

SISFFIT007 Instruct group exercise sessions

SISFFIT011 Instruct approved community fitness programs



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ASSESSMENT FOR SISFFIT007 & SISFFIT011

Student name	Isaac
Date of assessment submission	22/10/2018
Trainer/Assessor's name	Kymberley Sant
Date of assessment marking	29/10/2018
Outcome for units	☐ Competent ☒ Not Yet Competent

TASK INSTRUCTIONS

- The assessment for these units of competency consists of the following:
 - **Short answer activities:** You are required to provide short written responses to a series of activities to demonstrate your knowledge and skills.
 - **Case studies:** You are required to provide written responses to a series of case study scenarios to demonstrate your knowledge and skills.
 - **Practical tasks:** You will be required to put your knowledge and skills into practice, through observed tasks and work experience.
- At times, you will be provided with a specific context to which you must respond, otherwise it is anticipated that you will use a scenario of your choosing to provide context to the task.

SHORT ANSWER ACTIVITIES

ACTIVITY 1

Respond to the following questions:

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

Encourage cohesiveness and support

Show encouragement and support amongst all participants to ensure they feel happy and more motivated

Managing conflict

I would speak to both of them to understand their points. I would show support and explain how we're a team and we shouldn't resolve to conflict. I would then separate them to ensure no more rising conflicts.

Outcome for Activity 1

- ☒ Satisfactory
☐ Not satisfactory

Trainer/Assessor comments

ACTIVITY 2

For each of the categories below, describe two (2) problems that may arise during a group exercise session, and outline appropriate approaches for resolving each issue:

- a) Overcrowding
- b) Ventilation
- c) Hygiene
- d) Participant to instructor ratio
- e) Emergency situations
- f) Venue hire
- g) Recording and reporting sessions
- h) Security

	Problem	Resolution
a)	Not enough space to participate	Create a map or plan of where the stations or workouts will be located
	People hogging up the equipment	Give set times for each workout
b)	Not enough breathing space	Ensure enough time to go outside and breathe
	Poor fan or air-condition	Ensure enough time to go outside and breathe- Please give a different resolution
c)	Unclean equipment	Clean and sanitise all equipment
	Everyone sweating on the ground	Either supply towels or make sure that participants have one
d)	Only speaking to one person more than others	Ensure enough time to talk and give feedback to everyone
	Too many people in the class	Ensure that everyone gets adequate feedback and comments
e)	Someone collapses	Provide space, water, and towel to rest on as well as making sure they aren't hurt
	Problem breathing	Walk them outside, inducting breathing techniques to ensure they are okay- please give an example of a problem in an emergency situation.
f)	Too small	Create plan or map of where the workout stations will be located
	Insufficient equipment	Bring own equipment, just in case, and create workout plan that requires zero equipment
g)	Not everyone wants to be recorded	Either don't record or record without them in it
	Everyone wants to be recorded	Ensure that everyone is featured- Talk about client confidentiality.
h)	Lack of security	Ensure beforehand that security is adequate and sufficient
	Conflict occurs	Bring in security to break-up the situation and ensure everyone is safe

Outcome for Activity 2	☐ Satisfactory ☒ Not satisfactory
Trainer/Assessor comments	Great try Isaac, please address the questions I have indicated in red.

ACTIVITY 3

Harmful practices can be evident, but difficult, to control. Discuss how you, as a trainer, would work to minimise the impact of the following:

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

Hyperextension of joints

Do exercises to strengthen the muscles around the joint. Learn what normal range of motion is for each joint to avoid hyperextension. Protect your joints during physical activity by using padding or braces.

Sickness

Drink water regularly to replace the water lost during exercise. Drink a power drink, like Gatorade, during your workout, if you are prone to low blood sugar.

High and low temperatures

Dress appropriately, have sufficient supply of water, have a back-up plan if it's too hot or cold.

Ballistic movements

Ensure that no one does any quick movements when stretching or performing an exercise and to not perform anything out of their limits.

High impact movements

Perform exercises and stretches that don't coincide with these conditions.

