

SISFFIT001 Matrix Map

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ELEMENTS AND PERFORMANCE CRITERIA

Element	Performance Criteria	Task / Question Map
<i>Elements describe the essential outcomes</i>	<i>Performance criteria describe the performance needed to demonstrate achievement of the element.</i>	<i>Resources: Q1</i>
1. Identify client fitness requirements.	1.1 Question clients to confirm fitness goals, expectations and preferences.	C1 Assessment 1 - Part 1 : Q1 C1 Assessment 1 - Part 3 : Q2 C1 Assessment 2 : Q1 Q2 Q3 C1 Assessment 3: Q1 Q2 Q3 Q4 Q5 Q6 Workplace Task: Communicate effectively in the workplace
	1.2 Confirm current and past physical activity participation.	C1 Assessment 2 : Q1 Q2 Q3 C1 Assessment 3: Q1 Q2 Q3 Q4 Q5 Q6
	1.3 Describe available programs, services and facilities relevant to client needs and expectations.	C1 Assessment 1 - Part 3 : Q2 Q3 C1 Assessment 3: Q1 Q2 Q3 Q4 Q5 Q6 Workplace Task: Conduct fitness orientation
2. Administer pre-exercise health screening questionnaire.	2.1 Explain purpose of pre-exercise health screening questionnaire and risk stratification to client.	C1 Assessment 1 - Part 1 : Q2 Q4 Q7 Q9 Q10 Q11 Q12 Q13 C1 Assessment 3: Q1 Q2 Q3 Q4 Q5 Q6
	2.2 Provide and administer an industry standard pre-exercise health screening questionnaire to client.	C1 Assessment 1 - Part 1 : Q3 Q8 Q14 Q15 Q16 Q17 C1 Assessment 1 - Part 3 : Q1 C1 Assessment 1 - Part 2 : Q1 Q2 C1 Assessment 3: Q1 Q2 Q3 Q4 Q5 Q6
	2.3 Discuss client preferences and outcomes of pre-exercise health screening.	C1 Assessment 3: Q1 Q2 Q3 Q4 Q5 Q6

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	2.4 Refer client to medical practitioner or other appropriate professionals for further appraisal as required.	C1 Assessment 1 - Part 1 : Q4 Q7 C1 Assessment 3: Q1 Q2 Q3 Q4 Q5 Q6
3. Advise benefits of fitness activities and exercise prescription.	3.1 Explain benefits of fitness activities and fitness programs.	C1 Assessment 1 - Part 3 : Q2 C1 Assessment 3: Q1 Q2 Q3 Q4 Q5 Q6
	3.2 Advise client regarding processes and suitability of relevant activities and programs, as required.	C1 Assessment 3: Q1 Q2 Q3 Q4 Q5 Q6
	3.3 Document and update records of fitness orientation, pre-exercise screening and advice provided to client.	C1 Assessment 3: Q1 Q2 Q3 Q4 Q5 Q6

PERFORMANCE EVIDENCE

Performance Evidence	Task / Question Map
Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role. This must include a period(s) totalling at least three hours of fitness orientation and health screening work comprising at least five different client contact sessions and:	
- use a risk stratification process for each client contact session for clients with differing needs, goals and preferences	C1 Assessment 2 : Q1 Q2 Q3 C1 Assessment 3: Q1 Q2 Q3 Q4 Q5 Q6
- conduct calculations and measurements to adequately complete health screening procedures:	
- waist circumference	C1 Assessment 1 - Part 1 : Q15 Q16 C1 Assessment 1 - Part 2 : Q5 Q6 Q7 Q8 Q9 Q10 Q11 Q12 Q13 Q14 Q15 C1 Assessment 3: Q1 Q2 Q3 Q4 Q5 Q6
- waist to hip ratio	C1 Assessment 1 - Part 1 : Q15 Q16 C1 Assessment 1 - Part 2 : Q5 Q6 Q7 Q8 Q9 Q10 C1 Assessment 3: Q1 Q2 Q3 Q4 Q5 Q6
- body mass index	C1 Assessment 1 - Part 1 : Q15 C1 Assessment 1 - Part 2 : Q1 Q2 Q3 Q4 C1 Assessment 3: Q1 Q2 Q3 Q4 Q5 Q6
- explain available programs, services and facilities to match each client's needs, goals and preferences	C1 Assessment 1 - Part 1 : Q1 C1 Assessment 1 - Part 3 : Q3 C1 Assessment 3: Q1 Q2 Q3 Q4 Q5 Q6 Workplace Task: Interact with gym members
- prepare referral letters with supporting pre-exercise health screening documentation for at least two clients to a relevant medical or appropriate allied health professional when guidance and feedback is required regarding exercise participation	C1 Assessment 2 : Q1 Q2 Q3
- prepare referral letter for at least one client to a more highly qualified fitness professional, such as a personal trainer, when either the:	
- client requests personal training services	C1 Assessment 2 : Q1 Q2 Q3 Workplace Task: Interact with gym members

