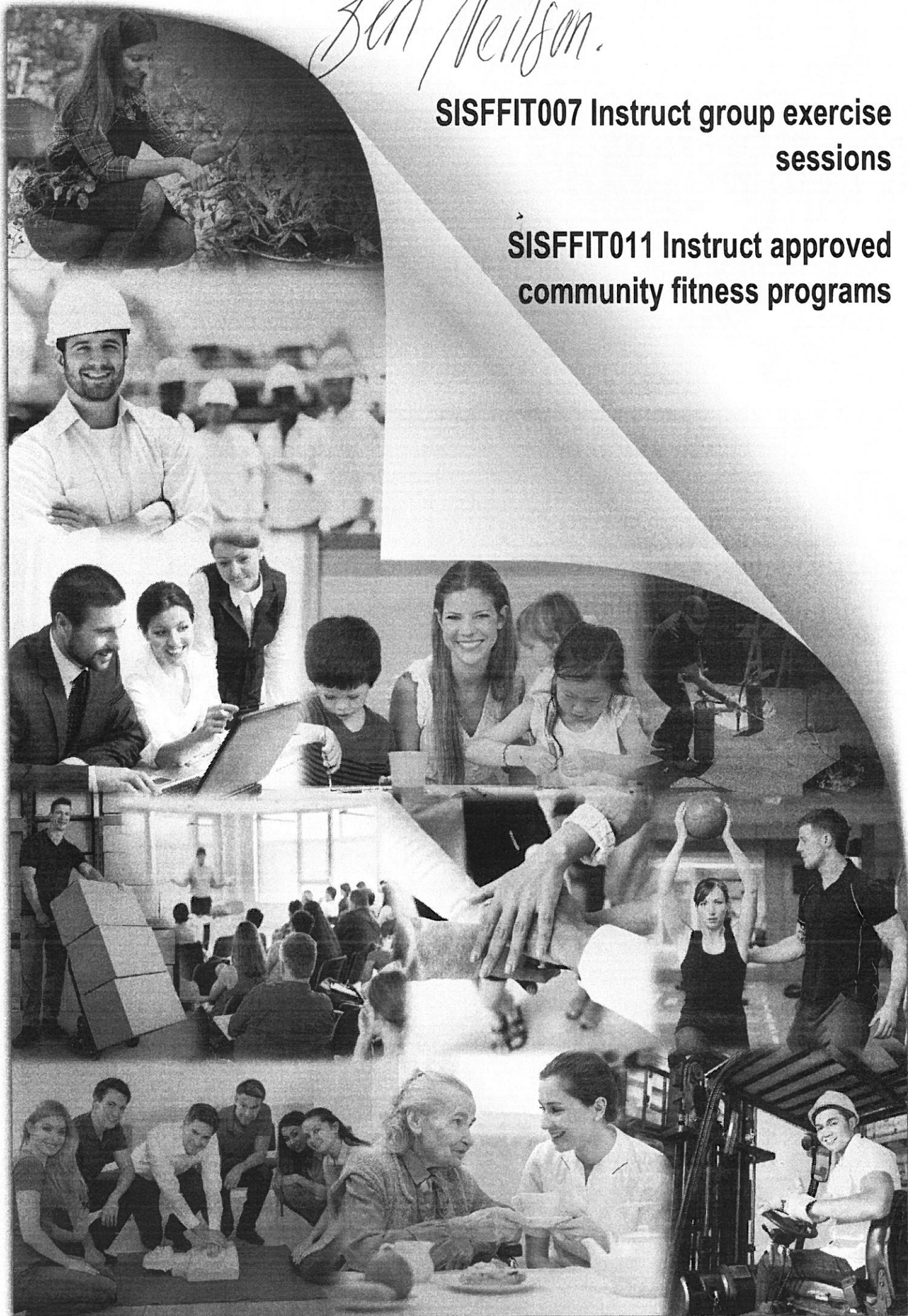


Ben Neilson.

**SISFFIT007 Instruct group exercise
sessions**

**SISFFIT011 Instruct approved
community fitness programs**



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ASSESSMENT FOR SISFFIT007 & SISFFIT011

Student name	
Date of assessment submission	Click here to enter a date.
Trainer/Assessor's name	
Date of assessment marking	Click here to enter a date.
Outcome for units	☐ Competent ☐ Not Yet Competent

TASK INSTRUCTIONS

- The assessment for these units of competency consists of the following:
 - **Short answer activities:** You are required to provide short written responses to a series of activities to demonstrate your knowledge and skills.
 - **Case studies:** You are required to provide written responses to a series of case study scenarios to demonstrate your knowledge and skills.
 - **Practical tasks:** You will be required to put your knowledge and skills into practice, through observed tasks and work experience.
- At times, you will be provided with a specific context to which you must respond, otherwise it is anticipated that you will use a scenario of your choosing to provide context to the task.

