

**SISFFIT001 Provide health screening
and fitness orientation**

**SISFFIT006 Conduct fitness
appraisals**

**SISXCCS001 Provide
quality service**



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ASSESSMENT FOR SISFFIT001, SISFFIT006 & SISXCCS001

Student name	JOSHUA FLETT
Date of assessment submission	15/08/2015
Trainer/Assessor's name	Kymberley Sant
Date of assessment marking	20/08/2018
Outcome for units	☐ Competent ☒ Not Yet Competent

TASK INSTRUCTIONS

- The assessment for these units of competency consists of the following:
 - **Quiz:** You are required to complete a series of multiple choice questions to demonstrate your knowledge and skills.
 - **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.

QUIZ

QUESTIONS	CORRECT
1. Services provided by a gym include which of the following? Select all that apply. ☒ Group exercise ☐ Lifestyle advice ☒ Healthy eating information	☐
2. Which of the following are benefits of fitness activities? Select all that apply. ☐ Improved stamina ☒ Decreased flexibility ☒ Decreased body fat	☐
3. 1RM is the... ☒ Maximal amount of distance a person can cover in one race ☐ Maximal amount of force that can be generated in one maximal contraction ☐ Minimal amount of energy expended in one repetition ☐ Maximal row movement created in one training session	☐
4. What is the suggested order of testing? ☐ Passive, Strenuous, Active ☒ Seated, Standing, Running ☐ Passive, Active, Strenuous ☐ Strenuous, Active Passive	☐
5. What is the optimal blood pressure rating? ☐ >140 / >90 ☒ 130-139 / 80-84 ☐ <120 / <80 ☐ 120-129 / <80	☐
6. What is VO₂ Max? ☒ The lowest amount of oxygen used in a three (3) minute period ☐ The greatest amount of oxygen the body can consume in one (1) minute ☐ The greatest amount of oxygen the body can consume in three (3) minutes ☐ The most accurate method of obtaining maximal oxygen consumption	☐

7. What is the 'seven state sit up test' an indicator of? ☒ Muscular strength ☐ Cardiovascular endurance ☐ Flexibility ☐ Muscular endurance	☒
8. What are WHR and bioelectrical impedance used to test? ☒ Body height ☐ Body function ☒ Muscular strength ☐ Body composition	☐
9. What does SMART stand for? ☒ Smart, Realistic, Accessible, Realistic, Time frame ☐ Specific, Meaningful, Alterable, Rewarding, Timely ☐ Specific, Measurable, Achievable, Rewarding, Timely ☐ Special, Measurable, Achievable, Rewarding, Timely	☐
10. What are the suggested steps in a client induction? ☐ Initial consultation, Fitness testing, Counselling ☐ Screening, Testing, Programming ☒ Client questioning, Client testing, Client consultation ☐ Counselling, Testing, Client conversation	☐

Outcome for Quiz	☐ Satisfactory ☒ Not satisfactory
Trainer/Assessor comments	

SHORT ANSWER ACTIVITIES

ACTIVITY 1

Clients can show apprehension in the lead up to their first gym visit.

- What are some strategies you, as a trainer, could employ to make your client feel more comfortable on their initial gym visits?
- What barriers usually concern clients before they join a gym?
- How would you, as a trainer, alleviate these concerns?

Comfort strategies

HELP THEM OUT WITH WORKING
SHOW THEM AROUND SO THEY KNOW WHERE THINGS ARE
TEACH THEM THE CORRECT USE OF THE EQUIPEMENT

Client barriers

THEY HAVE GYM CLOTHS N
THEY KNOW THE USE OF A GYM

Alleviating concerns

HELP THEM OUT
WORK WITH THEM

Outcome for Activity 1

- ☐ Satisfactory
☒ Not satisfactory

Trainer/Assessor comments

You answer to **Comfort strategies** is correct. Please go into a little more detail for **Client Barriers** and **Alleviating concerns**. For example a **client barrier** could be time- to help **alleviate that concern** that you could offer shorter sessions to workout at the gym.