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<p>- client's needs, goals and preferences are suited to the scope of practice of a fitness professional more highly qualified than a fitness instructor</p>	<p>C1 Assessment 1 - Part 1 : Q8 C1 Assessment 2 : Q1 Q2 Q3 Workplace Task: Interact with gym members</p>
<p>- interact with all clients in a professional manner</p>	<p>C1 Assessment 2 : Q1 Q2 Q3 Workplace Task: Interact with gym members</p>
<p>- use appropriate communication strategies and organisational channels to collect and handle sensitive information.</p>	<p>C1 Assessment 2 : Q1 Q2 Q3 Workplace Task: Interact with gym members</p>

KNOWLEDGE EVIDENCE

Knowledge Evidence	Task / Question Map
Demonstrated knowledge required to complete the tasks outlined in elements and performance criteria of this unit:	
- legislation and regulatory requirements:	
- <i>appropriate collection and storage of client information</i>	C1 Assessment 1 - Part 1 : Q5 Q6 C1 Assessment 2 : Q1 Q2 Q3 C1 Assessment 3: Q1 Q2 Q3 Q4 Q5 Q6
- <i>application of legal and ethical limitations of own role</i>	C1 Assessment 3: Q1 Q2 Q3 Q4 Q5 Q6 Workplace Task: <i>Communicate effectively in the workplace</i>
- <i>work health and safety/occupational health and safety</i>	C1 Assessment 3: Q1 Q2 Q3 Q4 Q5 Q6 Workplace Task: <i>Communicate effectively in the workplace</i>
- <i>industry endorsed client pre-exercise health screening processes</i>	C1 Assessment 1 - Part 1 : Q5 Q6 Q8 Q14 Q15 Q16 Q17 C1 Assessment 1 - Part 3 : Q1 C1 Assessment 1 - Part 2 : Q1 C1 Assessment 3: Q1 Q2 Q3 Q4 Q5 Q6
- <i>industry endorsed risk stratification procedures, exercise implications and referral requirements</i>	C1 Assessment 1 - Part 1 : Q7 C1 Assessment 1 - Part 3 : Q4 C1 Assessment 3: Q1 Q2 Q3 Q4 Q5 Q6
- <i>features and benefits of fitness facilities, exercise programs and services</i>	C1 Assessment 1 - Part 1 : Q18 Q19 Q20 Q21 Q22 Q23 Q24 Q25 C1 Assessment 3: Q1 Q2 Q3 Q4 Q5 Q6 Workplace Task: <i>Interact with gym members</i>
- essential information and protocols for completion of referrals:	
- <i>client details</i>	C1 Assessment 1 - Part 3 : Q4 C1 Assessment 2 : Q1 Q2 Q3 C1 Assessment 3: Q1 Q2 Q3 Q4 Q5 Q6 Workplace Task: <i>Conduct fitness orientation</i>
- <i>rationale for referral</i>	C1 Assessment 1 - Part 3 : Q4 C1 Assessment 2 : Q1 Q2 Q3 Workplace Task: <i>Interact with gym members</i>

- guidance being sought	C1 Assessment 1 - Part 1 : Q4 C1 Assessment 1 - Part 3 : Q4 C1 Assessment 2 : Q1 Q2 Q3 Workplace Task: Interact with gym members
- a copy of the pre-exercise health screening tool	C1 Assessment 1 - Part 3 : Q4 C1 Assessment 2 : Q1 Q2 Q3
- role of medical or allied health professionals for referral processes	C1 Assessment 1 - Part 3 : Q4 C1 Assessment 2 : Q1 Q2 Q3
- role of relevant personnel for referral processes:	
- personal trainer	C1 Assessment 2 : Q1 Q2 Q3
- advanced personal trainer	C1 Assessment 2 : Q1 Q2 Q3
- considerations to be aware of in the following specific population client presentations:	
- asthma	C1 Assessment 1 - Part 4 : Q1
- children and their developmental stages	C1 Assessment 1 - Part 4 : Q2
- continence issues	C1 Assessment 1 - Part 1 : Q4 C1 Assessment 1 - Part 4 : Q3
- depression	C1 Assessment 1 - Part 4 : Q4
- high cholesterol	C1 Assessment 1 - Part 1 : Q4 C1 Assessment 1 - Part 4 : Q5
- hypertension	C1 Assessment 1 - Part 1 : Q4 C1 Assessment 1 - Part 4 : Q6
- knee injuries	C1 Assessment 1 - Part 4 : Q7
- lower back pain	C1 Assessment 1 - Part 4 : Q8
- menopause	C1 Assessment 1 - Part 4 : Q9
- metabolic disease or conditions, including diabetes mellitus	C1 Assessment 1 - Part 4 : Q10
- neck issues	C1 Assessment 1 - Part 4 : Q11
- obesity	C1 Assessment 1 - Part 4 : Q12
- older populations and conditions associated with ageing process	C1 Assessment 1 - Part 4 : Q13
- osteoarthritis	C1 Assessment 1 - Part 4 : Q14
- osteoporosis	C1 Assessment 1 - Part 4 : Q15