SHORT ANSWER ACTIVITIES

ACTIVITY 1

Respond to the following questions:

- What methods can a trainer introduce to encourage groups to work cohesively and support each other during fitness sessions?
- How would you, as a trainer, manage a conflict that arose between two (2) clients during a boxing fitness session?

Encourage cohesiveness and support

Short term and long term goals. Set up competition to see who gets the best situps, push ups, burpies etc each week on a weekend. I would find a new winner train during the week to achieve ✓

Managing conflict

Separate the 2 clients, talk to them privately (listen to both sides, no judgement) Swap partners. If it was a fight I would send both home to cool down. ✓

Outcome for Activity 1

- ☒ Satisfactory
☐ Not satisfactory

24.2.2017.

Trainer/Assessor comments

ACTIVITY 2

For each of the categories below, describe two (2) problems that may arise during a group exercise session, and outline appropriate approaches for resolving each issue:

- a) Overcrowding
- b) Ventilation
- c) Hygiene
- d) Participant to instructor ratio
- e) Emergency situations
- f) Venue hire
- g) Recording and reporting sessions
- h) Security

~~* still not complete (6/3/2017)~~

	Problem	Resolution
a)	Not enough equipment	plan on a none busy day. Mornings or late session. ✓
	Not enough room	
b)	No fresh air	Crank on air-con or fans ✓
	Smelly people	open windows (if supplied)
c)	Puts people off	provide deoderant if needed ✓
	Not good for the environment	recomend a shower before & after.
d)	Slacking off	encourage the clients
	Not motivated	ask what they want
e)	Interrupt the workout	if someone has medical issues
	Bad for the person (client)	change workout for the client. ✓
f)	Clients not comfortable	Sit down with client
	misused information ^{equipment used incorrectly}	for almost a guidance session. ✓
g)		
h)		

Please review - *
spread of germs?

Please review - *
Safety?



Outcome for Activity 2	☒ Satisfactory 6.3.2017. ☒ Not satisfactory
Trainer/Assessor comments	Please finish (g) + (h) 24.2.2017. Additions made via email Submitted 26.2.2017.

ACTIVITY 3

Harmful practices can be evident, but difficult, to control. Discuss how you, as a trainer, would work to minimise the impact of the following:

- Hyperextension of joints
- Exercising while sick
- Exercise in high and low temperatures
- Ballistic movements
- High impact movements for clients with incontinence or musculoskeletal conditions

Hyperextension of joints

perform stretches before and after the workouts. Cardio to make a good and get the muscle joints warmed up. ✓

Sickness

Recommend to take a couple of days. If clients come in ask how they are & change workouts to suit them. ✓

High and low temperatures

In colder temperatures as a trainer would get the client to jump on cardio to warm up and stretch. With hot just stretches. - take plenty of drink breaks. ✓

Ballistic movements

- Correct in review emailed 26/2/17. *

High impact movements

Lower the weight for incontinence so the client can have more control and feel the burn also better for musculoskeletal would perform basic compound movements and light weight and build up. ✓

Outcome for Activity 3

- 6.3.2017
- ☒ Satisfactory
- ☒ Not satisfactory

Trainer/Assessor comments

Please Review (e) + Finish (d) 24.2.2017

6.3.2017 Satisfactory ✓

ACTIVITY 4

When conducting and creating group fitness session and programs the trainer must consider a range of areas. Explain how the following areas impact on a trainer's job:

- Work Health and Safety
- Duty of care
- Copyright
- Licensing

Work Health and Safety

Depending on what conditions the clients have as a trainer would need approval if needed from a doctor so the client can train. → Gym or Facilities Policies, eg - Evac. Procedures.

Duty of care

It is a personal trainers responsibility to make sure the client is safe and if anything happens the trainer would be blamed so write a confirmation and ask the client to sign it. ✓

Copyright

Not copyrighting other personal trainers without discussion if copyrighted it would impact trainer and gym. ✓ + licenced music

Licensing

Outcome for Activity 4

- ☒ Satisfactory 6.3.2017.
☒ Not satisfactory

Trainer/Assessor comments

Please finish (d) & review (a) 24.2.2017.
6.3.2016 Satisfactory ✓

ACTIVITY 5

Seeking and evaluating feedback is an important way for you to improve on your performance.

