

**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	Rian Miller
Date of assessment submission	11/02/2018
Trainer/Assessor's name	Kymberley Sant
Date of assessment marking	11/02/2018
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
- Services provided by a gym include which of the following? Select all that apply. ☒ Group exercise ☒ Lifestyle advice ☒ Healthy eating information	☒
- Which of the following are benefits of fitness activities? Select all that apply. ☒ Improved stamina ☐ Decreased flexibility ☒ Decreased body fat	☒
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	☒
- What is the suggested order of testing? ☐ Passive, Strenuous, Active ☐ Seated, Standing, Running ☒ Passive, Active, Strenuous ☐ Strenuous, Active Passive	☒
- What is the optimal blood pressure rating? ☐ >140 / >90 ☐ 130-139 / 80-84 ☒ <120 / <80 ☐ 120-129 / <80	☒
- 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	☒

- What is the 'seven state sit up test' an indicator of? ☒ Muscular strength ☐ Cardiovascular endurance ☐ Flexibility ☐ Muscular endurance	☒
- What are WHR and bioelectrical impedance used to test? ☐ Body height ☐ Body function ☐ Muscular strength ☒ Body composition	☒
- 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	☒
- 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

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

Be Happy, Energetic, share your passion show them that you are the right trainer for them.
Ask about their goals, why is health so important for them.
Introduce the facility or equipment in the Center.
Set the program to Achieve their goals

Client barriers

- Interpersonal ex : poor time management ,low exercise,tolerance,low income
- Social Environmental ex :sedentary peer group,,unsafe neighbourhood
- Physical Environment ex : weather congestion etc

Alleviating concerns

Many new members experience difficulty what to do for the first time. The first time gym visit, as a Trainer we would like to offer the client free session, Including design a program that suit for their lifestyle and what they want to achieve. Show them the right technic with the right equipment's.

Outcome for Activity 1

- ☒ Satisfactory
☐ Not satisfactory

Trainer/Assessor comments

2.

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

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

Importance of pre-test screening

Because pre-exercise screening is used to identify people who may have medical conditions which put them at a higher risk an adverse event during physical activity/exercise.

Explaining purpose to client

Explain to the client that it is really important to know the background or their medical history to start PA to determine the number of risk factors & to determine whether the clients risk is low, moderate or high.

Outcome for Activity 2

- ☒ Satisfactory
☐ Not satisfactory

Trainer/Assessor comments

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

Hypertension
High cholesterol
Diabetes mellitus
Osteoporosis

Allied health professional

Get medical clearance from the GP prior participating in an exercise program.
If client exercise or hasn't been active in a while, start slowly and increase workout time and intensity as client gets stronger. A good starting point is 20 minutes of aerobic activity, 3 times per week.

Outcome for Activity 3

- ☒ Satisfactory
☐ Not satisfactory

Trainer/Assessor comments

4.

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

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

Importance and purpose of goal setting

As a Trainer, it is of the utmost importance to help the clients develop suitable goals. Without goals it would be hard to know the client is looking to achieve and how they wish to achieve them.

As a result of setting goals the clients will perform better, have a greater of setting feeling of accomplishments, improve their self-esteem, and have better clarity and direction in knowing where they are going and where they want to go.

SMART meaning

SMART is a best practise framework for setting goals.

A smart goal should be specific, Measurable, Achievable, Realistic and Time-Bound. Often used for performance reviews, the acronym is intended to help trainer and client who is tasked with setting goals to clarify exactly what will be required for achieving their goals and to be able to share that clarification with others.

Outcome for Activity 4

- ☒ Satisfactory
☐ Not satisfactory

Trainer/Assessor comments

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:

1. I don't want to lift weights, as it will make me bulky!
2. Everyone who has large muscle mass is on steroids!
3. I don't need resistance training to lose weight!

	Response
a)	Women don't have the right balance of hormones, testosterone and growth hormones, to put on muscle mass like men do. Lifting weight will give your body tone and definition, and also give your bones stronger. Any type of resistance training will build muscle even if you're lifting low weight & high rep
b)	No, Not everyone that has large muscle mass is on steroid. They could be on eating plan to Bulk up and also do heavy weight lifting.
c)	Resistance training helps the body burn fat and build muscle, by itself isn't likely to produce weight loss, because muscle weights more than fat. Resistance training helps the body burn fat and build muscle. Having a well rounded training program that includes resistance training, cardio and a healthy diet is key in any weight loss plan

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

6.

