

**SISFFIT001 Provide health screening
and fitness orientation**

**SISFFIT006 Conduct fitness
appraisals**

**SISXCCS001 Provide
quality service**



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 SISFFIT001, SISFFIT006 & SISXCCS001

Student name	Paul van der Merwe
Date of assessment submission	12/02/2018
Trainer/Assessor's name	Kymberley Sant
Date of assessment marking	14/08/2018
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
- 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	Great Job!

SHORT ANSWER ACTIVITIES

1.

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

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

Comfort strategies

Me as the instructor needs to make the client feel comfortable.
I should adopt a 'questioning' technique

- Formalizes the process.
- Instructor can elaborate or clarify questions.
- Prevents clients from going into 'auto-answer' mode.
- Can record additional important information.

Client barriers

- Fear of injury.
- Clients may not be used to exercising regularly, therefore they might not be familiar with the process.
- Clients might be concerned about payments or paying for membership.

Alleviating concerns

First Impressions are everlasting, for the client and for the instructor.
(The instructor must make a decision on whether or not they are 'fit' to take on the client or if they should refer them to someone else.)
Find out the client's goals.
It is important for the instructor to make client feel relaxed and confident.
They are looking for assistance to achieve goals.

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

Pre-test screening is a critical step in the process of engaging a client in an exercise program.

The screening serves 5 key purposes

It ensures safety and appropriateness of client to begin testing and exercise programming

It identifies medical conditions

It identifies contraindicated activities

It helps to fulfill legal and insurance requirements

And it provides an opportunity to further develop a meaningful relationship with the new client.

Explaining purpose to client

You would inform the client that the pre-test screening needs to be done in order to see if they are fit enough to undergo exercises at certain intensities or at certain weights. If these tests are failed or there is risk of injury, you must inform the client that they need to get clearance from a GP before they can continue with the screening or exercises.

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.

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

Common injuries and illnesses

Asthma
Depression
High Cholesterol
Lower Back Pain

Allied health professional

The instructor would refer them to a doctor (GP).

Outcome for Activity 3

- ☒ Satisfactory
☐ Not satisfactory

Trainer/Assessor comments

4.

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

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

Importance and purpose of goal setting

Setting a goal during a pre-exercise screening is important as it gives the instructor a more detailed idea as to what the client is trying to achieve and why they have asked the instructor to help them. It also gives the client something to work towards and not feel like they're doing work and putting in effort for no reason.

SMART meaning

S – Simple

M – Measurable

A – Achievable

R – Realistic

T – Timely

This means that the goals of the client need to be realistic and not farfetched. These goals need to challenge the client but still be reachable.

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)	Using weights do not necessarily make you bulky. If you are constantly doing weights every day and do not give your muscles time to recover, then you will not get bigger or stronger; it will just damage your muscles and make you weaker. If you do not wish to get bulky, use lighter weights and focus a bit more on muscular endurance than muscular strength.
b)	This is not true. There are a lot of people who are on very specific diets in order to give them the best possible chance of gaining muscular mass. They also exercise very often at a higher resistance and focus on progressive overload. There are a lot of steroid users out there but there are people who do not take short cuts.
c)	Resistance training is actually a very important part of losing weight. Resistance training does not necessarily mean weight training, it could be in the form of resistance running or even carrying some extra weight on a jog.

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 – “I regularly practise healthy lifestyles.”

Action – “I have made some lifestyle changes.”

Preparation – “I am getting ready to make lifestyle changes.”

Contemplation – “I am thinking about change.”

Precontemplation – “I do not want to change.”

Variation of motivation

People who take part in the training will be much more motivated to train. They will tend to wake up earlier to complete tasks or a training session. People who train regularly see both physical and psychological improvements; they will be much more self-confident in themselves than people who do not train regularly.

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

Exercise promotes chemicals in the brain that improve your mood and make you more relaxed. Specifically, the brain releases feel-good chemicals called endorphins throughout the body. Physical activity reduces anxiety and depressed mood, and enhances self-esteem.

People will also find themselves adapting to their lifestyle more naturally rather than having to force themselves to wake up or train. They will also naturally eat healthier. Especially if these clients have reached their goals.

