



SKILLSIQ

CAPABLE PEOPLE MAKE CLEVER BUSINESS

Fitness Training Package Products

Validation Guide

February 2021



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Introduction

SkillsIQ is a not-for-profit Skills Service Organisation (SSO) supporting industry in developing standards to equip the people-facing workforce with the right skills for jobs now and into the future. SkillsIQ is funded by the Department of Education, Skills and Employment to support the Industry Reference Committees (IRCs) responsible for the development and maintenance of training packages in the following sectors:

- Community Services
- Health
- Local Government
- Public Sector
- Floristry
- Hairdressing and Beauty Services
- Funeral Services
- Retail Services
- Sport, Fitness and Recreation
- Tourism, Travel and Hospitality.

IRCs drive the process of training package development and are made up of people with experience, skills and knowledge of their particular industry sector. IRCs are responsible for the provision of strategic input and advice that represents the needs of their workforce, and for ensuring training package products reflect these needs.

Project background

The SIS Sport, Fitness and Recreation Training Package is the national framework for skills development in the sport, fitness and recreation industries.

The Australian Industry and Skills Committee (AISC) has authorised SkillsIQ, at the direction of the Sport, Fitness and Recreation Industry Reference Committee (IRC), to undertake a thorough review of all nationally recognised fitness training package products included in the SIS Sport, Fitness and Recreation Training Package.

The key driver for the current review of fitness training package products is industry concern that existing units of competency and qualifications do not align well to fitness and aquatic fitness instruction roles in the workplace.

To inform this review a Fitness Technical Advisory Committee (Fitness TAC) was formed to guide the project. The Fitness TAC comprises industry stakeholders and subject matter experts who provide:

- guidance at the national level to ensure training package products are flexible and responsive to changing workplace practices, industry and client needs
- specialist advice and strategic direction in relation to stakeholder feedback and issues relevant to their sector
- views and feedback on behalf of the sector or organisation they represent
- support in facilitating communication and consultation with industry, including other members of their organisations, association members and other industry networks.

Draft 1

Draft 1 revised units of competency, qualifications and skill sets was produced in 2020 with national consultation completed in November 2020.

Feedback was received during webinars, by direct email contact and via the SkillsIQ Online Feedback Forum.

TAC members met to analyse and discuss feedback received on Draft 1 and determined actions for the development of Draft 2. Draft 2 is now available for public validation.

Draft 2 validation activities and timelines

Feedback provided during the consultation period has informed the development of Draft 2. Validation of Draft 2 allows stakeholders to review changes made to Draft 1 components and confirm that the resultant training package products meet their needs. It provides an opportunity for final input prior to submission for endorsement.

Webinars

SkillsIQ will host a series of webinars to seek stakeholder input. To register your interest in attending a webinar, please click on the link below.

[Webinar 1 Thursday 11 February 12:00 to 2:30 pm](#)

[Webinar 2 Monday 15 February 12:00 to 2:30 pm](#)

[Webinar 3 Friday 19 February 2:00 to 4:30 pm](#)

[Webinar 4 Wednesday 24 February 12:00 to 2:30 pm](#)

Online Feedback Forum

Feedback can be provided online via the SkillsIQ Feedback Forum. The Feedback Forum is a tool designed to capture stakeholder feedback on draft training package products. It also provides an opportunity for stakeholders to view feedback left by others.

To access the Feedback Forum, [click here](#).

For information on how to use the Feedback Forum, please visit the following page:

<https://www.skillsiq.com.au/FeedbackForum/How-To>.

To remain up to date with project developments, subscribe to SkillsIQ at:

<http://www.skillsiq.com.au/>.

Project timelines

National validation of Draft 2 will be open for a period of 3 weeks, from **Wednesday, 10 February to Wednesday, 03 March 2021**. During this period input will be sought on the following:

- 2 qualifications
- 3 skill sets
- 22 units of competency and associated assessment requirements

Following the close of validation, feedback will be collated and evaluated. This feedback will inform the development of the final draft.

It is anticipated that the fitness training package products will be submitted to the AISC for consideration in mid-2021.

Table 1: Timelines for the fitness update.

Validation Draft 2 released	February 2021
Feedback analysis & final draft development	March 2021
Quality assurance	April 2021
Engagement with State Training Authorities	May 2021
Submission	June 2021

About this Validation Guide

This guide should be read in conjunction with the Draft 2 training package products. It provides:

- a summary of the proposed changes from Draft 1 to Draft 2
- information about Draft 2 qualifications and skill sets
- a list of Draft 2 units of competency
- mapping of Draft 2 qualifications and units to currently endorsed SIS 2015 versions
- a summary of Performance Evidence requirements.

This guide does not include Draft 2 training package components. These can be accessed at <https://www.skillsiq.com.au/FeedbackForum/TrainingPackages1/SISSport/FitnessTrainingPackageProductsDraft2>

Contact details

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Summary of changes – Draft 1 to Draft 2

Draft 2 units of competency

The following table outlines overarching comments on Draft 1 units, and the resultant changes.

Table 2: Comments and actions for Draft 2 units

Item	Comments informing revisions made to Draft 2
Unit Codes	All Draft 2 units have updated codes to account for the development of two additional units, and so that units are better sequenced in updated qualifications.
Unit Titles	<p>Minor amendments have been made to the titles of just a few units:</p> <ul style="list-style-type: none"> • Develop gym-based exercise programs for individual clients has become Develop and instruct gym-based exercise programs for individual clients. • The land-based anatomy and physiology unit has been changed to align to the title of a newly developed water-based version: <ul style="list-style-type: none"> • Use anatomy and physiology knowledge to support safe and effective exercise • Use anatomy and physiology knowledge to support safe and effective water-based exercise.
Application	<p>Minor amendments have been made to some Application statements to remove references which were creating unnecessary complexity and some confusion.</p> <p>For example, references to interval and freestyle sessions, sedentary and active clients, and to the health- and/or skill-related components of fitness have been removed.</p> <p>References to job titles have been amended because diverse job titles are used in industry. Job titles have different meanings to different people and their use was creating some confusion.</p> <p>For some selected units, the Application now includes a specific statement that cross-references one unit to others. This has been done to create links between units that would most benefit from clustering during training and for holistic assessment. Please refer to the section titled Changes to specific units on Page 7.</p>
Elements and Performance Criteria	<p>Only minimal changes were requested by stakeholders with regard to the majority of units, and wording has therefore been amended only in the interest of greater clarity or technical accuracy.</p> <p>Some units, however, have been significantly changed, e.g., the anatomy and physiology units and the healthy eating units.</p>
Foundation Skills	<p>Only minor changes have been made to the wording of the Foundation Skills. Despite a suggestion that more content be added, when the performance criteria were reviewed it was found that the relevant skills were already self-evident or sufficiently explicit. For example, critical thinking and research skills are very evident in Establish and maintain professional practice for fitness instruction (Element 4).</p>

Item	Comments informing revisions made to Draft 2
Knowledge Evidence	<p>Only minor comments were made by stakeholders on the majority of units. Any amendments therefore again reflect the need for greater clarity or technical accuracy.</p>
Performance Evidence	<p>Stakeholder feedback indicated that Draft 1 Performance Evidence requirements were too prescriptive and contained too many variables. The variables included different:</p> <ul style="list-style-type: none"> • client types (males, females, young adults, older clients etc.) • session durations • group participant numbers for different sessions • types of exercises • types of equipment. <p>Comments indicated that combining these variables created logistical problems and some confusion.</p> <p>The prescription has been reconsidered in favour of some changes which reduce the logistical implementation burden but still provide for rigorous assessments which test the learner's adaptability in the most important circumstances.</p> <p>The requirement in each unit is individually tailored, so scrutiny of each unit is recommended. Specific requirements are discussed in subsequent sections of this table, e.g. Performance Evidence – session durations.</p> <p>Please also refer to the table in Appendix D: Numbers used in Draft 2 Performance Evidence on Page 45.</p>
Performance Evidence – client types	<p>The learner's exposure to different client types is considered important by industry.</p> <p>The requirement for different types of clients has been retained in Draft 2 units but some categories have been removed:</p> <ul style="list-style-type: none"> • Young adults between 18 and 25 years – removed. • All male group – removed from aqua unit. <p>The requirement, generally, for Draft 2 units covers:</p> <ul style="list-style-type: none"> • female adults • male adults • mixed sex groupings (for group units) • older clients aged over 55 years.
Performance Evidence – session durations	<p>Requirements to develop plans for and instruct variable session durations have been removed.</p> <p>The requirement for Draft 2 is for a minimum session duration of 45 minutes for land-based groups and personalised sessions.</p> <p>Aqua sessions are now a minimum of 30 minutes. Children's sessions are also a minimum 30 minutes in duration.</p>
Performance Evidence – group numbers	<p>Requirements to instruct variable numbers of group participants have been removed.</p>

Item	Comments informing revisions made to Draft 2
	<p>The requirement for Draft 2 group units is for a minimum of six participants.</p> <p>The online unit stipulates a minimum of four participants and a maximum of eight.</p> <p>The number of participants in the adolescent group is four.</p>
Performance Evidence – exercise and equipment types	<p>Exercise types are still nominated in the Draft 2 Performance Evidence and references remain very broad, e.g. cardiovascular exercises, resistance exercises, etc.</p> <p>Particular types of exercise equipment have been removed but a broad requirement that different types of equipment be used has been retained.</p> <p>The particular prescription has been removed from Develop and instruct gym-based exercise programs for individual clients.</p>
Performance Evidence – numbers of programs, sessions and clients	<p>There was no opposition to the number of clients to be pre-screened and assessed, or to the number of programs and sessions to be planned and instructed.</p> <p>Draft 2 retains the overarching requirement that eight group sessions be planned and instructed.</p> <p>Draft 2 retains the overarching requirement for the number of individual clients at five for pre-exercise screening, fitness assessment and then program development.</p> <p>The continuity of dealing with specific clients throughout different processes (i.e., screening to fitness assessment to program development to instruction, known as the ‘client journey’) can still be achieved for ongoing and holistic assessments because numbers are consistent in linked units.</p>
Assessment Conditions	<p>The assessment conditions were generally accepted. Requirements for skills to be demonstrated in the workplace or in a simulated environment were acceptable and have been retained. Equipment and other resource requirements were acceptable and have been retained, with some minor changes for clarity.</p> <p>However, two Draft 1 units nominated a requirement for interaction with specific types of clients, as follows:</p> <ul style="list-style-type: none"> • Develop and instruct group movement programs for children • Develop and instruct personalised exercise programs for adolescent clients. <p>There were a few objections by RTOs about assessments requiring the learner to interact with actual children and adolescents, and the logistical difficulties this creates. Please refer to the heading Changes to specific units on Page 7.</p>
Assessor Requirements	<p>The assessor requirements were accepted as appropriate except in a few instances.</p> <p>It was thought by some that an assessor with a Certificate IV in Fitness and two years’ relevant industry experience would not have the ‘higher order’ knowledge required to assess some units involving quite complex or technical knowledge, such as:</p>

