

# SISFFIT044 Develop and instruct personalised exercise programs for older clients

## Practical Assessment

### Task 1 – Program Design (Written task)

Develop and document one (1) personalised exercise program for three (3) different clients aged 55 years or over including:

- a female client
- a male client
- a client for whom medical advice has been received

For each of the above three clients:

- develop and document two (2) personalised session plans, each with a min. duration of 30 minutes
- incorporate exercises and injury prevention strategies suited to older clients
- incorporate strength and balance exercises that can help prevent falls

### Task 2 – Conduct training sessions (practical task – must submit video or be assessed in person)

Instruct two (2) of the above sessions for two (2) of the clients (four (4) sessions in total), according to session plans, each with a min. duration of 30 minutes

- consistently use client-centred communication and instructional techniques that are suited to older clients

### Task 3 – Referral letter (written task)

Follow protocols for written reports to medical or allied health professionals for one (1) client for whom guidance has been received, and communicate about:

- client's current fitness capabilities and goals
- client response to exercise sessions
- questions, concerns and further guidance sought

### Task 4 – Program Evaluation (written report)

Evaluate the effectiveness of one (1) client program

Explain how you might modify program and session content and measure the effectiveness of those changes.

**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>