

**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	Eva Geraghty
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:
 - **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

Greeting (ask how their day was), go to a quiet place where it's not busy

Client barriers

Not being the fittest
Not knowing what to do

Alleviating concerns

As a trainer I would alleviate the concerns by doing free whole weeks so they get used to it and I can introduce them to the gym

Outcome for Activity 1

- ☐ Satisfactory
☐ Not satisfactory

Trainer/Assessor comments

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

It's import that clients undertake a pre-test screening before the exercise program so us as trainers know your past injury's and current and what exercises to avoid.

Explaining purpose to client

I would say that's it's for your safety and to make sure you don't get hurt and that I know as well.

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.

- 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

Ankle sprain
Hamstring sprain
Knew injury: ACL tear
Patellofemoral syndrome]

Allied health professional

The specific allied health professional I would send my client to prior to commencing a new program is the GP]

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

The importance of goal setting is that you know where you want to go and you can motivate yourself and when you reach the goal you make a new goal and keep developing yourself.

SMART meaning

Specific: A specific goal that the client wishes to achieve. Measurable: A measurable goal means that the progress towards that goal can be measured. Achievable: An achievable goal has an outcome that is realistic given the participant's circumstances. Rewarding: A rewarding goal gives the participant motivation to continue. Timely: The goal can be assigned with a set timeframe. For instance, by 5 months the goal should be set.

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)	[False. Lifting weights grants you to assemble and tone your muscles as well as endurance, improve strength, however, it won't make you muscular. This happens because the type of coaching method will affect the effect of lifting weights. For example, you can do fewer weight and longer reps to advance endurance or you could remove specific exercises which have the aim for improving huger muscles.]
b)	[The case may be frequently but, it is not constantly true. Lots of humans who have huge muscle mass, put in extreme amounts of efforts and periods to achieve this. Furthermore, you may also acquire a specific diet that benefits them to have a huge muscle mass. Lots of humans also have the wrong audience towards against taking steroids as it's a possible risk to peoples health. It's also a short way to get huge muscle mass nevertheless, lots take the long approach to accomplish their goals.]
c)	[Resistance training develops tone and muscles strength. Though cardiovascular training is required to drop weight, resistance training is very important. It defends your muscles from damaging, also maintains balance and flexibility. Furthermore it helps with weight control and expanded muscle-to-fat-ratio — when you muscle, your body burns extra kJ when at break.]

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 stages of change are:

- 1.Precontemplation
- 2.Contemplation
- 3.Preparation/Determination
- 4.Action
- 5.Maintenance
- 6.Relapse

Variation of motivation

Motivation does vary according to experience because if the client has experience you know they have been motivated in the past and can build on that for the future.

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

☐ Muscular Skeletal
 Increase in strength
 Increase in bone density
 Increased flexibility
 Decreased weight
 Increase in muscle mass
 Cardiovascular
 Decreased breathing rate
 Decreased resting heart rate
 Increase in cardiovascular endurance
 Increase in VO2 volume
 Increase in heart strength

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

Gym Name and location : Goodlife, West End

Promotion displayed: Refer 3-6 numbers and names for Goodlife merch

Promotion effectiveness

Effective only for those who are ready gym members at Goodlife and extremely available as it dose not need any fee or cost.

PROMOTION 2

Describe promotion

Goodlife, West End

Provide a family member or a friend and when they join Goodlife, you get \$2 off your weekly membership at the gym

Promotion effectiveness

Greatly effective for gym patiently Goodlife as they will get a decrease for their monthly membership, also a gym partner.

Legislative protection

Beneath the Australian Consumer Law, when you purchase merch and services they arrive with automatic guarantees that they will and do what their asked

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

Speed Test

20m Sprints

Endurance Test

Beep Test

The beep test benefits aerobic energy system (60-80%REM) although, 20m sprints benefit the ATP energy system (90%REM). Furthermore, the beep test benefits aerobic capacity and cardiovascular endurance although 20m sprints use speed. Thus, these sprint tests use different fitness energy systems and fitness components

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 Avoid high intensity resistance training
b)	Children Avoid exercises that may cause growth plate injuries.
c)	Continence issues Before any activity, remember to empty the bladder.
d)	Depression Use short burst or exercise to boost mood
e)	High cholesterol Do LSD training such as walks
f)	Hypertension Avoid high intensity exercises
g)	Knee injuries Avoid exercises in the water or high – impact activities

h)	Lower back pain Strength training should focus on core and trunk stability
i)	Menopause Do LSD training and exercise regularly
j)	Diabetes mellitus (metabolic disease/condition) Perform aerobic exercises regularly and check blood sugar before
k)	Neck issues Always have good form and posture when exercising
l)	Obesity/overweight Perform at least 30 minutes of moderate intensity exercises
m)	Older populations (or conditions associated with ageing process) Avoid high impact exercises
n)	Osteoporosis Avoid static holds
o)	Pregnancy Avoid commencing a new fitness program for the first time
p)	Pregnancy (pre and postnatal) Wear non-restrictive comfortable clothing and avoid overheating
q)	Arthritic conditions (including rheumatoid arthritis and osteoporosis) Perform flexibility and muscle-strengthening exercises such as yoga and working with resistance bands

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

ACTIVITY 11

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

Complaint email response

1. Be calm and respond clearly
2. Acknowledge the customers complaint
3. Say sorry but don't plead guilty
4. Don't accuse anybody involved
5. Be professional, positive and courteous
6. Ask for clarification
7. Thank customer for feedback
8. Say what you will do to address the situation
9. Give them a time frame