- <i>overweight</i>	<i>C1 Assessment 1 - Part 4 : Q12</i>
- <i>pre and postnatal</i>	<i>C1 Assessment 1 - Part 4 : Q16</i>
- <i>rheumatoid arthritis.</i>	<i>C1 Assessment 1 - Part 4 : Q17</i>

FOUNDATION SKILLS

Foundation Skills	Task / Question Map
<i>Foundation skills essential to performance in this unit, but not explicit in the performance criteria are listed here, along with a brief context statement.</i>	
SKILLS	
DESCRIPTION	
Reading skills to:	
<i>interpret pre-exercise health screening questionnaire requirements and processes to determine client level of risk</i>	C1 Assessment 1 - Part 3 : Q1 C1 Assessment 1 - Part 2 : Q1 Q2 Q3 Q4 Q7 Q9 Q10 C1 Assessment 2 : Q1 Q2 Q3 C1 Assessment 3: Q1 Q2 Q3 Q4 Q5 Q6
<i>interpret pre-exercise health screening questionnaire and accompanying documentation regarding its use, implementation and risk stratification processes.</i>	C1 Assessment 1 - Part 1 : Q8 C1 Assessment 2 : Q1 Q2 Q3 C1 Assessment 3: Q1 Q2 Q3 Q4 Q5 Q6
Writing skills to:	
<i>prepare referral letters with appropriate information from client consultation and pre-exercise health screening questionnaire to general practitioners, personal trainers or advanced personal trainers.</i>	C1 Assessment 2 : Q1 Q2 Q3 C1 Assessment 3: Q1 Q2 Q3 Q4 Q5 Q6
Oral communication skills to:	
<i>provide client with a justified explanation for referral and identify with the client the appropriate person, such as the client's general practitioner, for the referral</i>	C1 Assessment 2 : Q1 Q2 Q3 C1 Assessment 3: Q1 Q2 Q3 Q4 Q5 Q6
<i>use active listening and open and closed probe questioning to interact with clients in a polite and friendly manner.</i>	C1 Assessment 2 : Q1 Q2 Q3 C1 Assessment 3: Q1 Q2 Q3 Q4 Q5 Q6 Workplace Task: Interact with gym members
Numeracy skills to:	
<i>conduct measurements and calculations, such as body mass index within industry standard pre-exercise health screening questionnaire</i>	C1 Assessment 1 - Part 2 : Q2 Q3 Q4 Q5 Q6 Q7 Q9 Q10 C1 Assessment 3: Q1 Q2 Q3 Q4 Q5 Q6
<i>provide clients with advice on appropriate exercise intensity guidelines and heart rate calculations based on pre-exercise health screening questionnaire results.</i>	C1 Assessment 3: Q1 Q2 Q3 Q4 Q5 Q6
Problem-solving skills to:	

determine need for client referral to a general practitioner or a personal trainer or an advanced personal trainer.	C1 Assessment 2 : Q1 Q2 Q3
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ASSESSMENT CONDITIONS

Assessment Conditions	Task / Question Map
Skills must be demonstrated in:	
- a fitness industry workplace or simulated environment with clients with real or simulated fitness needs and expectations, including new and existing clients.	Workplace Task: Work cooperatively as a part of a team
Assessment must ensure use of:	
- industry standard pre-exercise health screening questionnaire	C1 Assessment 3: Q1 Q2 Q3 Q4 Q5 Q6
- informed consent forms	C1 Assessment 1 - Part 1 : Q5 Q6 C1 Assessment 3: Q1 Q2 Q3 Q4 Q5 Q6
- client record forms	C1 Assessment 1 - Part 1 : Q5 Q6 C1 Assessment 3: Q1 Q2 Q3 Q4 Q5 Q6
- referral letter	C1 Assessment 2 : Q1 Q2 Q3
- clients; these can be:	
- clients in an industry workplace, or	Workplace Task: Interact with gym members
- individuals who participate in role plays or simulated activities, set up for the purpose of assessment, in a simulated industry environment operated within a training organisation.	Workplace Task: Interact with gym members
Assessment must ensure access to:	
- legislation and organisational policies and procedures in relation to health screening and fitness orientation.	Workplace Task: Conduct fitness orientation
Assessors must satisfy the Standards for Registered Training Organisation's requirements for assessors, and:	
- have achieved a Certificate IV in Fitness or above; and	Trainer Sign off 1 paperwork: Q1 Q2 Q3 Q4 Q5 Q6 Trainer sign off 2 Workplace activities: Q1 Q2 Q3
- have at least 1 year consecutive post qualification fitness industry experience in the application of the skills and knowledge of the Certificate IV in Fitness.	Trainer Sign off 1 paperwork: Q1 Q2 Q3 Q4 Q5 Q6 Trainer sign off 2 Workplace activities: Q1 Q2 Q3