ACTIVITY 2

A pre-test screening is an essential part of any client consultation.

- a) Why is it important that clients undertake a pre-test screening prior to beginning any exercise program?
- b) How would you explain its purpose to a client?

Importance of pre-test screening

SO THE INSTRUCTOR KNOW WHAT THEY WANNA MOSTLY WORK ON WHEN THEY COME INTO A GYM

Explaining purpose to client

CREATING A CONSULT LIKE A SHEET WITH THE WORKOUTS HIM/HER WANTS TO WORK ON IN THE GYM

Outcome for Activity 2

- ☐ Satisfactory
☒ Not satisfactory

Trainer/Assessor comments

Close- please go into a little more details about what Client pre-test screening is, for example training history, etc.

ACTIVITY 3

A client can identify many different injury and illness concerns during a pre-exercise screening.

- Name four (4) commonly seen injuries and illnesses that may be identified in a screening.
- Identify the specific allied health professional (AHP) you would send your client to prior to commencing a new program.

Common injuries and illnesses

DROPPING THE WEIGHTS ON YOUR TOE
COUGHING
BLEEDING NOSE

Allied health professional

A professional program planner

Outcome for Activity 3

- ☐ Satisfactory
☒ Not satisfactory

Trainer/Assessor comments

This question talks about injuries your client may have before coming to train with you, for example knee injury. Please list for more common injuries your clients may have above.

ACTIVITY 4

Goal setting is an essential part of pre-exercise screening.

- a) Explain why goal setting plays an important role and the purpose it serves.
- b) Explain what the SMART acronym stands for.

Importance and purpose of goal setting

SO WHEN YOU COME TO THE GYM YOU KNOW YOUR PURPOSE IS TO REACH YOUR GOAL

SMART meaning

SMART IS YOU COME IN WITH TUFF SHOES ON AND GYM CLOTHING A WATER BOOTLE NAD START WORKING OUT NOT COME IN WITH YOUR pjs ON AND GO GET CHANGED

Outcome for Activity 4

- ☐ Satisfactory
☒ Not satisfactory

Trainer/Assessor comments

Please review your answer

ACTIVITY 5

Clients can enter a gym believing many fallacies that have no scientific or health basis. What responses would you give a client who makes the following statements:

- a) I don't want to lift weights, as it will make me bulky!
- b) Everyone who has large muscle mass is on steroids!
- c) I don't need resistance training to lose weight!

	Response
a)	YOUR IN A GYM FOR A REASON TO GET BULKY IF NOT LEAVING CAUSE THERES NO POINT YOU BEING HEAR
b)	NOT EVERYONE IS IN FACT THEY COME TO THE GYM AND DO LIFT WEIGHTS
c)	WELL HOW ARE YOU GOING TO LOSE WEIGHT EITHER COME TO THE GYM OR GO RUNNING

Outcome for Activity 5	☐ Satisfactory ☒ Not satisfactory
Trainer/Assessor comments	Please review your answer

ACTIVITY 6

As a person gains exercise experience, their approach to training changes both physically and psychologically.

- a) Identify the stages of change.
- b) How does motivation vary according to this experience?

Stages of change

Contemplation, Preparation, Action, Maintenance

Variation of motivation

Motivation involves the biological, emotional, social, and cognitive forces that activate behaviour

Outcome for Activity 6

- ☐ Satisfactory
☐ Not satisfactory

Trainer/Assessor comments

Is this your own work Joshua?

ACTIVITY 7

What physiological changes can a person expect if they adhere to a suitable and effective resistance and cardio training program?

Physiological changes

Treadmill, bike, cross-trainer

Outcome for Activity 7

- ☐ Satisfactory
☒ Not satisfactory

Trainer/Assessor comments

Please review your answer.

ACTIVITY 8

Consider the role of promotions in providing a quality service:

- a) Identify two (2) gym promotions you have seen in your local area.
 - Discuss what made each promotion effective
- b) What legislation is in place to ensure the fairness of such promotions for potential gym clients?

