

**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	Kayhla Harris
Date of assessment submission	24/10/2018
Trainer/Assessor's name	Kymberley Sant
Date of assessment marking	30/10/2018
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

I would always strive to make clients feel comfortable and relaxed in this new environment. Greeting them and making them feel welcome. Approaching them and making sure they know I'll be there every step of the way to motivate them and to answer any questions they may have. I'd also offer to correctly demonstrate any fitness equipment they would like to use.

Client barriers

There are many concerns for clients before joining a gym including social, physical, environmental and interpersonal barriers. Some may have injuries or medical conditions, they may be scared of injuring themselves, be time poor, lack motivation, find exercise boring or unenjoyable, be experiencing financial struggles or have no friends or family who want to join them or support them.

Alleviating concerns

Depending on the individual concerns of the client I would break down their problem into achievable pieces. For example, if they think they have no time in the day for exercise we could go through their day to find where we could fit it in, and plan it writing in a diary. Even breaking their exercise time up into 2 or 3 times throughout the day. 30mins could be broken into 2x15min time periods. If its fear of injury, I'd explain the importance of warming up and cooling down and different exercises or stretches to perform and stress the importance of correct form. If its motivation I'd suggest trying a gym class or doing PT's as I've personally found these to be very motivational and also a social aspect of the gym scene.

Outcome for Activity 1

- ☒ Satisfactory
☐ Not satisfactory

Trainer/Assessor comments

Perfect Answers!

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

A pre-test screening is important as it gathers all of a client's information including age, medical history and exercise intentions. Based on the results it shows if a client requires medical clearance or referral before starting an exercise program. It is also a legal requirement.

Explaining purpose to client

I'd explain that I need as much information as possible, so I can train them safely and appropriately. Also, to make sure there are no conditions that could worsen from starting an exercise program.

Outcome for Activity 2

- ☒ Satisfactory
☐ Not satisfactory

Trainer/Assessor comments

ACTIVITY 3

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

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

Common injuries and illnesses

Knee, Lower back, Rheumatoid Arthritis and Osteoporosis

Allied health professional

Physio for knee and lower back, Doctor or Rheumatologist for Rheumatoid arthritis and Doctor or Physiotherapist for Osteoporosis.

Outcome for Activity 3

- ☒ Satisfactory
☐ Not satisfactory

Trainer/Assessor comments

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

Setting goals helps clients to focus on what they'd like to change and what needs to be done to achieve it. Short term goals give a sense of an immediate target to focus on while long term goals keep the overall objective in mind. They are important to keep a client motivated and on the right track, they make working out more efficient and help to see progress.

SMART meaning

Goals must be specific, measurable, achievable, realistic and timebound.

Outcome for Activity 4

- ☒ Satisfactory
☐ Not satisfactory

Trainer/Assessor comments

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)	This is a myth especially among females. It's a combination of diet (high in protein and huge amounts of food) and very specific training to "bulk up". It would be very difficult to do it from lifting heavy weights alone. If anything, weight training burns more calories than cardio.
b)	Don't judge a whole group on a select few. Many people who train do it naturally and are very dedicated to their training, diet and exercise. It is a way of life.
c)	Resistance training is the primary way to engage your muscles to burn fat. The huge advantage is the body's ability to burn fat during and after exercise. You will see better, faster results incorporating weights into your training than cardio alone.

Outcome for Activity 5	☒ Satisfactory ☐ Not satisfactory
Trainer/Assessor comments	

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

The 5 stages of change are:

- 1 Precontemplation
- 2 Contemplation
- 3 Preparation
- 4 Action
- 5 Maintenance

Variation of motivation

Both motivation for change and a change in behaviour is needed for success. If you have been exercising consistently for longer than 6 months and have blended positive habits into your lifestyle then you are in the maintenance stage. Many people tend to go back and forth between the contemplation, preparation and action stages.

Outcome for Activity 6

- ☒ Satisfactory
☐ Not satisfactory

Trainer/Assessor comments

ACTIVITY 7

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

Physiological changes

Fat loss, increases in aerobic capacity, anaerobic capacity, strength, tone and muscle mass.

Outcome for Activity 7

- ☒ Satisfactory
☐ Not satisfactory

Trainer/Assessor comments

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

My Gym offers 4 free weeks for existing Members when they refer and sign up a new Member.

Promotion effectiveness

Many members have taken advantage of this promotion by referring family and friends. This has not only created more memberships but also more of a community feel to the Gym.

PROMOTION 2

Describe promotion

"Challenge Yourself Goodna" A 4-week weight loss challenge with cash and prizes for men and women who lose the biggest percentage body fat.

