

SISFFIT033 - Complete client fitness assessments

Practical Assessment

Task 1 (practical)

Complete a fitness assessment of three different clients including:

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

For each of the above three clients:

- measure heart rate at rest, during exercise and post exercise using a heart rate monitor
- select and use client-appropriate activities to assess:
 - cardiovascular endurance
 - muscle strength
 - muscle endurance
 - flexibility

Task 2 (Analysis & Recommendations)

For each of the above three clients:

- accurately record results in client records
- prepare information to facilitate exercise program development
- suggest two (2) options for suitable exercise activities according to fitness assessment outcomes and client goals

Submit:

3 x Fitness Assessment results sheets

3 x Written reports (1 per client)

Practical Observation:

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

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>