Item	Comments informing revisions made to Draft 2
	<ul style="list-style-type: none"> • Use exercise science principles in fitness instruction • Use anatomy and physiology knowledge to support safe and effective exercise. <p>For these two units (and the new water-based anatomy unit), the assessor requirements in Draft 2 include an additional option (i.e., the third bullet point which follows):</p> <p>Assessors must:</p> <ul style="list-style-type: none"> • satisfy the Standards for Registered Training Organisations' requirements for assessors, and • hold a Certificate IV in Fitness, and have a collective period of at least two years' experience working in fitness instruction, where they have applied the skills and knowledge covered in this unit of competency, and where the two years' experience can incorporate either full- and/or part-time experience; or • be a registered or accredited practising health or exercise professional with a degree and experience relevant to this unit of competency. <p>This allows RTOs a choice and acknowledges that some RTOs already use degree-qualified trainers for certain units. (Please note that a training package is not permitted to stipulate what requirements must be met by trainers, but can, and must, stipulate the mandatory requirements of assessors.)</p> <p>In addition, the two healthy eating units allow an option to use an accredited practising dietitian (APD) or an accredited sports dietitian (AccSD).</p>

Changes to specific units

SISFFIT032 Complete pre-exercise screening and service orientation

This unit now contains an additional performance criterion (4.2) about actively engaging with clients to explain services, and additional knowledge content, as follows:

- The features and benefits of different types of services offered by fitness facilities
- An overview of the health benefits of different types of exercise activities, and examples of different types of exercise classes.

This supports industry feedback during Draft 1 consultation which stated that fitness instructors often struggle to assist clients to better understand and engage with available programs, services and facilities.

SISFFIT037 Develop and instruct group movement programs for children

Draft 2 allows for more flexibility for assessing learners, with an option added to allow for role plays.

Assessment must ensure the use of:

- interaction with participants; these can be:
 - children aged up to twelve years in an industry workplace, or
 - children aged up to twelve years who participate in simulated activities used for the purpose of skills assessment, or
 - individuals who role play children during simulated activities.

This still allows for industry's preference that actual children participate in the learner's assessment but provides an option for RTOs.

SISFFIT045 Develop and instruct personalised exercise programs for adolescent clients

Draft 2 permits more flexibility for assessing learners with an option added to allow for role plays.

Assessment must ensure the use of:

- interaction with adolescent clients; these can be:
 - young clients aged between thirteen to seventeen years in an industry workplace, or
 - young people aged between thirteen to seventeen years who participate in simulated activities used for the purpose of skills assessment, or
 - individuals who role play adolescents during simulated activities.

As is the case in the children's unit, this still allows for industry's preference that actual adolescents participate in the learner's assessment but provides an option for RTOs.

SISFFIT047 Use anatomy and physiology knowledge to support safe and effective exercise

Comments indicated that this unit was difficult to interpret, and it has therefore been changed significantly in Draft 2:

- Performance Criteria – changes have been made to the wording to make the unit more practically focused.
- Knowledge Evidence – some lead-in statements (main bullet points) covered too many concepts, making the scope of knowledge hard to understand. This has now been simplified.
- Performance Evidence – feedback indicated that a greater number of exercises should be demonstrated. The Performance Evidence has therefore been rewritten to highlight and encourage an holistic assessment of this evidence and an additional statement has been added to the Application to support this.

SISFFIT049 Use exercise science principles in fitness instruction

Comments on the Performance Evidence indicated that all program design should incorporate the use of exercise training principles not just the five nominated. Additionally, some stakeholders indicated that there was already enough allowance for program development across units and that this unit should not require any additional allowances.

The Performance Evidence has been rewritten to highlight and encourage an holistic assessment of this evidence, as follows:

- Incorporate the use of exercise science/training principles into the design of at least five personalised exercise programs.

This does not mean that the principles can be ignored in the development of any program. It means, for the purposes of assessing this unit, that specific evidence must be collected for five programs, as outlined.

An additional statement has been added to the Application to support this:

This unit has a direct relationship with, and supports the following units involving the application of exercise science/training principles to program design:

- SISFFIT041 Develop personalised exercise programs
- SISFFIT043 Develop and instruct personalised exercise programs for body composition goals
- SISFFIT044 Develop and instruct personalised exercise programs for older clients
- SISFFIT045 Develop and instruct personalised exercise programs for adolescent clients.

Each of those units is cross-referenced, in their application statements, to this FIT049 unit.

The clustering of units for training and holistic assessment will be canvassed in the Companion Volume.

SISFFIT051 Establish and maintain professional practice for fitness instruction

This unit now contains additional knowledge content about permit and sustainability requirements for using outdoor spaces/public land.

SISFFIT052 Provide healthy eating information and SISFFIT053 Support healthy eating for individual fitness clients

Significant feedback was received on these two units. Comments indicated that the units are restricted to providing information within the national dietary guidelines and restrict the scope of practice, and are also not sufficiently detailed to provide learners with the knowledge they require in the workplace.

However, this notion was tested with industry employers who defined the scope of skills and knowledge as being closer to Draft 1 unit content than were the views of those stakeholders who commented. These units have not changed significantly but some Performance Criteria and knowledge requirements have been made more explicit.

New units

Two additional units have been drafted in response to comments received during Draft 1:

- SISFFIT046 Plan and instruct online exercise sessions
- SISFFIT047 Use anatomy and physiology knowledge to support safe and effective water-based exercise.

There was significant comment that the 'land-based' anatomy and physiology unit did not apply to aquatic instructors but that aqua instructors do require a body of knowledge, and one that is specific to water-based exercise activity.

Specific questions asked during Draft 1 consultation

Some common questions were asked by stakeholders during Draft 1 consultation. These are reproduced here with the corresponding answers, in order to assist in the review of Draft 2.

Why aren't all foundation skills shown in the unit of competency table?

Those foundation skills relevant to the unit of competency are embedded within units and include:

- language, literacy and numeracy (LLN), identified as reading, writing, oral communication and numeracy
- employment skills necessary for effective participation in the workforce, identified as learning, problem-solving, initiative and enterprise, teamwork, planning and organising, self-management and the use of technology.

Foundation skills are included in units in three ways:

1. Relevant skills essential to performance are explicit, or evident, in the Performance Criteria, written in a way that reflects both the job task and skill level. These are not repeated in the Foundations Skills (FS) field.
2. Skills essential to performance that are not explicit in the Performance Criteria are summarised in the FS field together with a description reflecting the workplace skill.
3. In some cases, the FS is evident in the Performance Criteria (PCs) but the level of skill is not explicit. The PCs have been written so they retain their vocational focus and are not distracted by forcing an explicit level of FS. In these cases, the FS field provides a more detailed explanation to assist trainers and assessors in understanding the level of skill.

Stakeholders who identify any content missing from the Draft 2 units are asked to provide comment on the Feedback Forum.

Why have some units been split?

Plan group exercises and Instruct group exercises for both land- and water-based sessions have been split (group instructor units). Develop personalised programs has been split from instructing ('overarching' personal trainer units).

This separation has been carried out for the following reasons:

- Planning/designing and instructing programs/sessions are two discrete work functions requiring different skills and knowledge. Units should describe the skills and knowledge for those different functions so that each unit fully covers all the requirements. When different functions are combined, one of two things can happen. A comprehensive unit can become huge and unwieldy while a less comprehensive unit can miss important content and provide scant attention to all the necessary requirements.
- Throughout the currently endorsed 2015 units there is a stronger focus on instruction than on program or session design. Splitting the units now allows the full skill and knowledge requirements for developing or designing programs and sessions to be described.

- In the case of groups, the function of planning/designing group sessions is often completed by two different people in industry workplaces. This is becoming more commonplace. Discrete units are now available to meet the needs of two different job roles.

In a pre-employment training context, RTOs can deliver both units as required, and cluster training and assessment. This would provide broad vocational/employment outcomes. In order to meet the needs of an employer where functions are split, the units can be delivered separately.

Why do the ‘plan/develop’ units include an element on evaluating programs and sessions developed?

Each of these units contains a final element about evaluating programs and sessions that have been developed. RTOs have suggested that this content be removed because:

- students haven't yet instructed and therefore can't evaluate.
Units are not sequenced; they are not training modules but describe skills and knowledge. It is the RTOs' role to sequence training and combine appropriate units for training and assessment. Performance Evidence requirements have been carefully designed to allow for units to be combined.
- it is difficult to evaluate a program without instructing or delivering it.
In the workplace, those who plan/design group sessions do have to evaluate the utility and quality of the sessions that are delivered. The plan groups units describe different methods for achieving this; those that are relevant when a different person may deliver. Or they could be equally relevant if the same person delivers.

In a pre-employment training context, RTOs are likely to deliver both units, so this should not be an issue.

The ability to evaluate and modify personalised programs and group sessions after they have been designed is an essential workplace skill and must be included in the units. This requirement has been canvassed during industry consultation, and the content has been retained.

This issue is essentially an implementation issue that is not uncommon in units which describe skills for the evaluation of plans.

What's happened to the specific population units (land- and water-based)?

In their current form, these two units were problematic. SISFFIT002 (land-based) and SISFFIT022 (water-based) contained confused and mixed content. They indicated that instructors would be tailoring programs suited to the needs of a specific individual client and providing medical referrals. This is not the role of group instructors. These units were, however, packaged with the group instruction units in qualifications.

Much of the content centred on medical conditions and referrals for individuals. Medical conditions and referrals are now covered across a range of units.

Useful content for understanding requirements and meeting the needs of special populations has been incorporated into multiple units. Group planning and instructional units cover requirements for understanding medical conditions and exercise contraindications, modifying exercises to meet the needs of specific population groups, e.g. older people, and responding to the needs of individuals within a mixed group. There are specific units for personal trainers that cover program development and instruction for older clients, adolescents, and those with disability. Performance Evidence for all units requires instruction to different population groups.

When the content of each of the existing specific population units was analysed against Draft 2 units, there was no remaining content to warrant separate units for identifying and responding to the needs of special population clients and groups.



Draft 2 Qualifications

There are two Draft 2 qualifications. Codes will be added at the time of endorsement.

- SIS3XX21 Certificate III in Fitness
- SIS4XX21 Certificate IV in Fitness.