Outcome for Activity 3

- ☐ Satisfactory
☒ Not satisfactory

Trainer/Assessor comments

Great try- please just review your answer for **High impact movements**

ACTIVITY 4

When conducting and creating group fitness session and programs the trainer must consider a range of areas. Explain how the following areas impact on a trainer's job:

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

Work Health and Safety

The trainer needs to ensure that everyone he/she is working with is safe and secure plus their health isn't in any danger. If these areas are affected, it puts everyone at risk of injury or worse.

Duty of care

Trainers need to ensure their clients are happy and safe when performing classes.

Copyright

Trainers need to ensure that they are either referencing studies/facts from people that have copyright over them as if they are found to not be using the people's information correctly, they can be under some legal issues.

Licensing

The trainer needs to have a license that is certified to ensure that he/she has sufficient and expert training and can be trusted.

Outcome for Activity 4

- ☐ Satisfactory
- ☒ Not satisfactory

Trainer/Assessor comments

Work Health and Safety- Please refer to WHS in your answer
Duty of care- more detail please, referring to safety of equipment, facility, etc
Licensing- Please look up licensing requirements for gym's playing music.

ACTIVITY 5

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

- a) Create a feedback sheet/survey that you can use to gauge areas of improvement from your group exercise sessions.
 - Your feedback sheet/survey should be easy to understand and able to be completed in under two (2) minutes.
- b) Detail two (2) situations where you modified your practice as a result of feedback received on your practical sessions, including the updating of session documentation.

Feedback sheet

Date:

Trainer/s:

Criteria:

Training was relevant to my needs: Agree/Disagree

Equipment used was efficient and useful: Agree/Disagree

Length of session was sufficient: Agree/Disagree

Instructions were clear: Agree/Disagree

Training met expectations: Agree/Disagree

Using feedback

I modified my practice after a client asked me to be a bit clearer in my instructions. This was updated on the 13/10/2018. The second time I modified my practice after I was told that my training session would be a bit shorter. I modified this on the 14/10/2018.

Outcome for Activity 5

☐ Satisfactory

☒ Not satisfactory

Trainer/Assessor comments

Thank you for this try Isaac, would you mind please attaching a Feedback sheet you designed, I just need a little more detail.

CASE STUDIES

CASE STUDY 1

Select two (2) of the scenarios from the following list and create a group exercise program for each (using the templates below). Be sure to include the following in your cardiovascular programming – using aerobic curve, pulse raise, main workout, build down, load and volume.

- a) A beginner group circuit training program for eight (8) clients
- b) A choreographed group fitness session for twelve (12) clients with music
- c) A high intensity group circuit training for fifteen (15) experienced clients

Create five (5) exercise cards that demonstrate five (5) different movements selected in your exercise programs. Each card needs to include:

- A diagram illustrating the muscle action involved in the movement
- 4-5 cues for the movement, plus any other helpful information you feel may make the movement easier for a client
- Three (3) levels of difficulty for your clients: Beginner, intermediate and advanced (e.g. sissy squat, bodyweight squat, jump squat)

GROUP EXERCISE SESSION 1		
Date	15/10/2018	
Number of clients	8	
Location	Snap Fitness Boondall	
Goal	To be active and gain lean mass	
Safety measures	Secure equipment and location	
Equipment required	Mats, dumbbells, boxing equipment, bikes	
Music required	N/A	
Plan	Session timing and music	Exercise
	Warm up	
	20 mins	Stretches, light sparring and bikes
	Main session	
	30 mins	Push-ups (3 styles) sit-ups, crunches, 2 dumbbell workouts
	Cool down	
	10 mins	Stretches and bike
Client feedback	Session had too many workouts	
Session notes	Clients were exhausted early into the session	

GROUP EXERCISE SESSION 2		
Date	15/10/2018	
Number of clients	15	
Location	Snap fitness Boondall	
Goal	To gain mass	
Safety measures	Ensure clients are safe and the location is secure	
Equipment required	Boxing equipment, dumbbells, weights, treadmill	
Music required	N/A	
Plan	Session timing and music	Exercise
	Warm up	
	15 mins	Treadmill-5 mins High intensity Stretches-2 mins Sparring-8 mins
	Main session	
	30 mins	Dumbbell Press, Skull crushers, push-ups, dumbbell fly, dumbbell shrug, Lat raises
	Cool down	
Client feedback	15 mins	Sparring-5 mins High intensity Treadmill-5 mins Walking
	Some weren't a big fan of the treadmill	
Session notes	Clients enjoyed themselves when it came to the main session.	