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

1. Identify the stages of change.
2. How does motivation vary according to this experience?

Stages of change

Maintenance
Action
Preparation
Contemplation
Pre contemplative

Variation of motivation

Because Motivation is a critical factor in supporting sustained exercise, which in turn is associated with important health outcomes.

Outcome for Activity 6

- ☒ Satisfactory
☐ Not satisfactory

Trainer/Assessor comments

7.

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

Physiological changes

They will achieve numerous result such as:

Improved stamina

Decreased body fat

Strengthen bones and muscle

Improve mental and mood

Control weight

Outcome for Activity 7

☒ Satisfactory

☐ Not satisfactory

Trainer/Assessor comments

8.

Consider the role of promotions in providing a quality service:

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

PROMOTION 1

Describe promotion

Free visit pass

Promotion effectiveness

The majority of people want to try before they buy and there is no exception when it comes to gym. Potential members want to spend and trying out the equipment meeting some of staff and members and & getting a good feel for the Center before they commit to signing up.

PROMOTION 2

Describe promotion

Offer special pricing deals

Promotion effectiveness

The special offer is the best way to attract new clients to sign up.

Legislative protection

The fair trading (code of practice-fitness Industry) regulation 2003 (Qld) . Code of practice about the fitness industry prescribed for the Act under's 88A.

The Object of the code of practice (the code) is to:

- Ensure maintenance of appropriate standards of trading in the fitness industry.
- Promote client confidence in the fitness industry
- Ensure the provision of fitness services to clients in an ethical and professional manner, taking into account clients' interest.
- Establish rights and obligations between suppliers and clients for
 - Fitness services offered and supplied agreements, and
 - The disclosure of all information of relevant to clients entering into agreements for fitness services.

Outcome for Activity 8	☒ Satisfactory ☐ Not satisfactory
Trainer/Assessor comments	

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 Test :

- 12 minute Run fitness test, the easy way to measure aerobic fitness and provide and estimate of VO2 max. the test requires the person being test to run or walk as far as possible in a 12 minute periode. The objective of the test is to measure the maximum distance covered by the individual during the 12 minute periode and is usually carried out on a running track by placing cones at various distance to enable measuring of the distance.
- Beep test is, a multi-stage fitness test in which you do 20 metre shuttle runs in time with the beeps until the beeps get too quick for you. It is maximal test which mean it will take you to your fitness limit.

The starting speed is normally 8.5 kilometres (km/hr) and hour and then increases by 0.5km/hr with each new level.

Outcome for Activity 9

- ☒ Satisfactory
☐ Not satisfactory

Trainer/Assessor comments

10.

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

- Asthma
- Children
- Continence issues
- Depression
- High cholesterol
- Hypertension
- Knee injuries
- Lower back pain
- Menopause
- Diabetes mellitus (metabolic disease/condition)
- Neck issues
- Obesity/overweight
- Older populations (or conditions associated with ageing process)
- Osteoporosis
- Pregnancy
- Pregnancy (pre and postnatal)
- Arthritic conditions (including rheumatoid arthritis and osteoarthritis)

	Response
a)	People with Asthma should be able to participate in almost any sport or exercise. Scuba diving is the only one not recommended. Most people with asthma can exercise to their full potential if they have good asthma control.
b)	To be effective, physical activity programming must align with the predictable developmental changes in children's exercise capacity and motor skills, which affect the activities in which they can successfully engage. Sports is good to develop their vision, balance, motor skills and learning ability Example: soccer, football, netball etc. and non-weight bearing for young children.
c)	Pelvic floor muscle exercise, improving to control over bladder & bowel function. People with urinary incontinence may restrict many of their PA inc lifting, strenuous activity, sport (such as jogging & swimming and standing for long periods. Jogging may be replaced with walking. A gentler exercise. That does not cause urine leakage.
d)	There are not really any risk factors as exercise helps those with depression. Be very encouraging and positive. Both Aerobic Exercise & Resistance Training can be beneficial.
e)	Get medical clearance prior to participating in an exercise program. If client is new to exercise or hasn't been active in a while, start slowly and increase workout time and intensity as client gets stronger. A good starting point is 20 minutes of aerobic activity, 3 times per week.
f)	Get medical clearance prior to participating in exercise program. The training program should be carefully designed and tailored in order to optimise its anti hypertensive effects and to maximise safety.
g)	Safer to get clearance from a physio or a specialist doctor depending on what is the knee injury as well as how long ago the injury occurred.