Diploma of Fitness

There was minimal industry support in favour of retaining a Diploma-level qualification. Discussions, particularly with industry operators, revealed that stakeholders were unable to define a job role beyond that serviced by the Certificate IV in Fitness.

A Diploma qualification has, therefore, not been included in Draft 2 and is proposed for deletion from the training package.

Qualification requirements

Draft 1 consultation highlighted the following overarching issues:

- Industry operators require multi-skilled fitness instructors who can switch functions between gym-floor instruction, group instruction and personal training and even between land- and water-based exercise activities. The current (2015) Certificate III qualification (partially carried forward to Draft 1) forces the selection of specialisations and allows little flexibility for multi-skilled outcomes.
- Industry operators increasingly require group instructors. They have clearly stated that group sessions comprise a significant part of their service offering and that group instruction should feature as a requirement of the Certificate III.
- Aqua exercise instructors can be serviced by the new skill set and do not require a complete Certificate III.
- Consumers increasingly expect high standards of customer care and service from fitness instructors yet skills are in deficit. Units covering appropriate skills for customer care and relationship management should feature in qualifications.
- Consumers increasingly expect high standards of professionalism from fitness instructors. Units covering appropriate skills for professional practice should appear in qualifications.
- Facility-based instructors are expected to coordinate their daily work priorities based on class schedules, and an appropriate unit should appear in the Certificate III.
- Personal trainers operating independently of facilities require business management skills. Even if they operate within a facility, they are likely to be contractors and therefore still require these skills.

Draft 2 Certificate III in Fitness

Key changes from Draft 1 to Draft 2 have been made according to comment received during consultation, as follows:

- Specialisations have been removed in favour of providing key industry skills for group and gym-floor instruction.
- Aqua exercise instruction no longer features but aqua units can be selected from electives to provide a multi-skilled outcome.
- Units relating to customer service and the organisation of daily work priorities have been retained despite some objection from RTOs because industry operators highlighted these as being essential.
- A professional practice unit has been added.
- Some units have been removed because they are not relevant to job functions, e.g. maintaining equipment.

Draft 2 Certificate IV in Fitness

Key changes from Draft 1 to Draft 2 have been made according to feedback received during consultation, as follows:

- An entry requirement has been retained and comprises all key fitness instruction units from Certificate III plus first aid and workplace health and safety. The certainty of a solid core in Certificate III (without elective specialisations) means that essential core units can be brought forward.
- Core units for customer relations, professional practice and providing healthy eating advice have been retained as core units without the necessity to include 'lower order' skills as an entry requirement because skills and knowledge provided by these core units subsume those provided by the Certificate III.
- The adolescent unit has been added to the core because instruction to this cohort is quite commonplace.
- Elective units are divided into three groups with a requirement to select from Group B: Business Operations and Leadership. The group includes leadership units for those personal trainers who might not be self-employed or contractors.
- Aqua exercise units have been added to the electives to provide a multi-skilled outcome.
- Packaging rules require minimal selection requirements from each group but allow additional units to be selected from any group to 'top up' specific personal trainer skills.

Imported units in the core of qualifications

Some concern was raised by RTOs about including imported units in the core of qualifications.

A qualification update to include, as core, the most current units when they are updated, e.g. first aid, triggers a problematic administrative issue for RTOs.

However, the following issues have been considered when including imported units in the core of qualifications:

- The first aid unit, HLTAID011, has only recently been endorsed and should have a lifespan similar to the new SISFFIT units.
- The same notion applies to the two BSB units included in the Certificate III.
- The current rationalisation policy means that Skills Service Organisations (SSOs, including SkillsIQ) and Industry Reference Committees (IRCs) are strongly discouraged from developing duplicative new units of competency that can be found in other training packages and which are entirely fit for purpose.

Draft 2 Skill Sets

The following skill sets are included in Draft 2:

- Group Exercise Leader
- Aqua Exercise Instruction
- Pre-exercise Screening.

Group Exercise Leader

The Group Exercise Leader Skill Set was supported without any unit changes suggested. There are no changes and the skill set contains four units. (The customer service unit has been updated to the BSB version recently endorsed, namely BSBOPS304 Deliver and monitor a service to customers.)

Aqua Exercise Instruction

The new Aqua Exercise Instruction Skill Set was supported by industry. It will provide the full set of skills required by aqua instructors and will provide a training vehicle for that job outcome.

There was considerable opposition to including the following two units in the skill set:

- SISFFIT032 Complete pre-exercise screening and service orientation
Aqua instructors do screen group participants but not to the extent described in FIT032. Instead SISFFIT039 Instruct group water-based exercise sessions should incorporate pre-exercise screening but at a level that reflects the job role and industry reality. The particular pre-exercise screening processes that apply to aqua instructors are fully and rigorously covered in that unit within the Performance Criteria, Knowledge, and Performance evidence. This content has been verified against industry feedback, and FIT032 has now been removed from the skill set.
- SISFFIT047 Use anatomy and physiology knowledge to support safe and effective exercise
This 'land-based' anatomy and physiology unit does not apply to aqua instructors but aqua instructors do require a body of knowledge, and one that is specific to water-based exercise activity.
A specific unit has been developed for aqua instruction and this is now included in the skill set: SISFFIT047 Use anatomy and physiology knowledge to support safe and effective **water-based** exercise.

Some stakeholders favoured the inclusion of the same customer service unit which appears in the Group Exercise Leader Skill Set.

This has not been included, however, because aqua exercise instructors spend a limited time in facilities and have a limited role in the areas of customer service, complaint resolution and service delivery evaluation.

Pre-exercise Screening

This additional Draft 2 skill set has been developed as a result of considerable discussion during Draft 1 consultation, particularly with industry operators. A skill set can comprise a single unit of competency, and the Pre-exercise Skill Set is presented in Draft 2 for comment.

There was significant discussion about pre-exercise screening processes used in industry. Industry operators expressed a diversity of ways in which clients are pre-screened and advised that various and diverse staff members are involved. Many may not have completed the unit as part of a qualification.

The introduction of a skill set, which focuses on important skills and knowledge, would assist operators to access training for all types of staff members involved, so that that a more consistent and industry-standard approach can be used for training for the pre-exercise screening of clients.

Appendix A: List of Draft 2 fitness units

Unit Code	Unit Title	Prerequisites
Screening and fitness assessment		
SISFFIT032	Complete pre-exercise screening and service orientation	Nil
SISFFIT033	Complete client fitness assessments	Nil
SISFFIT034	Assess client movement and provide exercise advice	Nil
Group instruction		
SISFFIT035	Plan group exercise sessions	Nil
SISFFIT036	Instruct group exercise sessions	Nil
SISFFIT037	Develop and instruct group movement programs for children	Nil
SISFFIT038	Plan group water-based exercise sessions	Nil
SISFFIT039	Instruct group water-based exercise sessions	Nil
Individual instruction		
SISFFIT040	Develop and instruct gym-based exercise programs for individual clients	Nil
SISFFIT041	Develop personalised exercise programs	Nil
SISFFIT042	Instruct personalised exercise sessions	Nil
SISFFIT043	Develop and instruct personalised exercise programs for body composition goals	Nil
SISFFIT044	Develop and instruct personalised exercise programs for older clients	Nil
SISFFIT045	Develop and instruct personalised exercise programs for adolescent clients	Nil
Online instruction		
SISFFIT046	Plan and instruct online exercise sessions	Nil
Other functions that support clients, program development and instruction		
SISFFIT047	Use anatomy and physiology knowledge to support safe and effective exercise	Nil
SISFFIT048	Use anatomy and physiology knowledge to support safe and effective water-based exercise	Nil
SISFFIT049	Use exercise science principles in fitness instruction	Nil
SISFFIT050	Support exercise behaviour change	Nil
SISFFIT051	Establish and maintain professional practice for fitness instruction	Nil
SISFFIT052	Provide healthy eating information	Nil
SISFFIT053	Support healthy eating for individual fitness clients	Nil

Appendix B: Mapping of Draft 2 qualifications to 2015 versions

Determination of equivalence

A qualification is mapped as not equivalent (N) when it provides different skill and knowledge outcomes for one or more of the following reasons:

- Units have been added to the core, providing additional skill and knowledge outcomes
- Units have been removed from the core, reducing skill and knowledge outcomes
- A significant number of additional elective units are required
- Entry requirements are altered creating significant differences to the structure of the qualification.

Previous Qualification 2015	Replacement Qualification Code TBA	Comment in relation to previous version E = equivalent N = not equivalent
SIS30315 Certificate III in Fitness	SIS3XX21 Certificate III in Fitness	<p>N</p> <p>Required number of units reduced from 16 to 15 which reflects consolidation of previous units.</p> <p>Qualification refocused to provide key industry job outcomes of land-based group and gym fitness instructors. Therefore, structure of qualification has changed significantly:</p> <ul style="list-style-type: none"> • Core comprises key fitness industry skills for group and gym-based instruction (increased from 9 units to 12) • Fewer electives required (reduced from 7 units to 3) • Specialisations removed. <p>Units removed from core:</p> <ul style="list-style-type: none"> • Specific populations unit - special population content merged into multiple units including those for group planning and instruction • Older client unit was for individual instruction, not groups • Unit on maintaining equipment (SISXFAC001) not relevant to job roles • Feedback suggested that the content of SISXIND001 Work effectively in sport, fitness and recreation environments was mixed and not useful. <p>The following units have been added to core to cover essential skills required by group and gym fitness instructors:</p> <ul style="list-style-type: none"> • First aid (HLTAID011) and workplace health and safety (HLTWHS001) • Professional practice (CHCPRP003) and organising work tasks (BSBPEF301) • Customer service (BSBOPS304) with better and more targeted content replaces SISXCCS001. <p>Changes to elective units:</p>

Previous Qualification 2015	Replacement Qualification Code TBA	Comment in relation to previous version E = equivalent N = not equivalent
		<ul style="list-style-type: none"> Electives are not grouped into specialisations. Aqua instruction specialisation replaced by a Skill Set. Relevant units added to support work outcomes - units addressing infection control, manual handling, emergency response, teamwork, conflict resolution and working to assist children, young people, and those with mental health issues. Aqua instruction units available to provide a multi-skilled outcome.
SIS40215 Certificate IV in Fitness	SIS4XX21 Certificate IV in Fitness	<p>N</p> <p>Required number of units reduced from 20 to 17 which reflects consolidation of previous units:</p> <ul style="list-style-type: none"> 10 core, 7 electives required Reduced from 12 core, 8 electives. <p>Essential skills for all personal trainers now included in core with additional fitness-specific units available in a new exercise instruction group.</p> <p>Entry requirement (8 units):</p> <ul style="list-style-type: none"> Entry requirement extended to include all key fitness instructor units from Certificate III plus first aid and workplace health and safety. Some units excluded from entry requirement because core Certificate IV units subsume: <ul style="list-style-type: none"> CHCCOM006 Establish and manage client relationships provides higher order customer relations skills (subsumes BSBOPS304) SISFFIT051 Establish and maintain professional practice for fitness instruction provides higher order professional practice skills (subsumes CHCPRP003 Reflect on and improve own personal practice) SISFFIT053 Support healthy eating for individual fitness clients (subsumes FIT052). Changes to core units: <ul style="list-style-type: none"> One unit added - skills to establish and manage client relationships Content of health collaboration unit merged into a new professional practice unit Two units merged - healthy eating and recognising dangers of advice Units removed from core: <ul style="list-style-type: none"> Assessing movement (now elective) Instructing groups (now entry requirement)