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)	Greg should lower the amounts of cigarettes Greg smokes per day and lower the amount of takeaway he absorbs. Greg could do this only consuming takeaway once a fortnight. It will extremely benefit Greg as his blood pressure and heart rate will lower to orderly levels which lowers the risk of stroke, heart attack. Although, by lowering the amount of take amount Greg consumes, Greg can lose weight, better digestion and a fresh heart which can lower Greg's BMI to orderly range
b)	Two of the appraisal results, huge (29) hypertension and BMI, will impact Greg's training as Greg can't achieve certain moves like, no overhead, no static holds, no rapid changing and no movements of the body height movements. The movements impact Greg's exercising as they put tension on Greg's body and heart. I'd send Greg to a GP for more health testing.
c)	The short term goal for Greg to impact his motivation is completing a 15 minute walk 6 times a week for 4 months. Long term goal for Greg to impact his motivation is to reduce Greg's BMI to orderly range 1 to 3 years.
d)	To insure the long term engagement to training that Greg has to have to complete his goal is by continuously showing Greg how much he has processed. This can be done over talking how much Greg has enhanced and showing photos of reduced weight, increased reps and sets
e)	While Greg has hypertension and is over the weight limit Greg's program will comprise cardiovascular movements and body weight movements such as LSD training.

f)	Improved breathing Improved muscle tone Increased stroke volume Reduced heart rate (BPM) Increased muscle strength Increase lung health
g)	Recovery centres Cardiovascular equipment Accessory equipments e.g Dum bells PT's Resistance materials
h)	☒ Yes Reasoning: I would direct Greg to a general practitioner because Greg has hypertension. This is to assure he dose not injury himself or put more pressure on Greg's condition throughout coaching. ☐

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

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)	She might be showing symptoms of osteoporosis illness due to training too hard her bones and muscles and accomplish huge impact for example continuously sprinting on concrete. Because huge impact exercises and training too hard adds a huge amount of pressure, straining her muscles and bones. Furthermore, Eleanor may be displaying early symptoms expected to Eleanor's genes or lack of calcium.]
b)	Resistance training puts pressure on your bones that may lower the risk of osteoporosis and can increase bone density. This also helps to strengthen bones while applying pressure on bones can become denser and create more bone.]
c)	Resistance training expands muscle strength by building your muscles work in opposition to a force or weight. When improving tone and muscle strength, they defend your joints from prevents and injury or controls chronic circumstances such as obesity, arthritis, diabetes. Also it decrease the chance of osteoporosis by expanding osteoblastic bone organisation and reducing bone resorption at the inhibition of osteoclasts movement.
d)	Consuming foods that are upper class in vitamin D and calcium. Eleanor should as well preform resistance/strength training and small impact huge resistance training at the minimum 4 times a week. She should also do small impact far distance running that could be completed in the pool]
e)	Services that's accessible and available to her to help Eleanor accomplish and train Eleanors short term goals are swimming pools, gyms, dieticians and PTs.
f)	Physical differences she can anticipate to see if Eleanors covered to a workout program of cardio and weights exercises are decreased bones due to huge impact exercises and may expand in discomfort and pain of bones and muscles. While weight training may expand bone strength and bone density, cardio decreases the advantages of accomplishing Eleanors goals, this may worsen Eleanors situation.

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

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)	Lose fat and weight Improve endurance Improve muscle tone I would grant him some guidance about his eating habits or diets and the type training he would need to cohere to. Also I will design a training program special his long and short term goals in form to secure these goals. Furthermore, also motivating him, showing progress and building little goals to keep him determined to accomplish his goals. My client has entry to a PT and a gym that will give her to accomplish these goals.
b)	My customers fitness stage is around an elite stage as he is extremely active, and also goes to the gym daily doing 60 minutes and over every session at the gym. This decides the kinds of exercises I will grant him as he can accomplish movements. Furthermore, while I create him a program, I'm able to grant him a choice of exercises from high effect to low effect, also high intensity to low intensity.
c)	My customer dose not have any indication of any injury or illness interest. Nonetheless, he did, I would send him to an health doctor (AHP) to avoid injuring him more or to avoid damaging his situation as the AHP this will determine the kind of exercises he can perform. For example, these with hypertension can't do static holds and by preventing static holds, this avoids the human from hurting themselves
d)	My customer will perform resistance style training and cardiovascular style training to help him lose weight, and improve his muscle tone and muscular endurance.
e)	I would keep the information collected from the screening process in a portfolio. This is important as the information collected is stored safe and my customers progress of his fitness course and can be added to into a portfolio in a useful, organised way. The portfolio can record the customers improvement as the information collected will prove how far he has come, also new goals can be accomplished in the future.

f)	My customer has a reasonably healthy diet as he regularly eats a clean diet although, he eats not healthy food sometimes. Though he has a clean diet, he often limits himself which is unhealthy as it steers to under or over eating. To enhance his future health, my customer needs to grow a healthy friendship with food by eating unhealthy foods in moderation and by eating enough food that her body needs. Furthermore, my customer is very active that will conclusively impact his health long term. Because being active lowers the chance of developing disease such as heart disease and improves general health
g)	The two fitness tests I would use after identifying my clients goals and current health I would choose the beep test and squat test, these are the most safe and suitable tests because they test the whole body

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
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 <i>[Evidence: Adult pre-exercise screening sheets; Referral letters (if appropriate)]</i> • Perform measurements and calculations (e.g. waist circumference, waist to hip ratio, body mass index) • Development of a client profile <i>[Evidence: Client Profile for each client]</i> • Reflection on your job role performance during each client session, documenting your experiences <i>[Evidence: Job role logbook; Reflection handout]</i>	☐
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) <i>[Evidence: Fitness Assessment Sheet for each client]</i> • Reflection on your job role performance during each client session, documenting your experiences <i>[Evidence: Job role logbook; Reflection handout]</i>	☐

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