

SISFFIT051 - Establish and maintain professional practice for fitness instruction

Practical Assessment

Task 1 – Industry Research Task (Written task)

Source information from credible sources about the current context for fitness instruction work in Australia, and identify and evaluate key aspects of:

- **Three (3)** established industry practices or standards
- **Three (3)** legal or ethical requirements

Task 2 – Analyse and Respond to client Fitness needs (written task)

Analyse and respond to the fitness instruction needs of **two (2)** clients using evidence-based information for each client need:

- identify and evaluate current and relevant sources of evidence-based information
- develop and document a response to the clients needs that is supported by analysis and evidence

Task 3 – Professional Development review (written task)

Review your own professional development:

- reflect on and evaluate own fitness instruction strengths and areas for improvement
- identify sources of industry information about professional development and continuing education and document **two (2)** actions for improving own skills and knowledge

Task 4 – Communicate with Allied Health Professionals (written task)

Use industry terminology and follow protocols for professional communication with medical or allied health professionals for **two (2)** clients with health issues that are ongoing, and communicate:

- client health and fitness status
- program progress
- questions and concerns
- client response to exercise
- client goals.

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>