Previous Qualification 2015	Replacement Qualification Code TBA	Comment in relation to previous version E = equivalent N = not equivalent
		<ul style="list-style-type: none"> • Long-term training, replaced by SISXCAI005 (now elective) • SISXRES001 Conduct sustainable work practices in open spaces, due to lack of content relevance to fitness outcomes. • Changes to elective units: <ul style="list-style-type: none"> Group A: Exercise Instruction: <ul style="list-style-type: none"> • A new group containing fitness-specific units, of which two must be selected • Group includes units previously listed in general electives. Group B: Business Operations and Leadership: <ul style="list-style-type: none"> • Two units must be selected, reduced from four. • Units revised to include business units most relevant to self-employed personal trainers and leadership skills relevant to those employed. Group C: General Electives: <ul style="list-style-type: none"> • Three units can be selected. • Relevant units added to support work outcomes – namely, units addressing critical thinking and working to assist diverse people with special needs including older people, people with disability, people with mental health issues, children, and young people. • Packaging rules allow additional units to be selected from Group A, B, C or elsewhere.
SIS50215 Diploma of Fitness	N/A	Proposed for deletion.

Appendix C: Mapping of Draft 2 units to 2015 versions

Determination of equivalence

A unit is mapped as equivalent (E) when it provides the same skill and knowledge outcomes, as follows:

- elements and performance criteria are the same, but are re-ordered and or expressed differently for clarity
- knowledge requirements are the same, but are expressed differently for clarity, or statements about scope and depth of knowledge have been added for clarity.

A unit is mapped as not equivalent (N) when it provides different skill and knowledge outcomes, as follows:

- elements and or performance criteria have been added or removed
- knowledge requirements have been added or removed
- unit content has been split to create two or more units
- one or more units have been merged.

Previous Unit Code and Title SIS V4 (Units released 2015)	Replacement Unit Code and Title SIS VXX (version TBA)	Comment in relation to previous version E = equivalent N = not equivalent
SISFFIT001 Provide health screening and fitness orientation	SISFFIT032 Complete pre-exercise screening and service orientation	N Title changed. Significant additions to Performance Criteria to fully describe skills for pre-exercise screening. Performance Evidence amended to provide clear information about sufficiency of evidence. Unclear requirements for hours and client contact sessions removed and replaced with a number of clients, and specific types of clients are nominated. Requirement to refer to a more highly qualified fitness professional removed. Knowledge Evidence reworded to indicate scope and depth. Significant additions and deletions made to fully reflect Performance Criteria.
SISFFIT002 Recognise and apply exercise considerations for specific populations	Requirements and needs of specific populations covered across multiple units: SISFFIT034 Assess client movement and provide exercise advice SISFFIT035 Plan group exercise sessions SISFFIT036 Instruct group exercise sessions	SISFFIT002 contained confusing and mixed content. It indicated that instructors would be tailoring programs suited to the needs of a specific individual client. It was, however, packaged with group instruction units in qualifications. Much of the content centred on medical conditions and referrals for individuals. Medical conditions and referrals are now covered across a range of units.

Previous Unit Code and Title SIS V4 (Units released 2015)	Replacement Unit Code and Title SIS VXX (version TBA)	Comment in relation to previous version E = equivalent N = not equivalent
	<p>SISFFIT037 Develop and instruct group movement programs for children</p> <p>SISFFIT040 Develop and instruct gym-based exercise programs for individual clients</p> <p>SISFFIT041 Develop personalised exercise programs</p> <p>SISFFIT042 Instruct personalised exercise sessions</p> <p>SISFFIT044 Develop and instruct personalised exercise programs for older clients</p> <p>SISFFIT045 Develop and instruct personalised exercise programs for adolescent clients</p> <p>SISFFIT047 Use anatomy and physiology knowledge to support safe and effective exercise.</p> <p>SISFFIT048 Use anatomy and physiology knowledge to support safe and effective water-based exercise.</p>	<p>Useful content for understanding requirements and meeting the needs of specific populations has been incorporated into multiple units:</p> <p>SISFFIT034 Assess client movement and provide exercise advice</p> <p>SISFFIT035 Plan group exercise sessions</p> <p>SISFFIT036 Instruct group exercise sessions</p> <p>SISFFIT037 Develop and instruct group movement programs for children</p> <p>SISFFIT040 Develop and instruct gym-based exercise programs for individual clients</p> <p>SISFFIT041 Develop personalised exercise programs</p> <p>SISFFIT042 Instruct personalised exercise sessions</p> <p>SISFFIT044 Develop and instruct personalised exercise programs for older clients</p> <p>SISFFIT045 Develop and instruct personalised exercise programs for adolescent clients</p> <p>SISFFIT047 Use anatomy and physiology knowledge to support safe and effective exercise</p> <p>SISFFIT048 Use anatomy and physiology knowledge to support safe and effective water-based exercise.</p>
<p>SISFFIT003 Instruct fitness programs</p>	<p>SISFFIT040 Develop and instruct gym-based exercise programs for individual clients</p>	<p>N</p> <p>Title changed.</p> <p>Scope and purpose of SISFFIT003 was unclear. Unit now focuses on gym-based program development and instruction for individual clients where the level of personalised instruction, ongoing monitoring and evaluation is limited. Unit does not specifically focus on circuit sessions and allows for broader exercise types.</p> <p>Significant changes to structure and content of Elements and Performance Criteria.</p>

Previous Unit Code and Title SIS V4 (Units released 2015)	Replacement Unit Code and Title SIS VXX (version TBA)	Comment in relation to previous version E = equivalent N = not equivalent
		<p>Performance Evidence amended to provide clear information about sufficiency of evidence. Unclear requirements regarding hours and client contact sessions removed and replaced with number of programs and sessions to be developed. Duration of sessions to be developed is defined. Client numbers and types are specified.</p> <p>Knowledge Evidence reworded to indicate scope and depth; significant additions and deletions to fully reflect Performance Criteria and to tailor content to updated focus of the unit.</p>
<p>SISFFIT004 Incorporate anatomy and physiology principles into fitness programming</p>	<p>SISFFIT047 Use anatomy and physiology knowledge to support safe and effective exercise</p>	<p>N</p> <p>Title changed.</p> <p>SISFFIT004 had been written in quite a theoretical way. Unit now changed to be more practically focused on using knowledge to support safe and effective exercise.</p> <p>Significant changes to structure and content of Elements and Performance Criteria.</p> <p>Performance Evidence amended to provide clear information about sufficiency of evidence with a focus on different types of clients and link to specific exercises.</p> <p>Knowledge Evidence reworded to indicate scope and depth; significant additions and deletions to fully reflect Performance Criteria and to tailor content to updated practical focus of the unit. Many long sub-lists of knowledge removed.</p>
<p>SISFFIT005 Provide healthy eating information</p>	<p>SISFFIT052 Provide healthy eating information</p>	<p>N</p> <p>Unit refocused to make it clearer that scope of SISFFIT052 relates to provision of general, and not individualised, information about healthy eating to fitness clients. Requirements around actually writing referrals removed as this is beyond the scope of this unit. However, the need to identify situations out of scope and to advise clients about appropriate</p>

Previous Unit Code and Title SIS V4 (Units released 2015)	Replacement Unit Code and Title SIS VXX (version TBA)	Comment in relation to previous version E = equivalent N = not equivalent
		<p>types of medical or allied health professionals has been included.</p> <p>Significant changes to structure and content of Elements and Performance Criteria.</p> <p>Performance Evidence amended to provide clear information about sufficiency of evidence. Unclear requirements regarding hours and client contact sessions removed and replaced with a specified number of clients.</p> <p>Knowledge Evidence reworded to indicate scope and depth; significant additions and deletions to fully reflect Performance Criteria.</p> <p>Assessment conditions contained information about assessment activities and validation of tools no longer relevant, and have therefore been removed.</p>
<p>SISFFIT006 Conduct fitness appraisals</p>	<p>SISFFIT033 Complete client fitness assessments</p>	<p>E</p> <p>Title changed.</p> <p>Performance Criteria reworded and re-ordered to provide clarity.</p> <p>Performance Evidence amended to provide clear information about sufficiency of evidence.</p> <p>Unclear requirements regarding hours and client contact sessions removed and replaced with a specified number of clients and specific categories of clients. Requirements to use specific types of exercise equipment removed in recognition of the fact assessments can be completed without equipment.</p> <p>Knowledge Evidence reworded to provide clarity, and to indicate scope and depth.</p>
<p>SISFFIT007 Instruct group exercise sessions</p> <p>Unit split. Content is covered across two units.</p>	<p>SISFFIT035 Plan group exercise sessions</p> <p>SISFFIT036 Instruct group exercise sessions</p>	<p>N</p> <p>SISFFIT007 Instruct group exercise sessions has been split. Content is covered in two different units:</p> <p>SISFFIT035 Plan group exercise sessions</p>

Previous Unit Code and Title SIS V4 (Units released 2015)	Replacement Unit Code and Title SIS VXX (version TBA)	Comment in relation to previous version E = equivalent N = not equivalent
		<p>SISFFIT036 Instruct group exercise sessions.</p> <p>SISFFIT035 Plan group exercise sessions focuses on session planning for mixed groups and can cover planning for particular categories of groups. It covers requirements for modifying exercises to meet the needs of specific population groups, e.g. older people. Session planning skills and knowledge now fully described.</p> <p>Element 1 Develop session plans and associated knowledge (from SISFFIT007) housed in <i>SISFFIT035 Plan group exercise sessions</i>.</p> <p>SISFFIT036 Instruct group exercise sessions focuses on session preparation, delivery and evaluation and the organisational, communication and instructional skills needed to instruct group exercise sessions. It covers requirements for modifying exercises to meet the needs of specific population groups, e.g. older people, and responding to the needs of individuals within a mixed group.</p> <p>Elements 2 and 3 Conduct and evaluate sessions and associated knowledge (from SISFFIT007) housed in SISFFIT036 Instruct group exercise sessions.</p> <p>Significant changes to structure and content of Elements and Performance Criteria to reflect updated scope of each unit.</p> <p>Performance Evidence amended to provide clear information about sufficiency of evidence. Number of sessions to be developed (plan unit) and delivered (instruct unit) is still specified. Duration of sessions is defined and participant types are specified. Group numbers are similarly specified in the instruct unit.</p> <p>Knowledge Evidence reworded to indicate scope and depth; significant additions and deletions to fully reflect Performance Criteria and to tailor content to updated scope for each unit.</p>