Promotion effectiveness

The cost is \$70 to enter and open to non-gym members. There are classes run just for the challengers and PT sessions offered at a discounted rate. This has also increased memberships as people who complete the challenge want to keep coming to gym and join up!

Legislative protection

New members/Challengers must sign off on the Terms and Conditions when commencing membership/challenge. Also sign a release to use before and after photos on website or social media.

Outcome for Activity 8

- ☒ Satisfactory
☐ Not satisfactory

Trainer/Assessor comments

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

Cardiovascular endurance testing measures how efficiently the heart and lungs work together to supply oxygen and energy to the body during physical activity. A client's VO2 Max can be calculated using the Bruce Treadmill Test and The Ebbeling Treadmill Test. The Bruce Treadmill Test gets the client to run on a treadmill to exhaustion. At timed stages the speed and gradient are increased. When the client is unable to continue the test ends, ideally this should be between 9 and 15 minutes.

The Ebbeling Treadmill Test requires the client to walk on a treadmill and using a heart rate monitor, start a 2-4min warm up that raises the heart rate to 50-70% of their maximum heart rate. They then walk at the pace determined during warm up with a 5% incline for 4 minutes recording the average heart rate during the last 30 seconds of the test.

Outcome for Activity 9	☒ Satisfactory ☐ Not satisfactory
Trainer/Assessor comments	

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)	Asthma: Be aware of exercise induced Asthma. 6 minutes or more of vigorous activity in cold, dry air is more likely to trigger Asthma.
b)	Children: Design a training program to prevent growth plate injuries and takes into consideration a child's reduced aerobic and anaerobic capacity.
c)	Continence Issues: Avoid high impact aerobic exercise such as skipping, running and jumping that will cause a great downward force on the pelvic floor.
d)	Depression: Exercise stimulates the release of serotonin and endorphins which can really help someone with depression. Be patient and positive, setting small goals for them to feel a sense of achievement.
e)	High Cholesterol: Get medical clearance before starting an exercise program. Aim for 30 minutes of moderate-intense physical activity most days of the week, beginning with 20 minutes, 3 times/week.
f)	Hypertension: Get medical clearance prior to participating in an exercise program. Progress slowly to relatively moderate-intense aerobic activity. Once aerobic activity improves, add strength training 1-2 days/week.
g)	Knee Injuries: Get clearance from Physio or specialist doctor. Find out how long it has been injured and the client's range of motion to adapt a program.

h)	Lower Back Pain: Avoid high impact activities but begin exercise that minimises stress to the lower back such as low impact aerobic exercise within 2 weeks of the onset of pain.
i)	Menopause: Regular exercise can help reduce menopausal symptoms by regulating weight, stimulating the production of oestrogen, strengthening muscles and bones, relieving stress and reducing depression.
j)	Diabetes mellitus (metabolic disease/condition): See doctor for full medical examination. Do not take part in any strenuous physical activity if feeling unwell or have ketones present in blood or urine.
k)	Neck Issues: Safer to refer client to Physio prior to beginning an exercise program. Specific strength and endurance exercises have been clinically proven to help reduce both acute and chronic neck pain.
l)	Obesity/Overweight: Gradually increase the duration and intensity of the exercise and if the client experiences chest pains, shortness of breath, palpitations, nausea, pain in the neck or jaw, or major muscle or joint pain have them slow right down or stop.
m)	Older Populations: Men ≥ 45 and Women ≥ 55 require medical clearance prior to testing and programming.
n)	Osteoporosis: Always consult with their Doctor or Physio before the client decides on an exercise program. Factors that need to be considered include the clients severity of osteoporosis, fitness level, age, medications, any other medical conditions.
o)	Pregnancy (Prenatal): There are many benefits of regular exercise throughout pregnancy and a woman without any obstetrical complications are encouraged to participate in at least 20-30 minutes of moderate activity (that does not place excess strain on the pelvic floor) most days of the week.
p)	Pregnancy (Postnatal): Obtain Physician clearance. It is recommended that clients wait until their 6 week postnatal check before commencing an exercise program.
q)	Arthritic conditions (including rheumatoid arthritis and osteoarthritis): Refer to a specialist for an exercise program which might include walking, swimming, bicycling, or using an elliptical machine.

Outcome for Activity 10	☒ Satisfactory ☐ Not satisfactory
Trainer/Assessor comments	Great Responses!

ACTIVITY 11

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

Complaint email response

First I would document the complaint. Then reply to the email by greeting the client and apologising. I would politely ask for more details so I could attempt to resolve the issue. I'd then inform the customer of what will happen next and report back to them on the progress of the resolution.