PROMOTION 1

Describe promotion

Inspectors coming in to check the gym over make sure of all safety

Promotion effectiveness

Inspectors coming in to check the safety of the gym

PROMOTION 2

Describe promotion

•Hold Charity Competitions

Promotion effectiveness

Vs against charity

Legislative protection

ensures that trading is fair for your business and your customers. It promotes good business practices for a fair and efficient marketplace

Outcome for Activity 8

- ☐ Satisfactory
☒ Not satisfactory

Trainer/Assessor comments

Please review your answers for Promotion 1 & 2.
Is that your own work for **Legislative Protection**?

ACTIVITY 9

Identify two (2) different running tests you may use to establish a client's cardiovascular endurance and speed. Explain the differences between these tests.

Running test types

RUNNING UP AND DOWN A ROAD KEEPS YOU A FIT AND RUNNING ON THE SPOT WITH PUT YOUR HEART RATE UP ASWELL AS YOUR PULSES

Outcome for Activity 9

☐ Satisfactory

☒ Not satisfactory

Trainer/Assessor comments

Please review your answer.

ACTIVITY 10

For each of the following conditions, identify one (1) training consideration:

- a) Asthma
- b) Children
- c) Continence issues
- d) Depression
- e) High cholesterol
- f) Hypertension
- g) Knee injuries
- h) Lower back pain
- i) Menopause
- j) Diabetes mellitus (metabolic disease/condition)
- k) Neck issues
- l) Obesity/overweight
- m) Older populations (or conditions associated with ageing process)
- n) Osteoporosis
- o) Pregnancy
- p) Pregnancy (pre and postnatal)
- q) Arthritic conditions (including rheumatoid arthritis and osteoarthritis)

	Response
a)	Don't push yourself so hard
b)	LIGHT WEIGHTS
c)	DON'T LIFT SO HEAVY
d)	HARD WORKING AND HEAVEY
e)	Don't work so much with vitiems
f)	Don't work with high blood presure
g)	WORK UPPA BODY AND MAYBE JUST THIGHS

h)	WORK UPPA BACK MUSCLE
i)	Don't work work if sore
j)	Don't work and give others the decease
k)	WORK LOWER BODY AND DON'T DO ANYTHING TO DO WITH HEAD PR NECK
l)	RUNNING OR ON A BIKE
m)	LIGHT WEIGHT AND LITTLE EXERCISES
n)	Don't work so much muscle on that bone
o)	LIFT WEIGHT AND NO EXERCISE AROUND STOMUCH
p)	Light weight and nothing around the belly
q)	Don't work if unsafe s

Outcome for Activity 10	☐ Satisfactory ☒ Not satisfactory
Trainer/Assessor comments	Please review your answer- more detail is required here.

ACTIVITY 11

You have received a client complaint via email. Explain the process for responding to a complaint email.

Complaint email response

IM SORRY ABOUT THAT IF YOU COME INTO THE GYM WE COULD SORT THIS OUT TOGETHER IF YOU WOULD LIKE TO

Outcome for Activity 11

- ☐ Satisfactory
☒ Not satisfactory

Trainer/Assessor comments

Please review your answer- more detail is required here

CASE STUDIES

CASE STUDY 1

Greg is a 35 year old construction worker who is joining the gym for the first time. As his job is very physical he is looking to train to improve his basic strength and improve cardiovascular fitness.

Greg identified in his pre-exercise screening that he smokes cigarettes (half a pack every day) and eats fast food at least every second day. His screening places his BMI at 29 and he has early indications of hypertension.

Respond to the following points:

- Recommend some lifestyle changes for Greg, identifying the benefits he would gain from these changes, combined with your training program.
- Identify how the two (2) fitness appraisal results will impact on Greg's training, and specify who you would send him to for further health testing.
- Identify some goals you could set with Greg to impact on his motivation in the short and long term.
- Explain how you would ensure the long term commitment to training that Greg needs to have to reach his goals.
- Outline how the initial information provided will form the basis of your programming.
- Identify the physiological benefits Greg can expect to enjoy if he follows the program.
- Identify the facilities provided by most gyms that would allow Greg the best chances to improve his fitness goals.
- Does Greg show symptoms that would require clearance from an allied health professional (AHP)? If yes, who would you send him to? Justify your response.

