

**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	Miriam Hochstadt
Date of assessment submission	18/04/2017
Trainer/Assessor's name	Kymberley Sant
Date of assessment marking	20/04/2017
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	Please review Questions: 1 (more needs to be added) 6 9 10 (not answered)

SHORT ANSWER ACTIVITIES

ACTIVITY 1

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

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

Comfort strategies

To make the client feel comfortable the fitness trainer let raise the customer raise his concerns. He can then give examples of how to deal with his 'problems'. Also it is good to employ 'questioning technique', so the client can talk freely. Furthermore, it is good to formalise the process, so the client feels in the hands of an expert and can develop a routine.

Client barriers

He/she is maybe scared of:
the physical demands a training requires
having no confidence to stick to a training plan
lifestyle changes
new environment

Alleviating concerns

Giving examples of clients, who achieved their goals
Motivate the clients by explaining the benefits of a lifestyle change
Finding the right 'group' for him after assessing his fitness level
Setting SMART goals for the client, so he feels comfortable

Outcome for Activity 1	☒ Satisfactory ☐ Not satisfactory
Trainer/Assessor comments	Great answers, more responses for Alleviating Concerns can include: Previous embarrassment in a gym setting: Encourage them to bring a friend, offer private sessions, recommend off peak times Injuries: Discuss ways to work around them, offer contacts to an Allied Health Professional (AHP) Time: Short sessions, encourage them to walk when they normally drive Proximity to gym: Come to them, meet in a park, online programming Weather: Offer multiple locations, have contingencies in place for bad weather

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

Before a client can start a sports program he/she should undergo pre-test-screening. The screening gives information about the client's health, special medical conditions, medication, lifestyle and identifies activities a client cannot do. Also the pre-test-screening has to be done for legal and insurance related issues.

Explaining purpose to client

To know about the client's background and health issues ensures safety and appropriateness of the client to begin testing and become part of an exercise program. Down the track the instructor can always consider the information when setting goals.

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

Knee injury
Diabetes
Lower back pain
Neck pain
Obesity

Allied health professional

Depending how severe the knee injury is, a visit to a physio or specialist is recommended
For diabetes a GP should know how to treat it
A physio will be able to help with neck pain
For obesity a nutritionist can be consulted

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

Goal setting helps to focus your attention on a purpose. It also provides direction and motivation. Furthermore, when achieving a goal, it gives confidence and a feeling of accomplishment.

SMART meaning

Specific, measurable, achievable, realistic, timebound

Outcome for Activity 4

- ☒ Satisfactory
☐ Not satisfactory

Trainer/Assessor comments

Please refer to your answer here for SMART meaning and apply to your multiple choice answer for question 9.

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)	It is wrong to think that lifting weights will make you bulky. Lifting weights helps you to build muscle, but at the same time help you to lose fat and look leaner. Unless you spend hours and hours in the gym you will not bulk up.
b)	People with large muscle mass may have practiced a lot in the gym. They also followed specific training regimes to build muscle mass. It is a prejudice to think that everyone with big muscles is on steroids.
c)	It is scientifically proven that muscle building will increase your metabolism. That means your body will burn more calories. It is also said that resistance training will continue to burn calories up to 72 hours after the training.

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

When a person gains exercise experience he/she will most likely undergo changes physically and psychologically. From inactive and not thinking about training, to start thinking about more training, to do some training, to do enough training to make training a habit.

Variation of motivation

With exercise experience motivation changes. In the beginning a person might start PA for health reasons and because other people recommend it. With more experience, more physical ability and feeling better, he starts to get used to PA. In the end he will move to the stage of desiring PA.

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

Resistance training will build muscle, will help you to lose fat and it will also strengthen bones and joints. A healthy bone mass can be maintained. Cardio training will help you to increase your breathing rate. Your lungs will be able to increase the capacity of oxygen use. Also the heart becomes fitter. It will be able to supply more oxygenated blood to your muscles. With it the resting heart rate and the blood pressure will decrease.

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

The gym offered classes of different kind such as yoga, Zumba, weight training and water aerobic .

Promotion effectiveness

People can find what they like. They are being motivated. For example, water aerobic attracted a lot of older people, who very often do not like to do weight or cardio training.

PROMOTION 2

Describe promotion

They created a facebook page, so all customers can see the latest news, promotions and offerings.

Promotion effectiveness

Customers feel as being part of a big family. It motivates them to come back to see friends and acquaintances.

