

SISFFIT007 Instruct group exercise sessions

SISFFIT011 Instruct approved community fitness programs



Copyright © 2018 CSTC Pty Ltd

All rights reserved. No part of the contents of this publication may be reproduced or used in any form or by any means – graphic, electronic, or mechanical including photocopying, digitising, recording, or information storage-and-retrieval systems – without the written permission of CSTC Pty Ltd.

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 regarding group interactions:

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

Encourage cohesiveness and support

Lead by example and show support to each client and encourage every to interact with each and get each other through.

Managing conflict

Separate the clients and ask them to work with another person if paired up.

Outcome for Activity 1

- ☐ Satisfactory
☐ Not satisfactory

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

	Problem	Resolution
a)	Unsafe work space	Take the session outside if possible
	Clients will be uncomfortable	Change the setup of the group exercise circuit
b)	Clients will start to feel unwell	Change program to suit conditions, if a hot day modify to be less cardio
	Group Fitness area can start to smell	Leave the door open to increase air flow Install vents to correct ventilation
c)	Increases the risk of spreading germs and clients become unwell	Put signage up asking participants to wipe down equipment after use and use a towel on their equipment.
	Clients are exposed to unhygienic area	Provide hand sanitiser and hygiene wipes.
d)	Clients may get injured	Hire another instructor to co-teach or assist.
	Clients don't feel motivated and stop coming to the group exercise session	Split the class into two sessions starting at different times.
e)	Clients may get confused and panic if not educated on what to do.	Put up emergency evacuation procedure signage
	Clients may get hurt doing the wrong thing in an emergency situation	Educate staff to assist in an emergency situation.
f)	Session may clash with the venue hire	Allow the venue hire for a non- peak time in the gym to not class with group exercise sessions.
	Too many people in the gym, clients could feel annoyed	Communicate to participants of the venue hire so they feel informed.
g)	Clients may not wish to be recorded	Put up signage notifying clients of the recording.
	Client confidentiality is breached	Communicate to participants of the recording so they feel informed.
h)	Theft from member's personal belongings or company property.	Hire security or increase staff to ensure participant's security.
	Vandalism or damage	Install security cameras

Outcome for Activity 2	☐ Satisfactory ☐ Not satisfactory
Trainer/Assessor comments	

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:

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

Hyperextension of joints

Ensure the correct form is instructed to participants, watch and modify technique as required. Make it very clear that if the participant is unclear or feels unsafe to stop immediately and regress the exercise.

Sickness

Encourage participants to rest their bodies while sick and continue training when they are better.

High and low temperatures

High temperatures- Ensure your participants have water and program increased rest times. Also if outdoors keep the group in the shade as much as possible.
Low temperatures- Ensure your participants have warmed up properly and are wearing appropriate clothing. For both instances keep an eye on your clients and modify the program as required.

Ballistic movements

Ballistic movements can be dangerous if the tendon/ muscle is over stretched in the movement. Instead start slowly and ease into the movement, gradually build speed and keep control and proper form.

High impact movements

Modify your training program to suit clients with incontinence or musculoskeletal conditions- take high impact movements out and substitute for low impact that the client feels comfortable with.

Outcome for Activity 3

- ☐ Satisfactory
☐ Not satisfactory

Trainer/Assessor comments

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:

- a) Work Health and Safety
- b) Duty of care
- c) Copyright
- d) Licensing

Work Health and Safety

The facilities' Workplace Health and Safety policies and procedures must be adhered to. A Trainer must ensure they operate in accordance WHS.

Duty of care

Duty of care for your clients is paramount to ensure safety at all times. Measuring the suitability and safety of the facilities and equipment you are using must be done before every session.

If you are conducting circuit classes outdoors you must take into consideration the 'elements', sun, wind, rain, etc as well as uneven surfaces.

Copyright

Copyright may include the facilities name, brand and logo, etc. A Trainer must ensure the copyright procedures are followed that are enforced by the facility they are working in.

Licensing

There are strict licencing laws in Australia prohibiting fitness centres playing licenced music. Either the venue or the instructor must obtain a public performance licence to play music to accompany the fitness class.

Outcome for Activity 4

- ☐ Satisfactory
- ☐ Not satisfactory

Trainer/Assessor comments

ACTIVITY 5

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

- a) 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.
- b) 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

Assessor's discretion

Using feedback

Assessor's discretion

Outcome for Activity 5

- ☐ Satisfactory
☐ Not satisfactory

Trainer/Assessor comments

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). Be sure to include the following in your cardiovascular programming – using aerobic curve, pulse raise, main workout, build down, load and volume.

- a) A beginner group circuit training program for eight (8) clients
- b) A choreographed group fitness session for twelve (12) clients with music
- c) 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 illustrating the muscle action involved in the movement
- 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)

GROUP EXERCISE SESSION 1		
Date	Click here to enter a date.	
Number of clients	Assessor's discretion	
Location		
Goal		
Safety measures		
Equipment required		
Music required		
Plan	Session timing and music	Exercise
	Warm up	
	Main session	
	Cool down	
Client feedback		
Session notes		

GROUP EXERCISE SESSION 2		
Date	Click here to enter a date.	
Number of clients	Assessor's discretion	
Location		
Goal		
Safety measures		
Equipment required		
Music required		
Plan	Session timing and music	Exercise
	Warm up	
	Main session	
	Cool down	
Client feedback		
Session notes		

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

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	Assessor's discretion		
Licensing	Assessor's discretion		
Resources	Assessor's discretion		
Equipment	Assessor's discretion		
Clients	Assessor's discretion		
Programming	Assessor's discretion		
Feedback	Assessor's discretion		

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

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; freestyle; beginner/intermediate/advanced participants; low/high impact) meeting the following requirements: • Conducting sessions that incorporate – ○ Pre-session instructions ○ Warm up – pulse rate and mobility ○ Safe and effective instructional techniques ○ Modification of exercise options to meet individual needs ○ Music to match participant needs, considering the following for the choreography – add on, 32 count phrase, verse and chorus, and layering ○ Muscle strength and endurance ○ Repetition velocity and frequency ○ Flexibility • 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	