Outcome for Case Study 1	☐ Satisfactory ☒ Not satisfactory
Trainer/Assessor comments	Great try, however your programs don't meet the brief- A beginner group circuit training program for eight (8) clients as it does not meet the format of circuit. High intensity group circuit training for fifteen (15) experienced clients- the goal would not be to gain mass, please go into more detail on how you would program each exercise in the main session. Also reference- using aerobic curve, pulse raise, main workout, build down, load and volume in both your programs.

CASE STUDY 2

Access the following website and select one (1) community engagement fitness program:
<http://www.goldcoast.qld.gov.au/community/active-healthy-program-27969.html>

For your chosen program, outline the following considerations you will make for:

- Safety of your clients
- Safety of the facility/location where sessions will be undertaken
- Legal safeguards for yourself

Aim for three (3) considerations per element in the table below.

Example:

Element	Consideration	Consequence (if not followed)	Ways to counter
Facility	Outdoor environment – rain during event	• Slip and fall • Not following duty of care	• Have a second facility planned • Have a suitable cancellation process to inform all clients as soon as possible

Element	Consideration	Consequence (if not followed)	Ways to counter
Facility	Not enough water/sitting areas	Unhappy clients	Ensure facility has such areas or bring equipment
	Disruption of other people	Unhappy clients	Ask people to please move
Licensing	Insufficient licensing	Unhappy clients	Ensure license is up to date
Resources	No shade	Safety is hazardous	Back-up facility
	Insufficient food/water	Safety is hazardous	Bring sufficient resources
Equipment	Incorrect equipment	Improper workout	Adjust to new workout with the equipment
	Poor equipment	Unhappy clients	Adjust to new workout with the equipment
Clients	Small amount of clients	Improper workout	Adjust or advertise workout prior
	Large amount of clients	Safety/security is breached	Split into two classes at different times
Programming	Misleading information	Unhappy clients	Thoroughly explain information and set-up of event

Feedback	Too much Negative feedback	Unhappy clients	Adjust to said feedback
	Unclear feedback	Unclear on what to change	Ask clients to explain anonymously

Outcome for Case Study 2	☐ Satisfactory ☒ Not satisfactory
Trainer/Assessor comments	Great try, please answer three different examples for each element.

PRACTICAL TASKS

You are required to have a suitable observer verify your ability to complete the following tasks. These tasks may be simulated or real.

TASKS	VERIFIED
A. Plan, instruct and evaluate five (5) group exercise sessions of varying nature (i.e. with/without music for choreography/motivation; with/without equipment; freestyle; beginner/intermediate/advanced participants; low/high impact) meeting the following requirements: • Conducting sessions that incorporate – ○ Pre-session instructions ○ Warm up – pulse rate and mobility ○ Safe and effective instructional techniques ○ Modification of exercise options to meet individual needs ○ Music to match participant needs, considering the following for the choreography – add on, 32 count phrase, verse and chorus, and layering ○ Muscle strength and endurance ○ Repetition velocity and frequency ○ Flexibility • Monitoring exercise intensity during every session using at least one (1) of the following methods – ○ Heart rate response ○ Perceived rate of exertion ○ Talk test • Use of the following communication skills – ○ Clear verbal communication ○ Modelling and demonstration ○ Motivational techniques	☐
B. Instruct three (3) approved community fitness programs of varying nature (i.e. beginner/intermediate/advanced participants; low/high impact), demonstrating the following: • Clear and accurate instructions and pre-session information: ○ Personal introduction ○ Verbal pre-screen ○ Session level outline/demonstration and exercise explanation ○ Well-timed visual and verbal cueing ○ Class organisation and formation ○ Emergency procedures ○ Appropriate and safe footwear and clothing ○ Rests ○ Correct exercise techniques and breathing • Modification of exercise options to meet individual needs • Sensitivity to social and cultural differences or needs • Regular encouragement and feedback to clients during session • Use of the following communication skills – ○ Clear verbal communication ○ Modelling and demonstration ○ Motivational techniques • Appropriate use of equipment and resources required for the delivery of the program	☐

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