Some psychological benefits are:

- Exercise can treat mild to moderate depression as effectively as antidepressant medication
- Exercise is a natural and effective anti-anxiety treatment. It relieves tension and stress, boosts physical and mental energy, and enhances well-being through the release of endorphins.
- Exercising regularly is one of the easiest and most effective ways to reduce the symptoms of ADHD and improve concentration, motivation, memory, and mood.
- Evidence suggests that by really focusing on your body and how it feels as you exercise, you can actually help your nervous system become “unstuck” and begin to move out of the immobilization stress response that characterizes PTSD or trauma. Evidence suggests that by really focusing on your body and how it feels as you exercise, you can actually help your nervous system become “unstuck” and begin to move out of the immobilization stress response that characterizes PTSD or trauma.

Outcome for Activity 7

- ☐ Satisfactory
☒ Not satisfactory

Trainer/Assessor comments

Again, you have described the psychological changes. Can you please list the physiological benefits such as decrease in blood, etc.

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

A gym in my local area was promoting a free training session for all first-time trainers.

Promotion effectiveness

It would attract more people to the gym due to the fact that they can try it out first and see what it's like before having to pay or sign up.

PROMOTION 2

Describe promotion

Discounted membership fees

Promotion effectiveness

It would attract more people if they are paying more at a different gym or who can't afford to train at the more expensive gyms.

Legislative protection

The promotions might be in the form of a limited time offer or might only be available for people of a certain age group. They might also have a minimum contract time requirement.

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

Beep test or a 2km run on the treadmill.

With the beep test the intensity of the running increases over time and with the 2km treadmill run, the client will run further but the intensity stays consistent and can be lowered or increased.

Outcome for Activity 9

☒ Satisfactory

☐ Not satisfactory

Trainer/Assessor comments

10.

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

1. Asthma
2. Children
3. Continence issues
4. Depression
5. High cholesterol
6. Hypertension
7. Knee injuries
8. Lower back pain
9. Menopause
10. Diabetes mellitus (metabolic disease/condition)
11. Neck issues
12. Obesity/overweight
13. Older populations (or conditions associated with ageing process)
14. Osteoporosis
15. Pregnancy
16. Pregnancy (pre and postnatal)
17. Arthritic conditions (including rheumatoid arthritis and osteoarthritis)

	Response
a)	Can participate in most activities except scuba diving. Be aware of exercise induced asthma.
b)	Physical activity programming must align with the predictable developmental changes in children's exercise capacity and motor skills.
c)	Activity impacts on incontinence which can affect a person's ability to engage in activities. Type and intensity of physical activity can initiate or exacerbate stress incontinence, particularly in women. To reduce the risk of leakage, people may restrict many of their physical activities including lifting, strenuous activity, sport (such as jogging and swimming) and standing for long periods. Can also do pelvic floor exercises to control leaking or when in danger of leaking.
d)	Not really any risk factors as exercise helps those with depression. Be very encouraging and positive.
e)	Get medical clearance prior to participating in an exercise program start slowly and increase workout time and intensity as client gets stronger. Good starting point is 20 minutes of aerobic activity, 3 times per week.
f)	Get medical clearance prior to participating in an exercise program training program should be carefully designed and tailored to optimize its antihypertensive effects and to maximize safety

g)	Get clearance from a physio or a specialist doctor depending on 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, exercises 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)	Exercise can play an important role during menopause by maintaining fitness, assisting with weight management, decreasing musculoskeletal complications and boosting morale and mood. An understanding of menopause and the exercise implications is important for fitness professionals designing programs or classes for women at this stage of their lives. The main symptoms of menopause are a consequence of decreasing levels of oestrogen, which is no longer produced by the ovaries. This causes changes in skin, body shape, facial hair and increased predisposition to various conditions. Each woman's experience is unique. Some of the possible symptoms are listed below: Vasomotor: Hot flushes, dizziness, palpitations, headaches, fainting. These vary individually and may be caused by hot weather, alcohol, stress and temperature changes. Night sweats can lead to fatigue. Urogenital: Possible dryness, soreness, increased urinary frequency and urgency. Connective tissue: Possible aches and pains, increased risk of bladder prolapse, skin changes. Psychological: 25 - 50% of women experience altered mood, anxiety, fatigue or loss of drive. Body shape: Tendency to gain weight in these years regardless of hormonal change. Decreased BMR (Basal Metabolic Rate) and altered fat distribution, tending more towards the mid-section. Musculoskeletal changes: Tendency towards increased weight, decreased muscle mass, joint changes and decreased bone density.
j)	Undergo a detailed medical evaluation with appropriate diagnostic studies carefully screen for the presence of macro- and microvascular complications that may be worsened by the exercise program. 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)	the focus of the exercise program should be based on low-intensity aerobic activity with progressively increasing duration. important to gradually increase the duration and intensity of the exercises. Jogging can cause stress on the knees and joints and is generally not recommended. Be especially careful about heat exhaustion given that they are less able to adapt to temperature changes. Hydration is very important since they are susceptible to dehydration. Have client slow down or stop if the client experience chest pains, shortness of breath, palpitations, nausea, pain in the neck or jaw, or major muscle or joint pain.