Legislative protection

The QLD government has legislation that says that a gym must not solicit clients through false or misleading advertisement. Also Fitness Australia has policies and guidelines its members must follow.

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

The Ebbeling treadmill test is suitable for unconditioned clients. The test is safe and simple, required is only a treadmill and heart monitor. It lasts for about 8 min. Afterwards the VO2 max can be estimated.

The modified Astrand test: it is a multi-stage 20m shuttle run test that measures aerobic fitness and performance. Only fit people should do it.

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)	Scuba diving is not recommended.
b)	Children of different age are in different development stages. The training program and activities have to be adjusted to their physical and mental abilities.
c)	People with continence issues such incontinence should not engage in too hard physical activity. It can cause stress and might make the issue worse.
d)	As people with depression feel often very low, it is important to be positive and encouraging as a personal gym trainer.
e)	If someone has high cholesterol he should start his training program slowly. 20 m aerobic activity 3 times per week is a starting point.
f)	People with hypertension should consult a GP for clearance before doing sport. If they are allowed to do sports they should only do light sports in order to promote anti-hypertensive effects.
g)	With knee injury one cannot do strenuous muscle training. Maybe light strengthening training can be done, but only after having clearance from a physio.

h)	Any exercise that has a high impact on the lower back should be avoided. For example, running has a high and repetitive impact on the lower back. It cannot be done when having lower back problems.
i)	Women experiencing menopause can do sports. But they should be aware that they can develop osteoporosis.
j)	A person with diabetes mellitus has to be examined for micro and macrovascular complications. Only after an examination can a sports program be designed that minimizes risks.
k)	People with neck issues should not do sports. Treatment from a physio is the right thing to do.
l)	Obese people can do low-intensity aerobic exercise. They should consider that their overweight can cause injury to knees, joints and bones when running.
m)	Older people may suffer chronic illnesses. They may have not done any sport for a long time. Therefore, they should first go to a GP to get clearance and recommendations for exercises.
n)	As People with arthritis have problem with movements they can do exercises that involve flexibility exercises, endurance or aerobic exercises and strengthening exercises. They are actually recommended.
o)	It is obvious that any activity that puts a pregnant women at risk of losing her balance should be avoided.
p)	To consider during the pre- and postnatal period is that only exercises can be done that do not place excess strain on the pelvic floor.
q)	People with arthritis can exercise. When doing sports they have to consider their condition and make sure not to aggravate the situation. Low-impact activities, like walking, swimming, bicycling, or using an elliptical machine are good for that condition.

Outcome for Activity 10	☒ Satisfactory ☐ Not satisfactory
Trainer/Assessor comments	You have done a great job here, just some more information for you to keep in mind: Asthma – Be mindful of high intensity training could cause difficulty in breathing. Incontinence- Avoid jumping or skipping Pregnancy- Avoid any activity that puts a pregnant women at risk of losing her balance should be avoided. Also avoid high intensity training that may bring the heart rate too high and cause stress to the body

ACTIVITY 11

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

Complaint email response

Respond in a timely manner to the email. Acknowledge the complaint and file and date it. Inform the customer of what will happen next. Investigate the matter. Action the matter and inform the customer about the progress and solution. Follow up email to ask customer whether he is satisfied. Document the incident.

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)	To quit eating fast food and smoking would be beneficial to his health. Combined with a training program that considers his hypertension and overweight he would gain better cardio and strength fitness. With that daily life tasks and work would be easier to be managed.
b)	Greg having hypertension and being overweight (BMI 29) has firstly to go to an GP to get clearance for sport. Being cleared a training program can be designed that considers his 2 conditions. The focus of the exercise program should be based on low-intensity aerobic activity with progressively increasing duration. Swimming could also be very good. This would ensure that there are some antihypertension effects and that he does not put too much stress on his body.
c)	Goals should be SMART. In training he can start with low intensity walking and strengthening training. The starting level should be measured. The goal then is to increase the intensity of a workout. After a few weeks he can see the progress. A long-term goal is to lose weight and become healthy again. With the right training and lifestyle change he will achieve that. Progress in these areas will positively impact on his motivation.
d)	In the beginning, it is important to show the client that the benefits of training outweigh the disadvantages. Also important is to clarify misconceptions. When having started remind the client constantly of the progress he has made. Compare past results with the new ones. He will start to realise that he feels better and is healthier, and make training a habit.