Previous Unit Code and Title SIS V4 (Units released 2015)	Replacement Unit Code and Title SIS VXX (version TBA)	Comment in relation to previous version E = equivalent N = not equivalent
<p>SISFFIT008 Instruct water-based fitness activities</p> <p>SISFFIT022 Instruct aquatic sessions for specific population groups</p> <p>Merged, with content on planning split out.</p>	<p>SISFFIT038 Plan group water-based exercise sessions</p> <p>SISFFIT039 Instruct group water-based exercise sessions</p>	<p>N</p> <p>Two units merged because of significant duplication of content and overlap of skill and knowledge coverage:</p> <p>SISFFIT008 Instruct water-based fitness activities</p> <p>SISFFIT022 Instruct aquatic sessions for specific population groups.</p> <p>Content for planning and instructing group water-based sessions has been split. Content is covered in two different units:</p> <p>SISFFIT038 Plan group water-based exercise sessions</p> <p>SISFFIT039 Instruct group water-based exercise sessions.</p> <p>SISFFIT038: Unit focuses on session planning for mixed groups and can cover planning for particular groups. Covers requirements for modifying exercises to meet the needs of specific population groups, e.g. older people. Session planning skills and knowledge now fully described.</p> <p>Element 1 Develop session plans and associated knowledge (from SISFFIT008) housed in SISFFIT038 Plan group water-based exercise sessions.</p> <p>SISFFIT039 focuses on session preparation, delivery and evaluation and the organisational, communication and instructional skills needed to instruct group water-based exercise sessions. Covers requirements for modifying exercises to meet the needs of specific population groups, e.g. older people, and responding to the needs of individuals within a mixed group.</p> <p>Elements 2 and 3 Conduct and evaluate sessions and associated knowledge (from SISFFIT008) housed in SISFFIT039 Instruct group water-based exercise sessions.</p> <p>Significant changes to structure and content of Elements and Performance</p>

Previous Unit Code and Title SIS V4 (Units released 2015)	Replacement Unit Code and Title SIS VXX (version TBA)	Comment in relation to previous version E = equivalent N = not equivalent
		<p>Criteria to reflect updated scope of each unit.</p> <p>Performance Evidence amended to provide clear information about sufficiency of evidence. Unclear requirements for hours removed but number of sessions to be developed (plan unit) and delivered (instruct unit) is still nominated. Duration of sessions is defined and participant types are nominated. Group numbers are nominated in instruct unit.</p> <p>Knowledge Evidence reworded to indicate scope and depth; significant additions and deletions to fully reflect Performance Criteria and to tailor content to updated scope for each unit.</p> <p>Assessment conditions contained information about assessment activities involving the instruction of exercise sessions that was better suited to Performance Evidence. Any relevant content has been included in Performance Evidence.</p>
<p>SISFFIT009 Deliver pre-choreographed or prescribed community fitness</p> <p>SISFFIT010 Deliver pre-choreographed or prescribed group exercise to music</p> <p>SISFFIT011 Instruct approved community fitness programs</p> <p>Units merged with SISFFIT036 Instruct group exercise sessions</p>	<p>SISFFIT036 Instruct group exercise sessions</p>	<p>N</p> <p>Four units merged because of significant duplication of content and overlap of skill and knowledge coverage:</p> <p>SISFFIT007 Instruct group exercise sessions</p> <p>SISFFIT009 Deliver pre-choreographed or prescribed community fitness</p> <p>SISFFIT010 Deliver pre-choreographed or prescribed group exercise to music</p> <p>SISFFIT011 Instruct approved community fitness programs</p> <p>Content from four units used to create SISFFIT036 Instruct group exercise sessions.</p> <p>SISFFIT036 focuses on session preparation, delivery and evaluation and the organisational, communication and instructional skills needed to instruct group exercise sessions. Covers requirements for modifying</p>

Previous Unit Code and Title SIS V4 (Units released 2015)	Replacement Unit Code and Title SIS VXX (version TBA)	Comment in relation to previous version E = equivalent N = not equivalent
		<p>exercises to meet the needs of specific population groups, e.g. older people and responding to the needs of individuals within a mixed group.</p> <p>Significant changes to structure and content of Elements and Performance Criteria to reflect merged unit scope.</p> <p>Performance Evidence amended to provide clear information about sufficiency of evidence. Duration of sessions is defined, and participant types and group numbers are specified.</p> <p>Knowledge Evidence has been reworded to indicate scope and depth, and significant additions and deletions now fully reflect the Performance Criteria and tailor the content to the merged unit's scope.</p>
<p>SISFFIT010 Deliver pre-choreographed or prescribed group exercise to music</p> <p>SISFFIT009 Deliver pre-choreographed or prescribed community fitness</p> <p>SISFFIT011 Instruct approved community fitness programs</p> <p>Units merged with SISFFIT036 Instruct group exercise sessions</p>	<p>SISFFIT036 Instruct group exercise sessions</p>	<p>N</p> <p>Four units merged because of significant duplication of content and overlap of skill and knowledge coverage:</p> <p>SISFFIT007 Instruct group exercise sessions</p> <p>SISFFIT009 Deliver pre-choreographed or prescribed community fitness</p> <p>SISFFIT010 Deliver pre-choreographed or prescribed group exercise to music</p> <p>SISFFIT011 Instruct approved community fitness programs.</p> <p>Content from four units used to create SISFFIT036 Instruct group exercise sessions. This unit focuses on session preparation, delivery and evaluation, and the organisational, communication and instructional skills needed to instruct group exercise sessions. It covers requirements for modifying exercises to meet the needs of specific population groups, e.g. older people, and responding to the needs of individuals within a mixed group.</p>

Previous Unit Code and Title SIS V4 (Units released 2015)	Replacement Unit Code and Title SIS VXX (version TBA)	Comment in relation to previous version E = equivalent N = not equivalent
		<p>Significant changes to structure and content of Elements and Performance Criteria to reflect merged unit scope.</p> <p>Performance Evidence amended to provide clear information about sufficiency of evidence. Duration of sessions is defined, and participant types and group numbers are both specified.</p> <p>Knowledge Evidence reworded to indicate scope and depth; significant additions and deletions now fully reflect the Performance Criteria, and content is tailored to the merged unit scope.</p>
<p>SISFFIT011 Instruct approved community fitness programs</p> <p>SISFFIT009 Deliver pre-choreographed or prescribed community fitness</p> <p>SISFFIT010 Deliver pre-choreographed or prescribed group exercise to music</p> <p>Units merged with SISFFIT036 Instruct group exercise sessions</p>	<p>SISFFIT036 Instruct group exercise sessions</p>	<p>N</p> <p>Four units merged because of significant duplication of content and overlap of skill and knowledge coverage:</p> <p>SISFFIT007 Instruct group exercise sessions</p> <p>SISFFIT009 Deliver pre-choreographed or prescribed community fitness</p> <p>SISFFIT010 Deliver pre-choreographed or prescribed group exercise to music</p> <p>SISFFIT011 Instruct approved community fitness programs.</p> <p>Content from four units used to create SISFFIT036 Instruct group exercise sessions. This unit now focuses on session preparation, delivery and evaluation and the organisational, communication and instructional skills needed to instruct group exercise sessions. Covers requirements for modifying exercises to meet the needs of specific population groups, e.g. older people, and responding to the needs of individuals within a mixed group.</p> <p>Significant changes to structure and content of Elements and Performance Criteria to reflect merged unit scope.</p> <p>Performance Evidence amended to provide clear information about</p>

Previous Unit Code and Title SIS V4 (Units released 2015)	Replacement Unit Code and Title SIS VXX (version TBA)	Comment in relation to previous version E = equivalent N = not equivalent
		<p>sufficiency of evidence. Duration of sessions is defined and both participant types and group numbers are specified.</p> <p>Knowledge Evidence reworded to indicate scope and depth; significant additions and deletions to fully reflect Performance Criteria and to tailor content to merged unit scope.</p>
<p>SISFFIT012 Instruct movement programs to children aged 5 to 12 years</p>	<p>SISFFIT037 Develop and instruct group movement programs for children</p>	<p>N</p> <p>Title changed.</p> <p>Significant changes to Elements and Performance Criteria, with clarity provided on program and session development.</p> <p>Performance Evidence amended to provide clear information about sufficiency of evidence. Requirements clarified for number of programs and sessions to be developed, and number of sessions to be instructed. Duration of sessions is defined and group numbers are specified.</p> <p>Knowledge Evidence reworded to indicate scope and depth; significant additions and deletions now fully reflect Performance Criteria and better tailor content to children as participants.</p>
<p>SISFFIT013 Instruct exercise to young people aged 13 to 17 years</p>	<p>SISFFIT045 Develop and instruct personalised exercise programs for adolescent clients</p>	<p>N</p> <p>Title changed.</p> <p>The scope of SISFFIT013 was unclear, and specifically unclear as to whether the unit was for individuals or groups, and whether it was aimed at supervising young people in fitness facilities or in instructing sessions. The unit now focuses on personalised program development and instruction.</p> <p>Significant changes made to Elements and Performance Criteria, to reflect clarified scope.</p> <p>Performance Evidence amended to provide clear information about sufficiency of evidence. Requirements clarified for the number of programs and sessions to be developed, and the number of sessions to be instructed.</p>

Previous Unit Code and Title SIS V4 (Units released 2015)	Replacement Unit Code and Title SIS VXX (version TBA)	Comment in relation to previous version E = equivalent N = not equivalent
		<p>Duration of sessions is defined. Client numbers and types are specified. Instruction of one small group is required.</p> <p>Knowledge Evidence is reworded to indicate scope and depth; significant additions and deletions now fully reflect Performance Criteria and better tailor content to adolescent clients.</p> <p>Assessment conditions contained information about assessment activities involving fitness assessments that was better suited to Performance Evidence. Any relevant content has now been included in the Performance Evidence.</p>
<p>SISFFIT014 Instruct exercise to older clients</p>	<p>SISFFIT044 Develop and instruct personalised exercise programs for older clients</p>	<p>N</p> <p>Title changed.</p> <p>Significant changes to Elements and Performance Criteria.</p> <p>Performance Evidence amended to provide clear information about sufficiency of evidence. Unclear requirements for hours and client contact sessions removed; replaced with number of programs and sessions to be developed, and number of sessions to be instructed. Duration of sessions is defined. Client numbers and types are specified.</p> <p>Performance Evidence now includes content that focuses on communication and collaboration with medical and allied health professionals for clients with ongoing health conditions, not on writing initial referral letters.</p> <p>Knowledge Evidence reworded to indicate scope and depth; significant additions and deletions to fully reflect Performance Criteria and to better tailor content to older clients.</p> <p>Assessment conditions contained information about assessment activities no longer relevant to unit outcomes which has now been removed.</p>

