

**SISFFIT035 Plan Group Exercise Sessions
&
SISFFIT036 Instruct group exercise sessions
Practical Assessment
(These 2 units will be assessed together)**

Task 1 (Written Report)

Develop and document session plans for six (6) group exercise sessions, each with a minimum duration of 45 minutes, and include:

At least one (1) session for each of the following participant groups:

- female adults
- male adults
- participants aged 55 years or over

Across the above six sessions collectively incorporate the following:

- cardiovascular exercises
- resistance exercises
- flexibility exercises
- exercises with and without equipment

Task 2 (Practical)

From the sessions planned (Above), conduct 3 of the sessions for a minimum duration of 45 minutes each. During those sessions you must:

- prepare environment and equipment
- pre-screen participants for current condition
- brief participants and provide safety information tailored to the environment and types of exercises
- incorporate the following techniques:
 - optimal instructor positioning
 - clear verbal communication
 - optimal voice projection
 - combined explanation and demonstration of safe exercise technique
 - verbal and visual cueing
 - motivational communication
- respond to two (2) individuals showing signs of over exertion or difficulty, and modify their activities.

Task 3 (Written Report)

For the Three (3) sessions above, and according to actual feedback or case studies:

- review feedback provided by group participants
- evaluate instructor feedback
- identify two (2) situations from pre-session screenings that might require recommendations on exercise participation, explain exercise precautions and provide recommendations for modifications

Based on Feedback, explain how you might modify future session content, and document details of the evaluation and changes.

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/1WOKzFCq209YKHVysvDyen4VWu6KT3Zw?usp=sharing>