m)	Client is over 40 years refer to a doctor before starting a new exercise routine. Choose activities the client finds interesting.
n)	Always consult with the doctor, physiotherapist or health care professional before the client decides on an exercise program. Factors that need to be considered include the client's: - Age - the severity of osteoporosis - current medications - fitness and ability - other medical conditions - whether improving bone density or preventing falls A combination of weight-bearing aerobic and muscle-building (resistance) exercise is best, together with specific balance exercises.
o)	Regular exercise is now recommended for most pregnant women, but as the physiological changes of a pregnant woman are complex, great care is needed in screening and programming.
p)	individuals without any obstetrical complications participate in at least 30 minutes of moderate physical activity on most days of the week. The most important thing throughout this period is that exercises do not place excess strain on the pelvic floor.
q)	Refer to a doctor or physical therapist or rheumatologist can help you create an exercise program that is right for the client. Those with RA can exercise. The plan will likely include low-impact activities, like walking, swimming, bicycling, or using an elliptical machine. During a 'flare' it is usually recommended that the client rests the affected joint(s). people can and should exercise when they have osteoarthritis. Exercise is considered the most effective non-drug treatment for reducing pain and improving movement in osteoarthritis. Exercises involving range of motion, also called flexibility exercises Endurance or aerobic exercises Strengthening exercises.

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

11.

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

Complaint email response

- Have a system to handle complaints
- Can be an opportunity to improve customer service
- Document for continuous improvement so that all personnel learn
- Important to handle complaints immediately
- Negative experience can go viral very quickly via social media

Client Complaints:

4. Listen to the customer concerns and nature of the complaint
5. Acknowledge the complaint and record the details.
6. Inform the customer of what will happen next to ensure that you respond
7. Action the complaint and attempt to resolve the complaint
8. Report back to the client on the progress fo the resolution.
9. Follow up personally.
10. Document the incident in writing and file.

For Angry customers:

Adopt a calm and reasonable approach to assist them

1. Acknowledge the person's distress
2. Be calm and communicate clearly
3. Apologise but do not plead guilty
4. Do not accuse the customer or any staff member of doing the wrong thing
5. Be positive, professional and courteous.
6. Ask questions to clarify the situation.
7. Thank the customer for bringing the matter to your attention.
8. Explain the process to resolve the issue
9. Deal with the issue immediately.

Outcome for Activity 11

- ☒ Satisfactory
☐ Not satisfactory

Trainer/Assessor comments

CASE STUDIES

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:

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)	The first and most important change that Greg would have to make is a diet change, if he is wishing to complete a training program he needs to make sure he is feeding his body the right food to ensure that he can recover properly and have a good balance of all the nutrients. Eating heavily processed food and drinking unhealthy drinks have a bad impact on the body as they contain high levels of sugar and fats and oils. This might be the long-term cause for hypertension. As for smoking heavily, this will damage his body's ability to absorb oxygen. Most people focus more on the long-term effects and consequences of smoking like heart disease and cancer, however, many health consequences can occur quite rapidly, especially with how it may affect physical fitness. The impact on the lungs is undeniable, and it will also not help the hypertension symptoms. This will also limit his ability to complete any training program.
b)	The two main appraisal results that will have an impact are the early signs of hypertension and his 29 BMI. I would recommend that Greg go and see a GP for a general health screening to make sure he is at no risk of further injury or if there are any other underlying health conditions that need to be taken into consideration.
c)	Greg could maybe look at cutting down on his smoking, even though this might be hard for a long-term smoker, it will be a step in the right direction if he is really looking to better himself. He can also look at some short term dietary changes and cut down on fast food consumption. Some long-term goals for Greg could be a lower BMI and to reduce his symptoms of hypertension to ensure long term health

