

# SISFFIT042 - Instruct personalised exercise sessions

## Practical Assessment

### Task 1 (written report)

Design a strength and conditioning program that include at least (8) eight training sessions and meet the needs of one of the following participants.

- a female adult client
- a male adult client
- a client for whom medical guidance has been received

#### Outline

- Objective of program
- Equipment and facilities required
- The modes of training employed
- The exercises selected
- Training loads (time/distance/ sets & reps)

### Task 2 (Practical)

Instruct (6) six personalised exercise sessions from the exercise program developed in Task 1.

Each session is to be a minimum duration of 45 minutes

For each of the 6 sessions:

instruct indoor and outdoor sessions and the following types of exercises:

- cardiovascular
- resistance
- flexibility
- low and high impact
- exercises that target:
  - health related components of fitness
  - skill related components of fitness
- exercises with and without equipment

For each of the 6 sessions:

- prepare environment and equipment
- pre-screen client for current condition
- use the following instructional and communication techniques:
  - clear and correct verbal, visual and tactile instructions
  - correct and safe exercise technique demonstration
  - feedback and positive reinforcement
  - motivational communication

### Task 3 (written report)

For each of the 6 sessions above:

- complete accurate session records which include client progress notes, client feedback and evaluation of own performance

According to actual client interactions or case studies:

- identify (2) two situations from pre-session screenings that indicate exercise precautions and modify planned exercises in response
- respond to (2) two clients showing signs of over exertion or difficulty, and modify their activities
- evaluate the effectiveness of (1) one client program, modify program and future session content and document details of the evaluation and changes made.

### **Assessment Submission:**

Written Component – email to [admin@globalfitness.edu.au](mailto: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>