h)	Avoid high-impact activities such as running. While low-impact aerobic activities can be started within two weeks of the onset of lower back pain. Exercise that target the trunk region should be delayed until at least two weeks after the first sign of symptoms. Never exercise to the point of pain. If something hurts, don't do it.
i)	Women who are experiencing menopause increase their risk of developing osteoporosis. There are no real risks for woman who are experiencing menopause to participate in Physical Activity
j)	Before increasing usual patterns of PA or an exercise program, the individual with diabetes mellitus should undergo a detailed medical evaluation with appropriate diagnostic studies. A careful medical history and Physical examination should focus on the symptoms and signs of disease affecting the heart and blood vessels, eyes, kidneys, feet, and nervous system.
k)	Safer to refer client to physio prior to beginning an exercise program.
l)	Obese person, the focus of exercise program should be based on low intensity aerobic exercise with progressively increasing duration. Jogging can cause stress on the knee and joints and is generally not recommended for obese because risk of injury. Obese ppl should be especially careful about heat exhaustion given that they are less able to adapt to temperature changes. Wearing light clothing will allow for better heat exchange while exercising. Hydration is very important for obese, since they are susceptible to dehydration. Make sure they drink fluid frequently before, during, after exercise. If the client experience chest pains, shortness of breath, nausea etc have a client to Slow down or stop.
m)	If the client is over 40 year, obese, suffer from a chronic illness or have been sedentary for sometime, refer to a doctor before starting a new exercise routine, choose activities the client finds interesting. Example :all aged class, line dancing etc
n)	Always consult with the doctor, physiotherapist or health care professional before the client decides on an exercise program. A combination of weight bearing aerobic and muscle building (resistance) exercise is best together with specific balance exercise.
o)	All woman who are pregnant without complications should be encouraged to participate in aerobic strength- conditioning exercise as Part of healthy lifestyle during their pregnancy. Do at least 30 minutes of moderate-intensity PA on most. If not all, days of the week. Start with low intensity exercise such as walking or swimming. And build up to moderate intensity activity. • Example : Avoid raising your temperature too high • Avoid the spine position after 16 weeks or any position where gravity is pushing down on the vena cava, (egg, shoulder bridge, bench incline of 30 percent/lower)
p)	Recommends individuals without any obstetrical complications participate in at least 30 minutes of moderate PA on most days of week. The most important thing throughout this period is that exercise do not place excess strain on the pelvic floor.

q)	Refer to doctor or physical therapist or rheumatologist can help you create and exercise program that is right for the client. Those with RA can exercise. The plan will likely include low impact activities, like swimming, bicycling or using an elliptical machine. During a flare' it is usually recommended that the clients rests the affected joint(s).
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Outcome for Activity 10	☒ Satisfactory ☐ Not satisfactory
Trainer/Assessor comments	Please watch your answers here and make sure they are not plagiarised. Your response for answer (B) is directly copied from website https://www.ncbi.nlm.nih.gov/books/NBK201497/ In future you will learn more if you re-write your responses.

11.

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

Complaint email response

Thank you for the Email alerting us to the problem .

I am very sorry to hear of your situation. We assure you that client satisfaction is our top priority.

First of all we need to know about more information of your Problem, so we can assist and guide you in the right direction.

Once we sourcing the problem, we can then work as a team to fix it.

We will try our best to solve the problem.

please don't hesitate to contact us.

Thank you

Kind Regards

Team Gym

Outcome for Activity 11

☐ Satisfactory

☒ Not satisfactory

Trainer/Assessor comments

Rather than answer as if you are replying to the client, please list the specific steps to **explain** the customer complaint process, for example
1. Acknowledge the person's distress.

