the training program.</p> <p>2.4. Apply exercise selection and exercise order to maximise conditioning outcomes throughout the program.</p> <p>2.5. Identify equipment and resource requirements for each session within the program.</p> <p>2.6. Develop and document a program schedule to meet the identified needs, requirements and objectives of the athlete.</p> <p>2.7. Include evaluation methods to monitor the training program prior to implementation.</p> <p>3.1. Supervise strength and conditioning program.</p> <p>3.2. Use strength and conditioning training methods to meet identified needs and requirements of athletes or team members.</p> <p>3.3. Observe sessions to see that exercises are conducted in accord with rules and regulations and accepted best practice principles of strength and conditioning training.</p> <p>3.4. Ensure correct use of equipment during strength and conditioning session, according to organisational policies and procedures and manufacturer's instructions.</p> <p>3.5. Establish ongoing liaison between other coaches and specialists where coaches and specialists work with the same athlete to ensure a consistent approach to the strength and</p>

		<p>conditioning program.</p> <p>4.2. Monitor use of equipment according to exercise plan and relevant legislation and organisational policies and procedures.</p> <p>4.3. Review each athlete's or athletes' training diary or diaries to monitor ongoing progress.</p> <p>4.4. Use assessment measures to assess athlete's ongoing progress.</p>
	SISFFIT015	3.2 Monitor client responses to exercise and make appropriate adjustments as required.
3.3	SISFFIT016	<p>1.4 Use a wide range of motivation and behaviour change relevant to fitness outcomes.</p> <p>2.5 Develop customised training sessions that include a variety of exercises and equipment to meet client goals.</p>
	SISFFIT023	<p>1.4 Establish exercise intensities appropriate for each client within the group.</p> <p>2.1 Determine type of training, training methods and equipment required to achieve client goals.</p> <p>2.2 Develop client personalised strategies to maximise group coherence and increase exercise adherence.</p> <p>2.3 Develop and document program plans that incorporate key instructional information appropriate to group training and match client preferences.</p> <p>2.4 Develop customised training sessions that include a variety of exercises and equipment to meet client needs.</p> <p>2.5 Select appropriate session assessment techniques.</p> <p>2.6 Obtain permission for use of public spaces if required.</p> <p>2.7 Document group personal training plans.</p> <p>3.1 Allocate sufficient space, assemble resources and check equipment for safety and maintenance requirements.</p> <p>3.2 Determine client prior knowledge and skills in the fitness activity.</p> <p>3.3 Provide clear exercise instructions to the group and confirm individual client understanding.</p> <p>3.4 Demonstrate exercises, techniques and equipment to the group, providing individual assistance if required.</p> <p>3.5 Relate location and function of major bones and major joints to movement when instructing the group.</p> <p>3.6 Identify major muscles acting at major joints when instructing the group.</p> <p>3.7 Manage the use of different equipment by different clients within the same session, in a timely and safe manner.</p> <p>3.8 Supervise clients performing a variety of exercises or variations in exercises, at the same time.</p> <p>3.9 Monitor participation and performance and modify as required.</p> <p>3.10 Select and use motivational techniques for group personal training to increase performance and adherence to exercise.</p> <p>3.11 Respond to clients experiencing difficulties and answer questions as required.</p> <p>3.12 Complete session documentation and progress notes.</p>
	SISXRES001	1.1 Determine opportunities and options for using open space within the local community.
	SISCAI005	1.3 Establish fixed points and phases of the program.
	SISFFIT016	<p>1.4 Use a wide range of motivation and behaviour change relevant to fitness outcomes.</p> <p>2.1 Select and use minimal impact techniques and procedures appropriate to the area.</p> <p>2.2 Conduct activities using positive sustainable outcomes for local communities and environments.</p> <p>2.3 Advise clients of appropriate behaviours in open space environments and address any unacceptable behaviour.</p> <p>3.1 Monitor and record changes in the natural environment using appropriate technology.</p> <p>3.2 Collect environmental information on behalf of environmental agencies or local government as required.</p> <p>3.3 Advise appropriate authorities of environmental and social change promptly.</p>
3.4	SISFFIT016	<p>1.4 Use a wide range of motivation and behaviour change relevant to fitness outcomes.</p> <p>2.1 Select and use minimal impact techniques and procedures appropriate to the area.</p> <p>2.2 Conduct activities using positive sustainable outcomes for local communities and environments.</p> <p>2.3 Advise clients of appropriate behaviours in open space environments and address any unacceptable behaviour.</p> <p>3.1 Monitor and record changes in the natural environment using appropriate technology.</p> <p>3.2 Collect environmental information on behalf of environmental agencies or local government as required.</p> <p>3.3 Advise appropriate authorities of environmental and social change promptly.</p>