e)	The pre-screening results and test results determine with which level of training he can start. Greg being overweight and having hypertension cannot start with high-intensity training or running. A plan must be designed that considers his current condition. Otherwise the training could be too hard and exhausting, hard training could even harm his health.
f)	Strengthening training will increase muscle size and tone and muscular strength. It also increases tendon, bone density and ligament strength. Cardio training makes the heart stronger, the heart's ability to transport oxygen increases; it also increases the lung capacity
g)	Most gyms have weight rooms, cardio rooms and even swimming pools. Doing low-intensity aerobic work and strengthening training require only a treadmill or elliptical trainer, some light weights and mats. All are ideal for a training program for Greg. A pool is also good as swimming does not stress joints and bones.
h)	Having hypertension requires him to get clearance from a AHP. A GP could check him first, if there are acute problems like micro and macrovascular problems he would have to go to a specialist

Outcome for Case Study 1	☒ Satisfactory ☐ Not satisfactory
Trainer/Assessor comments	Your responses are fantastic, well done!

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)	Osteoporosis is a common disease. There are many reasons for it. Family history, gender etc. Lack of calcium and vitamin D can also have an impact. Not doing strengthening training will lead to loss of muscle and bone mass. That also contributes to osteoporosis
b)	Research has shown that resistance training increases bone density, bone mass and because of that prevents fractures. Especially for older people strengthening training with the right nutrition can help to prevent brittle bones.
c)	Research has shown that strengthening training has numerous health benefits. There are so many areas affected by strengthening training. Muscle strength, bone density, flexibility, posture, muscle to fat proportion, weight loss, confidence, prevention of injuries,
d)	. It is important to do weight and strengthening training, especially free weights. Also important is posture, balance and body strength training. All these training activities strengthen the body and increase bone mass and density. This would prevent fractures. Diet is also important to be considered. Calcium and vitamin d are important for maintaining bone strength. All in all, a healthy lifestyle would be good.
e)	Any gym that has a weight room with machines and free weight will be good. As she wants to do cardio training, a room with treadmill and elliptical trainer is also required
f)	A training designed for Eleanor will consider her osteoporosis. Her strengthening training will increase muscle size and tone and muscular strength, bone mass and density. This will help her to prevent falls and fractures. Cardio training makes the heart stronger, the heart's ability to transport oxygen also increases. Eleanor wants to run a half marathon, so her physiological changes will only improve if she trains quite hard.

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

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)	To be reasonably fit. To be able to do cardio training for 30 minutes. To have sufficient muscle strength to do daily chores pain free. Design a training program that considers his goals and health issues; guide him through the process of developing strength and cardio fitness. Explain the reasons for a designed program and motivate him to follow it through. He is member in a gym, but has not visited in recent times.
b)	His muscle strength is not very high, his cardio fitness is only developed through walking and his posture is not straight. As his overall fitness is very basic, I would design a program that is not very high intensity and strenuous to. his body
c)	He had major back surgery 5 years ago and suffers hip problems. He does not bhave to see a AHP to get clearance for sport training.
d)	Considering his health issues and personal goals I would recommend swimming and using the elliptical trainer for cardio training. There would be no impact on the lower back. Cardio training could be in the beginning 20 m swimming or running with low intensity. To strengthen his muscles I would recommend in the beginning core strengthening. That will give him the muscles to support his spine and will help to get the right posture. Flexibility training is good for being mobile and not letting his hip condition worsen.
e)	I would store the information of the pre-screening on the hard drive of my computer and make a back-up copy. The information stored will let me compare the pre-screening results with the future situations. The progress can be identified..

f)	His diet is not very healthy. Very often he eats processed foods. Limiting this and eating healthy fresh food may be beneficial to his overall wellbeing.
g)	For cardio testing I would conduct the Ebbeling Submaximal treadmill walking test. As the person is not very fit it is most suitable. Also it lasts only 8 minutes. I would also test his flexibility as he suffers from hip problems. The common exercise would tell me the range of his joint motions, the limitations of his back and hip movements.

Outcome for Case Study 3	☒ Satisfactory ☐ Not satisfactory
Trainer/Assessor comments	Wow! Your answers are brilliant, very thought out! 😊

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

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	<input style="width: 40px; height: 20px;" type="checkbox"/>
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Outcome for Practical Tasks	☐ Satisfactory ☐ Not satisfactory
Trainer/Assessor comments	