CASE STUDIES

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:

1. Recommend some lifestyle changes for Greg, identifying the benefits he would gain from these changes, combined with your training program.
2. 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.
3. Identify some goals you could set with Greg to impact on his motivation in the short and long term.
4. Explain how you would ensure the long term commitment to training that Greg needs to have to reach his goals.
5. Outline how the initial information provided will form the basis of your programming.
6. Identify the physiological benefits Greg can expect to enjoy if he follows the program.
7. Identify the facilities provided by most gyms that would allow Greg the best chances to improve his fitness goals.
8. 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)	Preparation, Action and Maintenance. The multiple benefits he will Achieve are reduce risk of some cancers, reduce high blood pressure, decrease body fat and improve mental health and stamina. 20-30 minutes 3-5 times a week cardiovascular exercise combine with a resistance Training.
b)	By consuming half a packet of cigarettes daily and consuming fast food every second day resulting to hypertension and being overweight this will impact significantly on his training as he will have difficulty in breathing while exercising. We will send him to allied Health Professional before start doing PA.
c)	Short Term: 20-30 minutes 3-5 times a week cardiovascular exercise combined with resistance training. Adjust his eating habits Reduce intake of cigarettes Long term : Discontinue Cigarettes Lowering the BMI
d)	If Greg's adhere the program, and commit himself to do regular excises with healthy diet. The long term commitment, will be easier and I will be sure, he will achieve his goal and stay positive.

e)	The initial information is a place for acquiring information and exploring the client's history thus the trainer can make the right program for him and suit for his everyday lifestyle.
f)	If Greg's follow the program he will expect numerous physiological benefit such as : Confidence, increase his stamina, it will reduce his blood pressure thus making it easier for him to train without being overly fatigue,improve mental health and mood and also increase change of living longer.
g)	The facilities that he might do or use Including • Group exercise Classes • Cardio area such as, rowing machine, treadmills, Elliptical trainers and stationary exercise bikes, etc • Sport facilities such as, swimming pools, squash courts or boxing area. • Personal Trainer • Weight Training Equipment
h)	Yes, he might Needs appropriate referral letter from GP, GP may impose limitations which must be adhered to, If not confident to assist client, refer client to someone capable.

Outcome for Case Study 1	☐ Satisfactory ☒ Not satisfactory
Trainer/Assessor comments	Please go into more detail for Question 4, answering how you ensure the long term commitment of Greg to reach his goals Please go into more detail for Question 5, be more specific answering how the initial information provided will form the basis of your programming for example to achieve Greg's goals of basic strength and improve cardiovascular fitness. Your answer is too generic.

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:

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

	Response
a)	She's might be showing early symptoms of osteo illness, these include: - Any family history of osteoporosis and fracture, as bone strength is strongly inherited. - Low calcium intake or, - Low vitamin D
b)	Resistance training plays an important role in health fitness. The aim should be to sustain muscle mass and prevent bone mineral/loss thereby exchanging quality of life.
c)	Because this can improved muscle strength and tone to protect your joints from injury and also maintaining flexibility and balance which can help you remain independent as you age.
d)	A nutrition diet including calcium rich foods, high in Vitamin D, and regular exercise such as : weight bearing And Resistance training
e)	The facilities she's getting such as: Personal Trainer Group exercise classes Cardio Equipment ex: Treadmill, to improve strengthen of her heart and also speed for her performance. Weight training Equipment.
f)	She will expect numerous physiological benefit such as : Strengthen bones and muscle, Muscle definition Fitter and stronger

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

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- Conduct a pre-exercise health screening with an individual of the general public and respond the follow up questions:
1. 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?
 2. How does your client's current fitness level dictate the choices you will make with your programming?
 3. 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.
 4. What basic shape would your programming take in regards to training principles? (e.g. FITT, style of training, Resistance and cardiovascular training)
 5. Where would you store the information gathered from the screening process? Why is this important?
 6. What are some lifestyle factors your client has indicated, that you believe would have an impact on their future health?
 7. 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)	• To get fit, muscle definition & maintaining weight. • The short term goals would client to achieve is, to build lean muscle mass in sort period of time ex: 3 weeks or 12 weeks. The client needs to exercise for specific amount of time, such as: Cardio, weights, eating healthy and supplements. All these are actions that are work toward long term goal. • Personal Trainer Group Exercise classes Cardio Equipment such as, treadmills, cross trainers etc Weight Training equipment.
b)	The current fitness level that I will be giving to the client, I use the principal of FITT (Frequency, Intensity, Type and Time). These four of principal training are applicable to individual exercising at low to moderate training levels and may be used to establish guideline for both cardiorespiratory and resistance Training for clients.
c)	no
d)	• Cardiovascular Training, the target heart rate zone of 70-85 percent's of their maximum of heart rate may be more appropriate. Example 126bpm-153bpm, on the Cardio Equipments. • For Resistance Training, workload is the primary measure of Intensity, workload can have three components: 3. the amount of weight lifted during an exercise 4. the number of repetitions completed for a particular exercise