	Response
a)	Build muscle
b)	A physical trainer
c)	Build muscle get better skills for construction
d)	Come to the gym and build muscle at least 1 a week
e)	Will tell me what Greg is after in a gym

f)	Building muscle and keeping fit
g)	Working out and doing the program they have done up for Greg
h)	A physical trainer that helps with that

Outcome for Case Study 1	☐ Satisfactory ☒ Not satisfactory
Trainer/Assessor comments	Please review your answer- more detail is required here

CASE STUDY 2

Eleanor has been informed by her GP that she is at risk of developing osteoporosis, as she gets older. She is only 29 and is physically active. She does Pilates and runs three (3) times a week. Eleanor is confused as to why someone who is active could be developing these symptoms.

Eleanor was told to come to see you at the gym but is not really sure how weights will help. She has also identified that she would like to improve her overall muscle tone and train to run a half marathon in the next 12 months.

Respond to the following points:

- Explain why Eleanor might be showing early symptoms of osteo illness.
- Outline how resistance training can play a vital role in bone strength and density.
- Describe how resistance training is an effective training method for most health benefits.
- Identify what other lifestyle and training advice would you give to Eleanor in order to improve her chances of staving off this illness.
- Identify what facilities are available to Eleanor to help her train and achieve her goals.
- Describe the physiological changes Eleanor can expect to see if she adhered to a training program of weights and cardio exercises.

	Response
a)	Getting sick or got the flu
b)	muscle grows on the bones over your body
c)	It keeps you fit so you're not always at home because you are unfit
d)	Eat before a workout and drink water during the workout and eat again after the workout
e)	Running on a treadmill or riding a bike or lifting weights
f)	She would build muscle and keep fit if she does cardio aswell

Outcome for Case Study 2	☐ Satisfactory ☒ Not satisfactory
Trainer/Assessor comments	Please review your answer- more detail is required here

CASE STUDY 3

Conduct a pre-exercise health screening with an individual of the general public and respond the follow up questions:

- a) Consider the goals of your client
 - What are the exercise goals of your client?
 - How would you, as a trainer, contribute to the long term and short term attainment of these goals?
 - What services does your client have access to in the fitness industry in order to reach these goals?
- b) How does your client's current fitness level dictate the choices you will make with your programming?
- c) Consider the impact of illnesses or injuries
 - Does the indication of any illness or injury concerns require you to refer to an allied health professional (AHP)?
 - If yes, describe your reasoning behind this referral.
- d) What basic shape would your programming take in regards to training principles? (e.g. FITT, style of training, Resistance and cardiovascular training)
- e) Where would you store the information gathered from the screening process? Why is this important?
- f) What are some lifestyle factors your client has indicated, that you believe would have an impact on their future health?
- g) After identifying your client's goals and current health, name two (2) fitness tests you would use to appraise the fitness level of your client. In what ways are these the most suitable and safe tests for your client?

	Response
a)	Building muscle Come to the gym a fair bit to keep the exercise up and keep fit Weights and exercise machines
b)	I will ask information about the client and add up program from there goals and information
c)	Yes because if any injury or illnesses you cannot workout
d)	Style of training and cardio because I think that is best for everyone
e)	In a folder under the clients name and last name so we can grab it out to write details down about the client
f)	Working hard at a old age and lifting to heavy for themselves

g)	The beep test to test the clients running ability Cardio to see the longest exercise
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Outcome for Case Study 3	☐ Satisfactory ☒ Not satisfactory
Trainer/Assessor comments	Please review your answer- more detail is required here