Outcome for Activity 11

- ☒ Satisfactory
☐ Not satisfactory

Trainer/Assessor comments

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)	I would recommend that Greg quits smoking or at very best cuts down. I'd encourage him to eat less takeaway and provide fast and easy options for meal prep etc. The benefits of implementing these changes would include weight loss, having more energy, feeling better and gaining confidence.
b)	Greg's BMI sits him borderline obese and with the indications of hypertension I would refer him to his GP for further testing. If he's struggling to cut out fast food I would also refer him to a Dietician or Nutritionist to be better educated on healthy eating.
c)	Some goals we could set for Greg: Quit smoking. Set a certain number of days he will be physically active, either by coming to the Gym for a class, workout or PT or some other form of exercise outside of Gym. To eat healthier, even refer to a Nutritionist if he's struggling Set a certain number of kilos he would like to lose. Fitness goals, for example, how far he would like to be able to run or certain amount he would like to lift/press etc. To write a daily food diary and explain that many people don't realise just how much they're eating until it's all written down in front of them.
d)	I would encourage regular PT sessions to keep him on track. Initiating contact on a regular basis to keep him motivated. Finding out which form of training he enjoys most and encouraging that to keep him interested. I'd also suggest taking before and after photos to keep him motivated long term.

e)	Seeing as though Greg wants to gain strength and improve his cardiovascular fitness I would tailor a program around that by incorporating weights and cardio into training.
f)	The physiological benefits Greg can expect would be improved heart and lung fitness, lower blood pressure, weight loss, BMI in a healthier range and an increase in strength.
g)	The facilities provided to allow Greg to achieve his fitness goals include all the Cardio machines such as Treadmill, Rower, Elliptical, Stair Climber and Exercise Bike. In regard to strengthening he could use the cable machines or free weights including dumbbells, barbells or kettlebells.
h)	Greg is a heavy smoker with a high BMI and early indications of hypertension. This could put him at risk of many health problems such as heart disease, diabetes and certain cancers. I would send him to his GP for further testing and a clearance to begin an exercise program.

Outcome for Case Study 1	☒ Satisfactory ☐ Not satisfactory
Trainer/Assessor comments	Great Work!

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)	Could be a family history, being female puts you more at risk of developing Osteoporosis, small body frames are at higher risk, thyroid problems, eating disorders, low calcium diet. The fact that she doesn't engage in strength training to build stronger bones and slow bone loss.
b)	Resistance training can help protect your bones, preventing bone loss and help to build new bone. It can also improve balance, muscle mass and connective tissue strength all of which can decrease the risk of Osteoporosis.
c)	Resistance training is an effective method with many benefits including, building muscle mass and toning, builds bone, improves strength, lowers high blood pressure and raises metabolic rate.
d)	Steps to preventing Osteoporosis include, doing regular weight-bearing and strength training, having a healthy and varied diet, eating calcium rich foods, absorbing enough Vitamin D, avoiding smoking, limiting alcohol and caffeine intake.
e)	All resistance facilities are located at the Gym. Cable machines, resistance bands and all free weights including dumbbells, barbells and kettlebells.
f)	Eleanor can expect to see more muscle definition and growth, increased muscle power, greater stamina, improved posture, mobility and balance.

Outcome for Case Study 2	☒ Satisfactory ☐ Not satisfactory
Trainer/Assessor comments	Great work!

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)	Goals are to lose weight and get stronger! I would suggest a program including resistance training combined with cardio. My Gym has all the equipment they need and offers HIIT classes which I highly recommend to anyone wanting to lose weight and tone up.
b)	My client has not exercised in over 5 years. I would ease her into it to not scare her off from being too intense or sore the next day. I'd introduce her to different machines and movements and find what she's comfortable with to begin her fitness journey.
c)	She has no health concerns, just no confidence with being inside a Gym which I know I can help with.
d)	I would use the FIIT Principle to keep the body challenged and avoid boredom. Regarding resistance training, I would keep a record of how much she lifted last time and trying to increase that over time. Setting goals and achieving those PB's also gives a greater sense of achievement. Same with Cardio, trying to increase the time or distance each week.
e)	It is important that the information gathered during the screening process remain confidential. I would store it in a locked filing cabinet of the gym or a special file on the computer.
f)	Eating habits. Emotional eating. I would suggest a food diary to begin with then cutting out or substituting different foods for healthier options. Drinking more water.

g)	I would perform Muscular Strength Tests such as the 1RM for Leg Press and Lat Pulldown. This will show what level she is at for both upper and lower body strength.
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Outcome for Case Study 3	☒ Satisfactory ☐ Not satisfactory
Trainer/Assessor comments	Perfect!

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	<input style="width: 40px; height: 20px;" type="checkbox"/>
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Outcome for Practical Tasks	☐ Satisfactory ☐ Not satisfactory
Trainer/Assessor comments	