Previous Unit Code and Title SIS V4 (Units released 2015)	Replacement Unit Code and Title SIS VXX (version TBA)	Comment in relation to previous version E = equivalent N = not equivalent
<p>SISFFIT015 Collaborate with medical and allied health professionals in a fitness context</p> <p>SISFFIT028 Apply evidence-based practice to exercise programs</p> <p>Merged</p>	<p>SISFFIT051 Establish and maintain professional practice for fitness instruction</p>	<p>N</p> <p>Two units merged:</p> <p>SISFFIT015 Collaborate with medical and allied health professionals in a fitness context</p> <p>SISFFIT028 Apply evidence-based practice to exercise programs.</p> <p>Content from two units used to create a unit which focuses on professional practice for personal trainers.</p> <p>SISFFIT051 focuses on a range of issues that contribute to professional practice - knowledge and use of industry standards, specific industry regulatory requirements, evidence-based information, reflective practice, and collaboration with medical and allied health professionals.</p> <p>SISFFIT015 contained significant content that duplicated that of other units. When duplicative content was considered, there was minimal content left to justify a separate unit.</p> <p>The intent and content of SISFFIT028 was unclear in terms of workplace outcomes. Useful content about sourcing, evaluating and applying evidence-based information to exercise program design has been incorporated in SISFFIT051.</p> <p>Significant changes have been made to the structure and content of Elements and Performance Criteria to reflect merged unit scope.</p> <p>Performance Evidence amended to provide clear information about sufficiency of evidence.</p> <p>Performance Evidence includes content that focuses on communication and collaboration with medical and allied health professionals for clients with ongoing health conditions, not on writing initial referral letters.</p> <p>Knowledge Evidence reworded to indicate scope and depth. Significant additions and deletions made to fully</p>

Previous Unit Code and Title SIS V4 (Units released 2015)	Replacement Unit Code and Title SIS VXX (version TBA)	Comment in relation to previous version E = equivalent N = not equivalent
		reflect Performance Criteria and to tailor content to merged unit scope.
SISFFIT016 Provide motivation to positively influence exercise behaviour	SISFFIT050 Support exercise behaviour change	<p>N</p> <p>Title changed.</p> <p>SISFFIT016 was written in quite a theoretical way. The content has been changed to be more practically focused. Motivation references have been removed and the unit now better focuses on behaviour change.</p> <p>Significant changes made to structure and content of Elements and Performance Criteria.</p> <p>Performance Evidence amended to provide clear information about sufficiency of evidence. Unclear requirements for hours and client contact sessions removed and replaced with a specified number of clients.</p> <p>Knowledge Evidence reworded to indicate scope and depth. Significant additions and deletions made to fully reflect Performance Criteria and to make more explicit links to behaviour-change principles.</p> <p>Assessment conditions contained information about assessment activities involving the instruction of client exercise sessions which was irrelevant and which has now been removed.</p>
SISFFIT017 Instruct long-term exercise programs	SISXCAI005 Conduct individualised long-term training programs	<p>SISFFIT017 content was duplicated and is now covered and superseded by SISXCAI005 Conduct individualised long-term training programs.</p> <p>SISXCAI005 appears as an elective in the Certificate IV in Fitness, and can be selected as a replacement.</p>
SISFFIT018 Promote functional movement capacity	SISFFIT034 Assess client movement and provide exercise advice	<p>N</p> <p>Title changed.</p> <p>Part of SISFFIT018 was written in quite a theoretical way. This has been changed to be more practically focused on establishing client needs within the scope of practice, assessing movement and providing advice for optimal movement and safe and</p>

Previous Unit Code and Title SIS V4 (Units released 2015)	Replacement Unit Code and Title SIS VXX (version TBA)	Comment in relation to previous version E = equivalent N = not equivalent
		<p>effective exercise technique. Focus on posture has been reduced.</p> <p>Significant changes made to structure and content of Elements and Performance Criteria.</p> <p>Performance Evidence amended to provide clear information about sufficiency of evidence. Unclear requirements for hours and client contact sessions removed and replaced with a specified number of clients, and specific categories of client. Requirements for using specific types of measuring tools removed.</p> <p>Knowledge Evidence reworded to indicate scope and depth. Significant additions and deletions now fully reflect Performance Criteria.</p>
<p>SISFFIT019 Incorporate exercise science principles into fitness programming</p>	<p>SISFFIT049 Use exercise science principles in fitness instruction</p>	<p>N</p> <p>Title changed.</p> <p>SISFFIT019 was written in quite a theoretical way. This has been changed to be more practically focused while retaining a strong focus on knowledge required to use exercise science/training principles for program design.</p> <p>Significant changes made to structure and content of Elements and Performance Criteria.</p> <p>Performance Evidence amended to provide clear information about sufficiency of evidence. Unclear requirements for hours, client contact sessions and instructing in mixture of controlled and uncontrolled environments removed. This has been replaced with requirements to source, evaluate and apply information on exercise science/training principles to exercise program design.</p> <p>Knowledge Evidence reworded to indicate scope and depth. Significant additions and deletions made to fully reflect Performance Criteria and to make more explicit links to exercise science/training principles.</p> <p>Assessment conditions contained information about assessment</p>

Previous Unit Code and Title SIS V4 (Units released 2015)	Replacement Unit Code and Title SIS VXX (version TBA)	Comment in relation to previous version E = equivalent N = not equivalent
		activities involving the instruction of client exercise sessions which was irrelevant and has been removed.
SISFFIT020 Instruct exercise programs for body composition goals	SISFFIT043 Develop and instruct personalised exercise programs for body composition goals	N Title changed. Significant changes to Elements and Performance Criteria. Performance Evidence amended to provide clear information about sufficiency of evidence. Unclear requirements for hours and client contact sessions has been removed and replaced with the number of programs and sessions to be developed, and the number of sessions to be instructed. Duration of sessions is defined. Client numbers and types are specified. Knowledge Evidence reworded to indicate scope and depth; significant additions and deletions made to fully reflect Performance Criteria and to better tailor content to body composition outcomes. Assessment conditions contained information about assessment activities involving program development aligned to goals that was better suited to Performance Evidence. Any relevant content has therefore now been included in Performance Evidence.
SISFFIT021 Instruct personal training programs Unit split. Content is now covered across two units.	SISFFIT041 Develop personalised exercise programs SISFFIT042 Instruct personalised exercise sessions	N SISFFIT021 Instruct personal training programs has been split. Content is covered in two different units: SISFFIT041 Develop personalised exercise programs SISFFIT042 Instruct personalised exercise sessions. SISFFIT041 focuses on developing overall exercise program, sessions within the program, and evaluating effectiveness of program. Program design skills and knowledge now fully described. Elements 1, 2 and 3 identifying client needs, planning program, evaluating

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		<p>program and associated knowledge (from SISFFIT021) housed in SISFFIT041 Develop personalised exercise programs.</p> <p>SISFFIT042 focuses on preparing for, instructing and reviewing predesigned exercise sessions within an overall program. Skills and knowledge for personalised instruction now fully described.</p> <p>Element 3, Conducting sessions and associated knowledge (from SISFFIT021) now housed in SISFFIT042 Instruct personalised exercise sessions.</p> <p>Significant changes to structure and content of Elements and Performance Criteria to reflect updated scope of each unit.</p> <p>Performance Evidence amended to provide clear information about sufficiency of evidence. Unclear requirements for hours and client contact sessions removed, and replaced with number of programs and sessions to be developed (develop unit) and number of sessions to be delivered (instruct unit). Duration of sessions is now defined and client numbers and categories are specified.</p> <p>Knowledge Evidence reworded to indicate scope and depth. Significant additions and deletions made to fully reflect Performance Criteria and to tailor content to updated scope of each unit.</p> <p>Former Assessment Conditions contained information about assessment activities involving the instruction of client exercise sessions that was better suited to Performance Evidence. Any relevant content has now therefore been included in the Performance Evidence.</p>
<p>SISFFIT022 Instruct aquatic sessions for specific population groups</p> <p>SISFFIT008 Instruct water-based fitness activities</p>	<p>SISFFIT038 Plan group water-based exercise sessions</p> <p>SISFFIT039 Instruct group water-based exercise sessions</p>	<p>N</p> <p>Two units merged because of significant duplication of content and overlap of skill and knowledge coverage:</p>

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<p>Merged and planning content split out.</p>		<p>SISFFIT008 Instruct water-based fitness activities</p> <p>SISFFIT022 Instruct aquatic sessions for specific population groups.</p> <p>Content for planning and instructing group water-based sessions has been split. Content is covered in two different units:</p> <p>SISFFIT038 Plan group water-based exercise sessions</p> <p>SISFFIT039 Instruct group water-based exercise sessions.</p> <p>SISFFIT038 focuses on session planning for mixed groups and can cover planning for specified groups. It covers requirements for modifying exercises to meet the needs of specific population groups, e.g. older people. Session planning skills and knowledge are now fully described.</p> <p>Element 1 Develop session plans and associated Knowledge Evidence (from SISFFIT008) now housed in SISFFIT038 Plan group water-based exercise sessions</p> <p>SISFFIT039 focuses on session preparation, delivery and evaluation and the organisational, communication and instructional skills needed to instruct group water-based exercise sessions. It covers requirements for modifying exercises to meet the needs of specific population groups, e.g. older people, and responding to the needs of individuals within a mixed group.</p> <p>Elements 2 and 3 Conduct and evaluate sessions and associated Knowledge Evidence(from SISFFIT008) is now housed in SISFFIT039 Instruct group water-based exercise sessions.</p> <p>Significant changes to structure and content of Elements and Performance Criteria have been made to reflect updated scope of each unit.</p> <p>Performance Evidence amended to provide clear information about sufficiency of evidence. Unclear</p>