- Create a feedback sheet/survey that you can use to gauge areas of improvement from your group exercise sessions.
 - Your feedback sheet/survey should be easy to understand and able to be completed in under two (2) minutes.
- Detail two (2) situations where you modified your practice as a result of feedback received on your practical sessions, including the updating of session documentation.

Feedback sheet			
Name: _____ PI Name: _____ Date: _____ Circle 1 to 5 1 being really bad 5 being awesome Sign here: _____	1) How successful was your training? 1 2 3 4 5	3) How well were you motivated? 1 2 3 4 5	→ Any Notes of improvement to personal trainer or the gym please write down
	2) Have you noticed any significant changes? 1 2 3 4 5	4) Did session time suit your schedule 1 2 3 4 5	
		5) Would you continue with PT 1 2 3 4 5	
Using feedback			
1) After reviewing feedback Schedule times were not adjusted.		2) After reviewing feedback More motivation skills were given to my client best suited to them	

✓ This is Great!!

Outcome for Activity 5	☒ Satisfactory ☐ Not satisfactory
Trainer/Assessor comments	I liked this Feedback form - very user friendly to the client. 24/2/17

CASE STUDIES

CASE STUDY 1

Select two (2) of the scenarios from the following list and create a group exercise program for each (using the templates below):

- A beginner group circuit training program for eight (8) clients
- A choreographed group fitness session for twelve (12) clients with music
- A high intensity group circuit training for fifteen (15) experienced clients

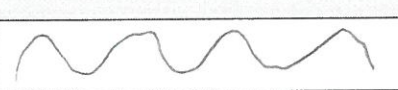
Create five (5) exercise cards that demonstrate five (5) different movements selected in your exercise programs. Each card needs to include:

- A diagram
- 4-5 cues for the movement, plus any other helpful information you feel may make the movement easier for a client
- Three (3) levels of difficulty for your clients: Beginner, intermediate and advanced (e.g. sissy squat, bodyweight squat, jump squat)

6.3.217
NTD on

GROUP EXERCISE SESSION 1		
Date	Click here to enter a date.	
Number of clients	eight beginner clients	
Location	Sport Hall	
Goal	Get clients around circuit around the circuit in a appropriate time frame ✓	
Safety measures	medical conditions (if so more information needed) Fitness level + Safety of Training area (Hazards, etc): Providence for each member for stronger relationship. ✓	
Equipment required	kettle bell, yoga ball, mats, skipping rope, medicine ball light weights ✓	
Music required	Best suited for clients age appropriate ✓	
Plan	Session timing and music	Exercise
	Warm up	
	5-10 minutes	Jogging, sprinting, walking stretching ✓
	Main session	
	15 minutes - 20 minutes	⊕ ~~~~~ Describe exercises. ✓
	Cool down	
	10 minutes	A lot of stretching water break fruit provided. ✓
Client feedback		
Session notes		

High intensity circuit 15 experienced clients.

GROUP EXERCISE SESSION 2		
Date	Click here to enter a date.	
Number of clients	Fifteen clients (experienced)	
Location	Sport Hall or gym.	
Goal	To achieve the maximum intensity and loose the most amount of weight for the client & achieve the best outcome at the circuit.	
Safety measures	→ Medical conditions (cleared by doctor to train) ✓ → any problems with self consciousness. + Safety Hazards of Training Area.	
Equipment required	medium weights Kettle bell ✓ heavy medicine ball mats heavy ropes	
Music required	Best suited for clients ✓	
Plan	Session timing and music	Exercise
	Warm up	
	5-10 minutes	Jogging, walking & Sprinting ✓
	Main session	
	10-15 minutes	
	Cool down	
	10 minutes	Stretching water drink Fruit provided for snack. ✓
Client feedback		
Session notes		

⊕ Describe exercises.

Outcome for Case Study 1	☐ Satisfactory ☒ Not satisfactory
Trainer/Assessor comments	Please add brief description of exercises in main session. 6-3-2017 Part two not done, "exercise cards".

CASE STUDY 2

Access the following website and select one (1) community engagement fitness program:
<http://www.goldcoast.qld.gov.au/community/active-healthy-program-27969.html>

For your chosen program, outline the following considerations you will make for:

- Safety of your clients
- Safety of the facility/location where sessions will be undertaken
- Legal safeguards for yourself

Aim for three (3) considerations per element in the table below.

Example:

Element	Consideration	Consequence (if not followed)	Ways to counter
Facility	Outdoor environment – rain during event	• Slip and fall • Not following duty of care	• Have a second facility planned • Have a suitable cancellation process to inform all clients as soon as possible

Element	Consideration	Consequence (if not followed)	Ways to counter
Facility			
Licensing			
Resources			
Equipment			
Clients			
Programming			
Feedback			

Outcome for Case Study 2	☐ Satisfactory ☒ Not satisfactory
Trainer/Assessor comments	Not started.

