

SISFFIT032 Complete pre-exercise screening and service orientation

Practical Assessment

Task 1 (practical)

Complete a pre-exercise screening and service orientation for three (3) different clients including:

- a female adult
- a male adult
- a client aged 55 years or over

For each of the above three clients:

- identify exercise needs and preferences
- determine health risk factors for exercise participation using industry standard screening questionnaire and guidelines
- measure and record resting blood pressure
- take and record accurate basic body measurements:
 - weight in kilograms
 - height in metres
 - waist circumference in centimetres
 - body mass index

Submit:

3 x Health screening results sheets

Practical Observation:

You must be observed performing at least 1 of these assessments (either in person, or submit video)

Task 2 (Exercise needs analysis)

For each of the above clients, based on the results obtained :

- Explain features and benefits of available programs, services and facilities that meet the client's needs and preferences
- provide advice on suitability of exercise intensity and types of programs, according to the outcomes of their screening

Submit

3 x Written report s (1 per client)

Assessment Submission:

Written Component – email to admin@globalfitness.edu.au

(Please ensure your name is on the document, or in the saved file name)

Practical Component:

This can be assessed in person (by appointment only) with your Tutor.

Or if submitting via video – upload to the following link

<https://drive.google.com/drive/folders/1WOKzFCq209YKHVybSvDyen4VWu6KT3Zw?usp=sharing>