	SISFFIT017	<p>2.3 Develop and document a long-term exercise plan that incorporates key instructional information.</p> <p>2.4 Develop customised and contemporary training sessions to meet client specific needs.</p> <p>3.1 Allocate sufficient space, assemble resources and check equipment for safety and maintenance requirements.</p> <p>3.2 Provide clear and accurate exercise instruction and confirm client understanding.</p> <p>3.3 Demonstrate skills and techniques to client.</p> <p>3.4 Observe and monitor participation and performance of client and adjust as required.</p> <p>3.5 Select and use communication techniques that encourage and support client.</p> <p>3.6 Monitor client for signs and symptoms of intolerance.</p> <p>3.7 Seek feedback from client during exercise sessions.</p> <p>3.8 Modify session as required, according to specific fitness outcomes, or for safety, using consideration of basic mechanics.</p> <p>3.9 Respond to clients experiencing difficulties, and answer questions as required.</p> <p>3.10 Complete session documentation and progress notes.</p>
	SISCAI005	<p>2.3 Select exercises/drills and training methods to meet identified needs and objectives of the program.</p> <p>2.4 Identify staff, equipment and resource requirements for each phase of the program.</p> <p>2.5 Develop evaluation measures to monitor the program.</p> <p>2.6 Schedule and document all aspects of the program.</p> <p>3.1 Explain and demonstrate exercises/drills, techniques and equipment to participants.</p> <p>3.2 Monitor and document skill performance, fitness levels and wellbeing of participant throughout the program.</p> <p>3.3 Monitor participant and adjust incorrect or unsafe techniques, as required.</p> <p>3.5 Use motivation techniques to encourage program adherence.</p>
3.5	SISFFIT016	<p>2.3 Modify approach to fitness programming activities and advice as required.</p> <p>3.2 Monitor response to changes made to own professional practice or instruction.</p> <p>3.3 Continue to adjust own practice to optimise results.</p>
	SISFFIT017	<p>1.5 Develop objectives for long-term program and each phase of program, in consultation with client where required.</p>
3.6	SISFFIT013, SISFFIT021, SISFFIT020, SISFFIT023	<p>2.1 Determine type of training, training methods and equipment required to achieve client goals.</p> <p>2.1 Determine type of training, training methods and equipment required to achieve client body composition goals</p>
	SISSSCT301A	<p>2.1. Select core lifts and exercises to meet the identified needs of the athlete or athletes and organisational policies and procedures.</p>
	SISSSCT402A	<p>2.2. Select the core lifts and exercises and techniques of strength and conditioning to address identified needs and requirements of the athlete according to organisational policies and procedures.</p>
3.7	SISFFIT021	<p>4.1 Monitor and evaluate exercise program at appropriate intervals.</p>
	SISFFIT013	<p>4.1 Monitor and evaluate exercise session at appropriate intervals.</p> <p>4.4 Identify aspects needing further emphasis or attention in future sessions.</p> <p>4.5 Evaluate program or activities and discuss modifications to future sessions.</p> <p>4.6 Document and update records of evaluation and modification.</p>
	SISFFIT023	<p>4.1 Monitor and evaluate exercise program at appropriate intervals.</p> <p>4.5 Identify aspects needing further emphasis or attention in future sessions.</p> <p>4.6 Evaluate program or activities and discuss modifications to program.</p> <p>4.7 Modify personal training plan for individual clients, or group, as required and prepare new exercise program.</p> <p>4.8 Document and update records of evaluation and modification of program.</p>

SISFFIT020	<p>4.1 Monitor and evaluate exercise program at appropriate intervals.</p> <p>4.2 Reappraise client body composition at agreed stages of program.</p> <p>4.3 Review client short and long-term goals and exercise plan.</p> <p>4.4 Evaluate program or activities and discuss modifications to program.</p> <p>4.5 Modify exercise plan for client and document evaluation and modification of programs.</p>
SISFFIT017	<p>4.1 Monitor and evaluate exercise program at appropriate intervals.</p> <p>4.3 Identify aspects needing further emphasis or attention in future sessions.</p> <p>4.5 Implement modifications to future instruction and discuss changes to the client's long-term exercise plan.</p> <p>4.6 Maintain and store records of evaluation and modification of program.</p>
SISCAI005	<p>4.3 Modify program where required in response to feedback from participant and own self-reflection outcomes.</p>
SISSSCT402A	<p>4.1. Evaluate the program according to methods established and documented within the strength and conditioning program plan.</p> <p>4.6. Implement modifications to the program, where relevant, to meet identified needs.</p>
SISST301A	<p>5.1. Review athlete's or athletes' training diary or diaries to monitor ongoing progress.</p> <p>5.2. Implement modifications to the program where relevant to meet identified needs.</p>

TASK 4

Part	Code	UOC
4.1	SISFFIT013	4.2 Evaluate exercise session according to participant, parent or carer feedback, professional judgement and outcomes of sessions.
	SISFFIT017	4.2 Request and respond to feedback from client.
	SISCAI005	4.1 Seek feedback from participant and other personnel, as required.
4.2	SISFFIT013	4.3 Review own performance and identify areas needing improvement.
	SISFFIT017	4.4 Review own performance and identify areas needing improvement.
	SISCAI005	4.2 Review own performance and identify potential improvements.
	SISSTC301A	5.4. Review own performance and identify potential improvements.