To Be completed Nov 2017

PRACTICAL TASKS

You are required to have a suitable observer verify your ability to complete the following tasks. These tasks may be simulated or real.

TASKS	VERIFIED
A. Plan, instruct and evaluate five (5) group exercise sessions of varying nature (i.e. with/without music for choreography/motivation; with/without equipment; beginner/intermediate/advanced participants; low/high impact) meeting the following requirements: • Conducting sessions that incorporate – ○ Pre-session instructions ○ Safe and effective instructional techniques ○ Modification of exercise options to meet individual needs ○ Music to match participant needs • Monitoring exercise intensity during every session using at least one (1) of the following methods – ○ Heart rate response ○ Perceived rate of exertion ○ Talk test • Use of the following communication skills – ○ Clear verbal communication ○ Modelling and demonstration ○ Motivational techniques	☐
B. Instruct three (3) approved community fitness programs of varying nature (i.e. beginner/intermediate/advanced participants; low/high impact), demonstrating the following: • Clear and accurate instructions and pre-session information: ○ Personal introduction ○ Verbal pre-screen ○ Session level outline/demonstration and exercise explanation ○ Well-timed visual and verbal cueing ○ Class organisation and formation ○ Emergency procedures ○ Appropriate and safe footwear and clothing ○ Rests ○ Correct exercise techniques and breathing • Modification of exercise options to meet individual needs • Sensitivity to social and cultural differences or needs • Regular encouragement and feedback to clients during session • Use of the following communication skills – ○ Clear verbal communication ○ Modelling and demonstration ○ Motivational techniques • Appropriate use of equipment and resources required for the delivery of the program	☐

Outcome for Practical Tasks	☐ Satisfactory ☐ Not satisfactory
Trainer/Assessor comments	

Activity 2 – Review (Page 5)

F was written incorrectly, the answer was place there is For G ✓

F – Venue Hire

Problem: Double Booked by the agent

Solution: When making a booking also have a PLAN B in case something unforeseen goes wrong. Book or locate a different location that will be suitable for the group session ✓

Problem: Overcharge

Solution: When booking a location always ask for a written quote. This will ensure the correct amount is charge no one is overcharged ✓

H – Security

Problem: Groups or Gangs could break into the venue

Solution: Confirm the venue has alarms bolted doors and windows. Insurance is paid up to date ✓

Problem: A members of the group could be inappropriately filming group members

Solution: Advice the group before training starts that no mobiles can be used during training. ✓

Activity 3 – Review (Page 7)

Ballistic Movements

Suggestions: Warm up first and then do some gentle stretching on calf muscles
During the stretch a ballistic movement will activate a safety mechanism called the stretch reflex which we don't want to happen.

X Not
Correct
definition
of Ballistic
movement.

Activity 4 – Review (Page 8)

Licensing

Personal trainers are required to be a member of a registering body in order to gain insurance and

Work as a personal trainer. The minimum qualification is a ~~Certificate 3 in Personal Training~~ ✓

If training in your own home you may require a permit.

It is a good idea to check free online services.

The Australian Business Licence and Information Service

Cert IV Fitness.

Marked 6.3.2017.

NYC.



Review: Page 10 Group Exercise Session 1 (Warm Up – Running Stretching Jumping Jacks 5 Mins Each)

First Station:	Kettle Bells 10 – 12 Reps of squats	4 Sets
Second Station:	Skipping Ropes Skipping for 30 seconds	Break 10 seconds x3
Third Station:	Medicine Balls Russian Twist 10 each side	3 Sets
Fourth Stations:	Light Dumbbells Shoulder Dumbbells press 10 – 12 Reps	4 Sets

(Cooling down lay down stretching hamstrings quarts – Water Break)

**Review: Page 11 Group Exercise Session 2
(Warm Up – Running Stretching Jumping Jacks 5 Mins Each)**

First Station:	Medium Dumbbell's Bicep Curls Superset 15 Reps Hammer Curls 4 sets 4 sets	
Second Station:	Kettle Bell Squats Super Set 15 Reps Squats 4 Sets 15 Reps	
Third Station:	Medicine Ball Leg Rises (with Medicine ball in between legs) 12 Reps 4 Sets	Super Set Body Weight Sit-ups 12 Reps – 4 Sets
Fourth Station:	Heavy Ropes Performing 1 minutes of Ropes 20 Second Rest 4 Sets	Super Set in between sets 10 Reps 4 Sets

(Cooling down lay down stretching hamstrings quarts – Water Break)