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. Over at least three (3) hours of work experience in a fitness workplace, deliver five (5) client contact sessions in orientation and health screening for clients of differing age, gender, health level, needs and preferences, completing the following: • Use of a risk stratification process for each client, completing referral to a doctor or allied health professional as required [Evidence: Adult pre-exercise screening sheets; Referral letters (if appropriate)] • Perform measurements and calculations (e.g. waist circumference, waist to hip ratio, body mass index) • Development of a client profile [Evidence: Client Profile for each client] • Reflection on your job role performance during each client session, documenting your experiences [Evidence: Job role logbook; Reflection handout]	☐
B. Over at least five (5) hours of work experience in a fitness industry workplace, deliver client contact sessions for the five (5) clients in Task A, completing the following: • Plan and conduct health and fitness appraisals incorporating the following health and fitness assessments for each client: ○ Cardiorespiratory endurance (submaximal oxygen consumption) ○ Blood pressure ○ Range of movement/flexibility ○ Strength ○ Weight ○ Height ○ Body mass index ○ Waist to hip ratio ○ Girth measurements • Documentation for the sessions (to a standard expected in a professional fitness workplace) [Evidence: Fitness Assessment Sheet for each client] • Reflection on your job role performance during each client session, documenting your experiences [Evidence: Job role logbook; Reflection handout]	☐

C. In response to a simulated situation, perform a client orientation to a fitness facility and carry out a health screening for two (2) new clients to determine their readiness to commence exercise. Each client requires a referral to a different medical or allied health professional when guidance/feedback is required regarding exercise participation. Within a 10 minute session per client, demonstrate the following: • Choose an appropriate place to perform the orientation and health screening • Establish rapport with the client • Accurately administer and review a pre-exercise screening questionnaire [Evidence: Adult pre-exercise screening sheets] ○ Explain the purpose of the questionnaire ○ Identify and accurately assess client's requirements, needs and expectations ○ Clarify screening information provided, as required ○ Discuss client's habits, lifestyle, family situation, exercise preferences and personality differences which might affect the prescription of an appropriate exercise program ○ Develop and document the short and long term fitness goals and current physical activity patterns of client ○ Prepare referral letters for medical or allied health professionals [Evidence: Referral letters] • Advise client on the benefits, risks and procedures of fitness appraisal and exercise prescription • Discuss the importance and relevance of individualised exercise programs • Discuss motivation, exercise adherence and behaviour change strategies • Provide basic information on the impact of poor lifestyle habits • Advise client on specific fitness programs, services and facilities to match each client's needs, goals and preferences – explaining the benefits of those activities to the needs of the client • Explain the available services and facilities relevant to the client's requirements and expectations • Develop a client profile [Evidence: Client Profile for each client] Within your interactions: • Positively respond to diverse demands and requests from your clients • Appropriately respond to Client 2 arriving before you have finished with Client 1	☐
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D.	Carry out a fitness assessment on the two (2) clients in Task C, as well as a re-test on one (1) existing client. The clients from Task C have returned after referral from the medical or allied health professional – Client 1 is to exercise at a light intensity only; Client 2 is to exercise at a medium intensity. As part of the fitness assessment, complete the following: • Choose an appropriate place to perform the fitness assessment • Organise, clean and prepare required fitness assessment equipment • Motivate and encourage the client • Perform any non-exercise testing relevant to the client's goals and needs • Perform one (1) upper body muscular strength/endurance test • Perform one (1) lower body strength/endurance test • Perform one (1) aerobic fitness test • Perform one (1) flexibility test After the fitness testing, complete the following: • Interpret the results of the fitness tests performed. ○ Client 3's results find that the client has not achieved their goals and would benefit from a referral to a more highly qualified fitness professional (e.g. personal trainer) <i>[Evidence: Fitness Assessment Sheets for each client; Referral letter for Client 3]</i> • Verbally explain the results to the client • Recommend an appropriate fitness exercise program	☐
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Outcome for Practical Tasks	☐ Satisfactory ☐ Not satisfactory
Trainer/Assessor comments	