

SISFFIT003 Instruct fitness programs



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ASSESSMENT FOR SISFFIT003

Student name	Oakley Whitney
Date of assessment submission	Click here to enter a date.
Trainer/Assessor's name	Mr Byron
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:
- o **Quiz:** You are required to complete a series of multiple choice questions to demonstrate your knowledge and skills.
 - o **Short answer activities:** You are required to provide short written responses to a series of activities to demonstrate your knowledge and skills.
 - o **Case studies:** You are required to provide written responses to a series of case study scenarios to demonstrate your knowledge and skills.
 - o **Practical task:** 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.

CASE STUDIES

CASE STUDY 1

Mark is an 18 year old who has some experience (less than 6 months) with resistance training. He is not interested in cardiovascular training, but has listed in his goals that he wants to reduce body fat and improve his general feeling of wellbeing. Mark is a non-smoker, but drinks most weekends. His other listed goals include improve strength and growth.

Mark is interested in training three (3) times per week for up to 90 minutes per session. He will be training with a training partner, who is of similar experience. Mark is currently working as an apprentice carpenter, and complains of tightness in his lower back.

Respond to the following points:

- a) Consider what you should do with Mark before he even enters the gym:
 - ☐ Identify some general advice you could give Mark with regards to meeting his goals.
 - ☐ Would you recommend Mark to an Allied Health Professional (AHP) before commencing work with him?
- b) Consider the most appropriate training style for Mark:
 - ☐ Is it a good idea for Mark to completely ignore cardiovascular training?
 - ☐ With his listed goals, is resistance training alone going to be the best method to achieve them?
 - ☐ Suggest a basic circuit training session that Mark could use to keep up his cardiovascular fitness while still suiting his preferences.
- c) With Mark's goals in mind, create a program that best suits his current experience and time commitment to training. Use the *Fit to Learn Program Card* template.

Before entering the gym

General advice

Mark should reduce drinking as this will improve his feeling of wellbeing

AHP recommendation

Mark says he has tight

Training style

Not ignoring, but working less on cardiovascular training and more on strength training

Resistance training mostly

Basic circuit training session

FIT TO LEARN PROGRAM CARD					
Name	Mark				
Trainer	Oakley Whitney				
Date	2021				
Goals/Aims	- Improve strength - Not interested in cardio				
Contraindications	Tightness in his lower back				
Session length	2 sets of 3 minute bike – 60 second rest				
Exercise	Sets	EPC	Reps	%1RM/Weight	Rest
<i>Squat</i>	3	202	8-10	70%	60 sec
Bike	2	N/A	3 minute	N/A	60 sec
Seated cable rows	3	103	8	70%	60 sec
Leg extensions	2	101	20	Bodyweight	60 sec
Suicide runs	3	N/A	4,8,12 meter marks	N/A	60 sec
Lying down head nods	2	202	30	N/A	90 sec
Lying down rows	3	103	12	70%	60 sec
Hip raises	4	202	8	Bodyweight	30 sec
Assisted chin ups	2	303	8	Bodyweight	60 sec
Cardiovascular training method	Time/Distance			Level/Resistance/Intensity	
Many Running				Moderate intensity	
Bike exercises				Lite resistance	
Cool down	3 min walk Rollouts				
Stretches	Calf Arms				

Exercise	Muscles targeted	Joint action
<i>Example: Calf raise</i>	<i>Gastrocnemius, Soleus, Tibialis Anterior</i>	<i>Ankle: Dorsi and Plantar Flexion</i>

Outcome for Case Study 1	☐ Satisfactory ☐ Not satisfactory
Trainer/Assessor comments	

CASE STUDY 2

Refer to a pre-exercise health screening you have conducted with an individual of the general public (e.g. Case Study 3 of *SISFFIT001*, *SISFFIT006* & *SISXCCS001* Workbook).

Respond to the following points:

- a) Use this information to create an exercise training program that suits the needs and goals of the individual. Use the *Fit to Learn Program Card* template.
- b) From the exercise program created, select five (5) movements to examine further. Identify the muscles targeted by the movement as well as the joint action the movement encompasses.
- c) Write a 300 word justification of your client's fitness program. Be sure to discuss:
 - ? Exercise selection
 - ? Exercise order
 - ? Connection to the client's goals
 - ? The importance of rest, EPC, %1RM, Sets
 - ? How you, as a trainer, can contribute to the ongoing fitness and health of your client over the long term
 - ? What you would change six (6) months in to your client's training, to ensure continued improvements and progressions
- d) Plot the progressive overload that will exist for your client in both their cardiovascular and resistance training, using the table provided. Begin with Week 1 information and show how, over the course of six (6) weeks, you will adapt this training to ensure the client is continually going to improve their fitness and be challenged by your program.

0-FIT TO LEARN PROGRAM CARD					
Name	Dylan Waller				
Trainer	Oakley Whitney				
Date	November 2021				
Goals/Aims	To improve overall strength, cardio, and maintain a good fitness level. Improve core strength, general strength, and flexibility.				
Contraindications	N/A				
Session length	90 minutes (3 sessions a week)				
Exercise	Sets	EPC	Reps	%1RM/Weight	Rest
<i>Squat</i>	3	202	8-10	70%	60 sec
Flutter Kick	1	101	30 sec	N/A	Once finished, hold legs above ground (keep legs straight, don't touch ground with legs and don't go above 45 degrees, from ground) hold for 20 seconds, after 20 seconds move to ½ leg drops. (no rest)
½ leg drops Leg drops but your legs raise to 45 degrees not 90 degrees	1	202	30 sec	N/A	After 30 seconds, rest for one minute then continue to next exercise.
Bench press	3	101	8	N/A	30 seconds
Leg press	2	101	6	N/A	30 seconds
Bicep curls	2	101	10	N/A	20 seconds
Bike machine	1	101	5 minutes (first minute fast pace, next 3 minutes at steady pace, last minute fats pace)	N/A	1 minute
Push ups	1	101	20	N/A	20 sec

Situps	1	101	20	N/A	30 sec
Cardiovascular training method		Time/Distance		Level/Resistance/Intensity	
Flutter kicks, leg drops, Bike machine, Push ups, and Situps				High intensity training	
				Moderate resistance	
Cool down	Core plank for 2x for 30 seconds				
Stretches	Roll mat for arms and legs				

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