

SISFFIT050 - Support exercise behaviour change

Practical Assessment

General Information

Skills can be demonstrated in:

- the workplace, or
- a simulated workplace set up for the purpose of skills assessment.

Assessment must ensure use of:

- interaction with clients; these can be:
- clients in an industry workplace, or
- individuals who participate in simulated activities used for the purpose of skills assessment
- current information about evidence-based approaches to exercise behaviour change
- template client records for goal setting and recording progress
- procedures for maintaining client records and confidentiality of client information.

Task 1 – Client Consultation/Interview (Written Report)

Planning & Implementing Exercise Behaviour change

Prepare and conduct a client consultation, ensure questions gather the following information:

Establish current patterns of client exercise

- Use questioning and active listening to obtain information about client's current exercise patterns, attitudes and motivation for change.
- Identify perceived and actual barriers and other factors that currently influence client exercise behaviour.
- Use information to assess client readiness for change and implications for fitness instruction.
- Identify situations where client needs fall outside scope of own role and refer to relevant health professional.

Assist clients to plan for change.

- Source and critically evaluate current and emerging evidence-based information about behaviour change to support professional practice and client needs.
- Provide clients with information and techniques for making exercise behaviour change based on their specific needs.
- Explain ways of setting and monitoring exercise activity goals that are specific, measurable and realistic.
- Support clients to set their preferred goals and nominate specific behaviour changes based on their individual exercise program.
- Maintain records of client goals and exercise preferences according to record keeping and confidentiality procedures.

Support the change process.

- Use observation and client discussion to monitor client progress towards changed behaviour and goals.
- Identify and use opportunities to provide positive feedback and reinforcement to clients about exercise behaviour change.
- Use techniques that address barriers and assist clients to maintain commitment to agreed exercise activities.
- Identify potential changes to improve client outcomes through reflection on client feedback and own performance.
- Adjust goals and approaches in collaboration with client based on reflection and progress being achieved.
- Update client records to reflect changes and progress.

Write a Report Summarizing your findings and what recommendations you presented to the client.

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>