	5. the length of time to complete all exercise in a set or total training session
e)	We will store Client information as confidentiality. Confidentiality means keeping a client's information between me and the client, and not telling others including co-workers, friends, family, etc. Example : • Client's medical details are not discussed without their consent. • Individual files are locked and secured, etc.
f)	If she follows the program that I made for her, she needs to commit herself thus regular exercise, healthy diet, stay active and positive, these absolutely will impact for her future health, as she will get numerous physiological changes such as confident, Fitter and Stronger.
g)	4. Aerobic Capacity (Step or Bicycle ergometer 9-15 minutes) 5. muscular strength & Endurance (Sit-ups, Push-ups, Grip strength & biceps strength).

Outcome for Case Study 3	☐ Satisfactory ☒ Not satisfactory
Trainer/Assessor comments	Your answers are too generic and need to be answered specially to your client interviewed for the case study. - Please go into more detail for Question 1, answering how you, as a trainer, would contribute to the long term and short term attainment of your client's goals. - Please go into more detail for Question 2- How does your client's current fitness level dictate the choices you will make with your programming. - Please elaborate on your answer for Question 4, answering how your program would look detailing Frequency, Intensity, Type and Time (FITT) of the exercise. Again you have plagiarised your answer from website: https://www.sport-fitness-advisor.com/fitt-principle.html Please answer in your own words, a brief explanation of what your program will look like for your client interviewed.

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
1. 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: 1. 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)] 2. Perform measurements and calculations (e.g. waist circumference, waist to hip ratio, body mass index) 3. Development of a client profile [Evidence: Client Profile for each client] 4. Reflection on your job role performance during each client session, documenting your experiences [Evidence: Job role logbook; Reflection handout]	☐
5. 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: 6. Plan and conduct health and fitness appraisals incorporating the following health and fitness assessments for each client: 1. Cardiorespiratory endurance (submaximal oxygen consumption) 2. Blood pressure 3. Range of movement/flexibility 4. Strength 5. Weight 6. Height 7. Body mass index 8. Waist to hip ratio 9. Girth measurements 7. Documentation for the sessions (to a standard expected in a professional fitness workplace) [Evidence: Fitness Assessment Sheet for each client] 1. Reflection on your job role performance during each client session, documenting your experiences [Evidence: Job role logbook; Reflection handout]	☐

2. 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: 3. Choose an appropriate place to perform the orientation and health screening 4. Establish rapport with the client 5. Accurately administer and review a pre-exercise screening questionnaire [Evidence: Adult pre-exercise screening sheets] 1. Explain the purpose of the questionnaire 2. Identify and accurately assess client's requirements, needs and expectations 3. Clarify screening information provided, as required 4. Discuss client's habits, lifestyle, family situation, exercise preferences and personality differences which might affect the prescription of an appropriate exercise program 5. Develop and document the short and long term fitness goals and current physical activity patterns of client 6. Prepare referral letters for medical or allied health professionals [Evidence: Referral letters] 6. Advise client on the benefits, risks and procedures of fitness appraisal and exercise prescription 7. Discuss the importance and relevance of individualised exercise programs 8. Discuss motivation, exercise adherence and behaviour change strategies 9. Provide basic information on the impact of poor lifestyle habits 10. 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 11. Explain the available services and facilities relevant to the client's requirements and expectations 12. Develop a client profile [Evidence: Client Profile for each client] Within your interactions: 13. Positively respond to diverse demands and requests from your clients 14. Appropriately respond to Client 2 arriving before you have finished with Client 1	
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15. 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: 16. Choose an appropriate place to perform the fitness assessment 17. Organise, clean and prepare required fitness assessment equipment 18. Motivate and encourage the client 19. Perform any non-exercise testing relevant to the client's goals and needs 20. Perform one (1) upper body muscular strength/endurance test 21. Perform one (1) lower body strength/endurance test 22. Perform one (1) aerobic fitness test 23. Perform one (1) flexibility test After the fitness testing, complete the following: 24. Interpret the results of the fitness tests performed. 1. 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> 25. Verbally explain the results to the client 26. Recommend an appropriate fitness exercise program	☐
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Outcome for Practical Tasks	☐ Satisfactory ☐ Not satisfactory
Trainer/Assessor comments	