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		<p>requirements for hours removed but number of sessions to be developed (plan unit) and delivered (instruct unit) are still nominated. Duration of sessions is defined and participant types are specified. Group numbers are specified in the Instruct unit.</p> <p>Knowledge Evidence reworded to indicate scope and depth. Significant additions and deletions made to fully reflect Performance Criteria and to tailor content to updated scope for each unit.</p> <p>Assessment conditions previously contained information about assessment activities involving the instruction of exercise sessions that was better suited to Performance Evidence. Any relevant content has now therefore been included in Performance Evidence.</p>
<p>SISFFIT023 Instruct group personal training programs</p> <p>Unit split. Content is now covered across two units.</p>	<p>SISFFIT035 Plan group exercise sessions</p> <p>SISFFIT036 Instruct group exercise sessions</p>	<p>N</p> <p>The intent and content of SISFFIT023 was unclear in terms of the particular workplace skills required for a personal trainer to plan and deliver group sessions.</p> <p>It duplicated content of both other personal training units and other group units. SISFFIT023 was based on a 'service offering' for groups, rather than being skills-based, and did not define anything different.</p> <p>SISFFIT035 and SISFFIT036 describe common skills for planning and instructing all types of group sessions. They account for a range of workplace contexts and job roles, including the personal trainer.</p> <p>Content for planning and delivering group sessions from SISFFIT023 has been split. Content is now covered in two different units:</p> <p>SISFFIT035 Plan group exercise sessions</p> <p>SISFFIT036 Instruct group exercise sessions.</p> <p>SISFFIT035 focuses on session planning for mixed groups and can</p>

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		<p>cover planning for specified groups. It covers the requirements for modifying exercises to meet the needs of specific population groups. Session planning skills and knowledge are now fully described.</p> <p>Elements 1 and 2, Identify requirements, develop session plans and associated Knowledge Evidence (from SISFFIT023) housed in SISFFIT035 Plan group exercise sessions.</p> <p>SISFFIT036 focuses on session preparation, delivery and evaluation and the organisational, communication and instructional skills needed to instruct group exercise sessions. It covers requirements for modifying exercises to meet the needs of specific population groups and responding to the needs of individuals within a mixed group.</p> <p>Elements 3 and 4 Conduct and evaluate sessions and associated Knowledge Evidence (from SISFFIT023) now housed in SISFFIT036 Instruct group exercise sessions.</p> <p>Significant changes to structure and content of Elements and Performance Criteria to reflect updated scope of each unit.</p> <p>Performance Evidence amended to provide clear information about sufficiency of evidence. Unclear requirements from SISFFIT023 for hours and client contact sessions removed but number of sessions to be developed (plan unit) and delivered (instruct unit) is still specified. Duration of sessions is defined and participant types are specified. Group numbers are specified in instruct unit.</p> <p>Knowledge Evidence reworded to indicate scope and depth. Significant additions and deletions made to fully reflect Performance Criteria and to tailor content to updated scope for each unit.</p>

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<p>SISFFIT024 Instruct endurance programs</p>	<p>Content is covered across a range of units for individual instruction:</p> <p>SISFFIT041 Develop personalised exercise programs</p> <p>SISFFIT042 Instruct personalised exercise sessions</p> <p>SISFFIT049 Use exercise science principles in fitness instruction</p> <p>SISXCAI010 Develop strength and conditioning programs.</p>	<p>The intent and content of SISFFIT024 was unclear in terms of workplace outcomes for a personal trainer.</p> <p>Elements, Performance Criteria and Knowledge Evidence had considerable content that was duplicated within other personalised training units. No stand-alone unit is required.</p> <p>Content is covered across a range of units for individual instruction:</p> <p>SISFFIT041 Develop personalised exercise programs</p> <p>SISFFIT042 Instruct personalised exercise sessions</p> <p>SISFFIT049 Use exercise science principles in fitness instruction</p> <p>SISXCAI010 Develop strength and conditioning programs.</p>
<p>SISFFIT025 Recognise the dangers of providing nutrition advice to clients</p> <p>SISFFIT026 Support healthy eating through the Eat for Health Program</p> <p>Merged</p>	<p>SISFFIT053 Support healthy eating for individual fitness clients</p>	<p>N</p> <p>Two units merged:</p> <p>SISFFIT025 Recognise the dangers of providing nutrition advice to clients</p> <p>SISFFIT026 Support healthy eating through the Eat for Health Program.</p> <p>Content from two units used to create SISFFIT053 Support healthy eating for individual fitness clients.</p> <p>SISFFIT053 focuses on providing information to individual clients within scope of practice; risks to clients of providing nutrition-related advice outside scope of practice; and situations and requests that require referral.</p> <p>Significant changes made to structure and content of Elements and Performance Criteria to reflect merged unit scope.</p> <p>Performance Evidence amended to provide clear information about sufficiency of evidence. Client numbers are specified.</p> <p>Knowledge Evidence reworded to indicate scope and depth. Significant additions and deletions made to fully</p>

Previous Unit Code and Title SIS V4 (Units released 2015)	Replacement Unit Code and Title SIS VXX (version TBA)	Comment in relation to previous version E = equivalent N = not equivalent
		<p>reflect Performance Criteria and to tailor content to merged unit scope.</p> <p>Assessment conditions formerly contained information about validation of assessment tools which is no longer relevant and has now been removed. Content also repeated Performance Evidence requirements for referrals and has also been removed.</p>
<p>SISFFIT026 Support healthy eating through the Eat for Health Program</p> <p>SISFFIT025 Recognise the dangers of providing nutrition advice to clients</p> <p>Merged</p>	<p>SISFFIT053 Support healthy eating for individual fitness clients</p>	<p>N</p> <p>Two units merged:</p> <p>SISFFIT026 Support healthy eating through the Eat for Health Program</p> <p>SISFFIT025 Recognise the dangers of providing nutrition advice to clients.</p> <p>Content from two units used to create SISFFIT053 Support healthy eating for individual fitness clients.</p> <p>SISFFIT053 focuses on providing information to individual clients within scope of practice; risks to clients of providing nutrition-related advice outside scope of practice; and situations and requests that require referral.</p> <p>Significant changes made to structure and content of Elements and Performance Criteria to reflect merged unit scope.</p> <p>Performance Evidence amended to provide clear information about sufficiency of evidence. Requirements for hours and client contact sessions removed and replaced with a specified number of clients.</p> <p>Knowledge Evidence reworded to indicate scope and depth. Significant additions and deletions made to fully reflect Performance Criteria and to tailor content to merged unit scope.</p> <p>Assessment conditions contained information about validation of assessment tools which was no longer relevant and has been removed. Content also repeated Performance Evidence requirements for referrals and has also been removed.</p>

Previous Unit Code and Title SIS V4 (Units released 2015)	Replacement Unit Code and Title SIS VXX (version TBA)	Comment in relation to previous version E = equivalent N = not equivalent
<p>SISFFIT027 Conduct health promotion activities</p>	<p>Proposed for deletion</p>	<p>Very low enrolments over multiple years.</p> <p>SISFFIT027 is a core unit in current Diploma of Fitness which is proposed for deletion.</p> <p>The intent and content of this unit was unclear in terms of workplace outcomes for a personal trainer, or 'advanced personal trainer', a job role that is questioned by industry.</p> <p>Essentially the unit is about designing and implementing formal health promotion/educational activities with a focus on preventing chronic disease. Knowledge focuses on risk factors, modifiable lifestyle risk factors, population groups at risk of chronic disease, and causes and types of chronic disease. This is beyond the scope of the job role.</p>
<p>SISFFIT028 Apply evidence-based practice to exercise programs</p> <p>SISFFIT015 Collaborate with medical and allied health professionals in a fitness context</p> <p>Merged</p>	<p>SISFFIT051 Establish and maintain professional practice for fitness instruction</p>	<p>N</p> <p>Two units merged:</p> <p>SISFFIT028 Apply evidence-based practice to exercise programs</p> <p>SISFFIT015 Collaborate with medical and allied health professionals in a fitness context.</p> <p>Content from two units now used to create a unit which focuses on professional practice for personal trainers.</p> <p>SISFFIT051 focuses on a range of issues that contribute to professional practice: knowledge and use of industry standards; specific industry regulatory requirements; evidence-based information; reflective practice; and collaboration with medical and allied health professionals.</p> <p>SISFFIT015 contained significant content that duplicated that of other units. When duplicative content was considered, there was minimal content left to justify a separate unit.</p> <p>The intent and content of SISFFIT028 was unclear in terms of workplace outcomes. Useful content about sourcing, evaluating and applying</p>

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		<p>evidence-based information to exercise program design has been incorporated in SISFFIT051.</p> <p>Significant changes made to structure and content of Elements and Performance Criteria to reflect merged unit scope.</p> <p>Performance Evidence amended to provide clear information about sufficiency of evidence.</p> <p>Knowledge Evidence reworded to indicate scope and depth. Significant additions and deletions made to fully reflect Performance Criteria and to tailor content to merged unit scope.</p>
SISFFIT029 Apply anatomy and physiology to advanced personal training	<p>Proposed for deletion</p> <p>Useful content has been incorporated into:</p> <p>SISFFIT047 Use anatomy and physiology knowledge to support safe and effective exercise</p> <p>SISFFIT0049 Use exercise science principles in fitness instruction</p>	<p>Very low enrolments over multiple years.</p> <p>SISFFIT029 is a core unit in current Diploma of Fitness which is proposed for deletion.</p> <p>The intent and content of SISFFIT029 was unclear in terms of workplace outcomes for an 'advanced personal trainer', a job role that is questioned by industry.</p> <p>Elements, Performance Criteria and particularly Knowledge Evidence had considerable content that duplicated that which was included within other units dealing with anatomy and physiology.</p> <p>Some knowledge content was determined to be better related to using exercise science/training principles for program design and instruction.</p> <p>Useful content has been incorporated into:</p> <p>SISFFIT047 Use anatomy and physiology knowledge to support safe and effective client exercise</p> <p>SISFFIT0049 Use exercise science principles in fitness instruction.</p>
SISFFIT030 Instruct advanced exercise programs	<p>Proposed for deletion</p> <p>Content largely covered in cross-sector unit SISXCAI010</p>	<p>Very low enrolments over multiple years.</p>

Previous Unit Code and Title SIS V4 (Units released 2015)	Replacement Unit Code and Title SIS VXX (version TBA)	Comment in relation to previous version E = equivalent N = not equivalent
	Develop strength and conditioning programs	<p>SISFFIT030 is a core unit in the current Diploma of Fitness which is proposed for deletion.</p> <p>The intent and content of SISFFIT030 was unclear in terms of workplace outcomes for an 'advanced personal trainer', a job role that is questioned by industry.</p> <p>Elements, Performance Criteria and particularly Knowledge Evidence had considerable content that duplicated that which was contained within other personalised training units. The only additions are minor references to 'advanced exercise programs' and 'advanced training methods'. However, none of these references are explored/explained. Some references are to groups, while others are to individuals, sports events, competitions and sports performance training.</p> <p>Content is largely covered and superseded by SISXCAI010 Develop strength and conditioning programs.</p> <p>SISXCAI010 appears as an elective in the Certificate IV in Fitness, and can be selected as a replacement.</p>
SISFFIT031 Implement injury prevention strategies	Proposed for deletion Injury prevention content is covered across a range of units.	<p>SISFFIT031 is a core unit in the current Diploma of Fitness which is proposed for deletion.</p> <p>The intent and content of SISFFIT031 was unclear in terms of workplace outcomes for an 'advanced personal trainer'.</p> <p>Some content duplicates that of SISFFIT034 Assess client movement and provide exercise advice.</p> <p>Some content, particularly knowledge, duplicates that of SISFFIT047 Use anatomy and physiology knowledge to support safe and effective exercise.</p> <p>Injury prevention and safe exercise technique feature in all instructional units.</p>
New unit	SISFFIT046 Plan and instruct online exercise sessions	Covers skills and knowledge required by fitness instructors to plan and

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		instruct online exercise sessions for individuals or groups of clients.
New unit	SISFFIT048 Use anatomy and physiology knowledge to support safe and effective water-based exercise	Covers skills and knowledge for aqua exercise instructors who require a body of anatomy and physiology knowledge that is specific to water-based exercise activity.