d)	Keep motivating Greg to better himself and to focus on his goals that he wants to achieve. Keep reminding him of his progress and show him that change is happening even if it is minor change.
e)	The program will not be a very technical one, it will probably focus on aerobic fitness more than anaerobic as he already has a physically demanding job. Putting more strain on his muscles might cause an injury. Due to the fact that Greg smokes as much as he does the trainings also can't be too intense as this might have a negative impact on his breathing during training and this might deter him completely.
f)	If Greg focuses on a better diet, slightly reduced smoking habits and following his program he can expect to see a huge improvement in his physical fitness and also reduced symptoms of hypertension. He will also see a mental improvement as he starts seeing progress and sees himself getting closer to his goals.
g)	Most gyms have treadmills, air bikes and rowing machines. These can all be used to improve cardiovascular fitness. Greg can even look at going for regular swims on days that he is not at the gym.
h)	Yes, Greg is showing symptoms of hypertension. I would recommend he sees a GP and if they feel more needs to be done they can refer Greg to a cardiologist or nephrologist as they specialise in treatment of heart disease or abnormalities.

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

9.

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)	The osteo-illness might be genetic or her body might be lacking in calcium.
b)	Physical activity, particularly weight-bearing exercise, is thought to provide the mechanical stimuli or "loading" important for the maintenance and improvement of bone health, whereas physical inactivity has been implicated in bone loss and its associated health costs.
c)	Resistance training can improve muscular endurance, strength and power. This can have a positive impact on your body as it can make doing everyday tasks easier. It also has a positive impact on one's mental state.
d)	I would encourage her to make sure she maintains a healthy diet; she needs to have a well-balanced diet of all different nutrients. I would especially encourage her to consume a lot of calcium.
e)	She can get a membership at a local gym. There is also workout equipment at local parks where she can exercise.
f)	Eleanor will start to feel more comfortable and hopefully not let the thought of the illness stop her from living a normal day to day life. She will also feel stronger psychologically as she starts to feel stronger physically.

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

7.

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)	Clients fitness goals are – to gain overall muscle mass. To contribute to the long term and short-term attainment of these goals I would make sure they focus on training at least three times a week; if they need, a training program can be made up for them. They need to focus on progressive overload. For the long term they can focus on including a high protein diet. The client is already a member of a local gym where he has 7-day access. He also has local surrounding parks which are walking distance away.
b)	The client is currently of a slim build and muscular mass is quite low. They are also not at a very high level of strength. This means that the training program would need to start of slow and slowly increase in weight and reps over a long period of time. The client would need to be committed enough in achieving his long-term goals to see an improvement in his fitness goals.
c)	No, the client does not show any signs of pre-existing illness or injury.
d)	The program would highly focus on resistance training; a bit of aerobic training can be thrown in to cater for a bit of variety. The program would slowly increase in reps and weight overtime.
e)	I would store the screening information in a client folder at the training facility so that if I am away, other trainers are able to look at the screening information and gain knowledge on the client's needs. It is also important to refer to when creating the training program and editing the program in the future.

f)	The client eats fast food and a lot of sugar quite regularly. This can be changed by a long-term diet plan and it could prevent future illnesses or complications.
g)	Push up test – as many push ups in 30 seconds. This can be used to analyse technique. This would be a relevant fitness test as it shows their muscular endurance and general strength. Sit up test – as many sit ups as possible in 1 min This has the same goal as the previous fitness test analysing general strength and technique These tests are safe as they focus on body weight training and are not complex, therefore being a lower risk of injury.

Outcome for Case Study 3	☒ 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
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	
--	--

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	☐
---	--------------------------

Outcome for Practical Tasks	☐ Satisfactory ☐ Not satisfactory
Trainer/Assessor comments	