Appendix D: Numbers used in Draft 2 Performance Evidence

All units

Unit	Clients & types	Programs developed	Sessions developed	Sessions instructed & hours (minimum)	Referrals	Medical guidance
Screening and fitness assessment						
SISFFIT032 Complete pre-exercise screening and service orientation	5 <ul style="list-style-type: none"> female adults male adults clients aged 55 years or over 				3	
SISFFIT033 Complete client fitness assessments	5 <ul style="list-style-type: none"> female adults male adults clients aged 55 years or over 				2	
SISFFIT034 Assess client movement and provide exercise advice	4 <ul style="list-style-type: none"> female adults male adults clients aged 55 years or over 					
Group instruction						
SISFFIT035 Plan group exercise sessions	<ul style="list-style-type: none"> female adults male adults mixed sex groups participants aged over 55 years 		8 45 mins evaluate 3			
SISFFIT036 Instruct group exercise sessions	6 participants minimum in each session <ul style="list-style-type: none"> at least one group predominantly comprised of female adults 			8 45 mins 6 hrs		

Unit	Clients & types	Programs developed	Sessions developed	Sessions instructed & hours (minimum)	Referrals	Medical guidance
	<ul style="list-style-type: none"> at least one group predominantly comprised of male adults at least one mixed sex group at least one group predominantly comprised of participants aged over 55 years 					
SISFFIT037 Develop and instruct group movement programs for children	6 participants minimum in each session <ul style="list-style-type: none"> children up to 12 years 	2 evaluate 2	3 30 mins	3 30 mins 1.5 hrs		
SISFFIT038 Plan group water-based exercise sessions	<ul style="list-style-type: none"> female adults mixed sex groups participants aged over 55 years. 		8 30 mins evaluate 3			
SISFFIT039 Instruct group water-based exercise sessions	6 participants minimum in each session <ul style="list-style-type: none"> at least one group predominantly comprised of female adults at least one mixed sex group at least one group predominantly comprised of participants aged over 55 years 			8 30 mins 4 hrs		
Individual instruction						

Unit	Clients & types	Programs developed	Sessions developed	Sessions instructed & hours (minimum)	Referrals	Medical guidance
SISFFIT040 Develop and instruct gym-based exercise programs for individual clients	5 <ul style="list-style-type: none"> female adults male adults clients aged 55 years or over 1 client for whom medical guidance has been received sedentary clients active clients 	5 evaluate 3	10 45 mins	5 (initial instruction to each client)		1 client, 1 program
SISFFIT0041 Develop personalised exercise programs	5 <ul style="list-style-type: none"> female adults male adults 1 client for whom medical guidance has been received clients with goals that relate to: <ul style="list-style-type: none"> health-related components of fitness skill-related components of fitness 	5 evaluate 3	15 (3 for each client) 45 mins			1 client, 1 program
SISFFIT042 Instruct personalised exercise sessions	5 <ul style="list-style-type: none"> female adults male adults 1 client for whom medical guidance has been received clients with goals that relate to: 			10 (2 for each client) 45 mins 7.5 hrs		1 client

Unit	Clients & types	Programs developed	Sessions developed	Sessions instructed & hours (minimum)	Referrals	Medical guidance
	<ul style="list-style-type: none"> health-related components of fitness skill-related components of fitness 					
SISFFIT043 Develop and instruct personalised exercise programs for body composition goals	<p>4</p> <ul style="list-style-type: none"> female adults male adults clients seeking to lose weight/fat clients seeking to build muscle/increase weight 	<p>4</p> <p>evaluate 2</p>	<p>8</p> <p>(2 for each client)</p> <p>45 mins</p>	<p>8</p> <p>(2 for each client)</p> <p>45 mins</p> <p>6 hrs</p>		
SISFFIT044 Develop and instruct personalised exercise programs for older clients	<p>4</p> <ul style="list-style-type: none"> females aged 55 years or over males aged 45 years or over 2 clients for whom medical advice has been received 	<p>4</p> <p>evaluate 2</p>	<p>8</p> <p>(2 for each client)</p> <p>45 Mins</p>	<p>8</p> <p>(2 for each client)</p> <p>45 mins</p> <p>6 hrs</p>	2 reports	2 clients, 2 programs
SISFFIT045 Develop and instruct personalised exercise programs for adolescent clients	<p>4</p> <ul style="list-style-type: none"> females males adolescents aged between 13 and 14 years adolescents aged between 15 and 17 years 	<p>4</p> <p>evaluate 2</p>	<p>8</p> <p>(2 for each client)</p> <p>45 Mins</p> <p>PLUS 1 group, 45 mins</p>	<p>8</p> <p>(2 for each client)</p> <p>45 mins</p> <p>6 hrs</p> <p>PLUS 1 group, 45 mins</p> <p>Total 6.75 hrs</p>		
Online instruction						

Unit	Clients & types	Programs developed	Sessions developed	Sessions instructed & hours (minimum)	Referrals	Medical guidance
SITFFIT046 Plan and instruct online sessions	<ul style="list-style-type: none"> at least one session for an individual at least one session for a group with a minimum of four and maximum of eight participants 		3	3 45 mins 2.25 hrs		
Other functions that support clients, program development and instruction						
SITFFIT047 Use anatomy and physiology knowledge to support safe and effective exercise	<ul style="list-style-type: none"> female adults male adults clients aged 55 years or over sedentary clients active clients 		10 exercises	For each of the ten exercises: <ul style="list-style-type: none"> demonstrate safe and effective exercise technique to clients during either individual or group exercise sessions during session instruction, provide explanations to the individual client or group NOTE: These requirements can be met via holistic assessment of instructional units.		
SISFFIT048 Use anatomy and physiology knowledge to support	<ul style="list-style-type: none"> female adults 		10 exercises	For each of the ten exercises:		

Unit	Clients & types	Programs developed	Sessions developed	Sessions instructed & hours (minimum)	Referrals	Medical guidance
safe and effective water-based exercise	<ul style="list-style-type: none"> clients aged 55 years or over sedentary clients active clients 			<ul style="list-style-type: none"> demonstrate safe and effective exercise technique to clients during group water-based exercise sessions during session instruction, provide explanations to the group. <p>NOTE: These requirements can be met via holistic assessment of instructional units.</p>		
SISFFIT049 Use exercise science principles in fitness instruction		<p>At least 5: Incorporate the use of exercise science/training principles into the design of at least five personalised exercise programs.</p> <p>NOTE: This requirement can be met via holistic assessment of the Performance</p>				

Unit	Clients & types	Programs developed	Sessions developed	Sessions instructed & hours (minimum)	Referrals	Medical guidance
		Evidence for program design in other units: FIT041 = 5 programs FIT043 Body Composition = 4 programs FIT044 Older Clients = 4 programs FIT045 Adolescents = 4 programs				
SITFFIT050 Support exercise behaviour change	3 <ul style="list-style-type: none"> support the exercise behaviour change process for three clients as part of the design of their personalised exercise programs <p>NOTE: This requirement can be met via holistic assessment of other program development units.</p>					
SISFFIT051 Establish and maintain professional practice for fitness instruction	2				2 ongoing collaboration /reports	
SITFFIT0052	3				3 verbal	

Unit	Clients & types	Programs developed	Sessions developed	Sessions instructed & hours (minimum)	Referrals	Medical guidance
Provide healthy eating information						
SITFIT053 Support healthy eating for individual fitness clients	3				2 written	

Certificate III in Fitness

Unit	Clients	Programs developed	Sessions developed	Sessions instructed & hours (minimum)	Referrals	Medical guidance
Core						
SISFFIT032 Complete pre-exercise screening and service orientation	5				3	
SISFFIT033 Complete client fitness assessments	5				2	
SISFFIT035 Plan group exercise sessions			8			
SISFFIT036 Instruct group exercise sessions	48 (not necessarily all unique clients)			8 6 hrs		
SISFFIT040 Develop gym-based exercise programs for individual clients	5	5	10	5 (initial instruction to each client)		1 client, 1 program

Certificate IV in Fitness

Unit	Clients	Programs developed	Sessions developed	Sessions instructed & hours (minimum)	Referrals	Medical guidance
Core						
SISFFIT0041 Develop personalised exercise programs	5	5	15			1 client, 1 program
SISFFIT042 Instruct personalised exercise sessions	5			10 7.5 hrs		1 client
SISFFIT043 Develop and instruct personalised exercise programs for body composition goals	4	4	8	8 6 hrs		
SISFFIT044 Develop and instruct personalised exercise programs for older clients	4	4	8	8 6 hrs	2 reports	2 clients, 2 programs
SISFFIT045 Develop and instruct personalised exercise programs for adolescent clients	4	4	9	9 6.75 hrs		
SISFFIT049 Use exercise science principles in fitness instruction		At least 5 (not unique programs/clients – can be assessed using other units)				
SITFFIT050 Support exercise behaviour change	3 (not unique clients – can be assessed using other units)					

Unit	Clients	Programs developed	Sessions developed	Sessions instructed & hours (minimum)	Referrals	Medical guidance
SISFFIT051 Establish and maintain professional practice for fitness instruction	2				2 ongoing collaboration /reports	
SITFIT053 Support healthy eating for individual fitness clients	3				2 written	