

Course: SIS30310 Certificate III in Fitness

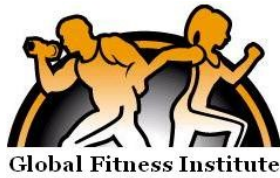
Student Workbook

SISFFIT301A

Provide Fitness orientation and health screening

Student Name:	
Email address:	
Phone number:	
Declaration: I declare that: <ul style="list-style-type: none">• No part of this assessment has been copied from another person's work, except where documents or work is listed/ referenced• No part of this assessment has been written for me by another person Please sign/date declaration and submit with your completed workbook tasks	
Student Signature:	Date:

Please note: You must submit original work to be assessed. Please ensure you make a copy of work if you want to keep a copy, as work must be retained in student files and so cannot be returned to you.



SISFFIT301A Provide Fitness orientation and health screening

1. a) There are a number of pre exercise forms that may be used to collect information - suitable pre exercise screening forms must cover a minimum of 5 distinct areas what are they?

b) Design your own pre-exercise screening form. **Attach.**

2. What do you need to do if the client has current injuries, a medical condition, or if they are taking any prescribed medications/s?

3. Give 3 examples of a client's condition/injury that you would need to refer to an allied health professional.

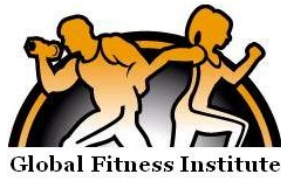
4. Provide 4 examples of perceived benefits a client may have, when starting an exercise program?

5. Investigate and explain a muscular endurance test;

- : state the purpose of the test
- : the equipment needed
- : the procedure to be used

6. a) What test could you use to measure aerobic fitness? This test also allows you to compare your cardiovascular endurance with others of your age and gender.

b) Describe how you would perform the above test.



7a) What test would you use to test strength endurance of the chest, shoulder and triceps muscles?

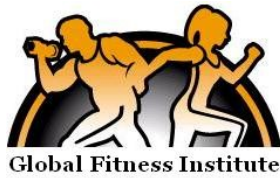
b) What equipment would you need?

c) Describe the procedure you would follow and how you would score it.

8. Can you explain why it is important that habits, lifestyle, family situation, likes and dislikes which might be relevant to writing an appropriate exercise program, are discussed with a client?

9. What are 3 possible fitness goals different clients may have?

10. What are some ways to motivate the above clients to achieve those goals?



11. Give an example of one possible motivation (i.e. the reason they are training) for a client with the following expertise:

Beginner _____

Relatively fit _____

Advanced _____

12. What are the most common reasons for physical inactivity in Australian Adults?

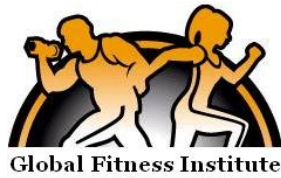
13. For a client who maintains he/she is too busy to exercise what are some ways you could suggest for them to include more activity into their daily lives?

14. List 5 possible products/services that you may need to explain to your client during consultation: (products/services are things that you can offer the client, as a gym instructor)

- i _____
- ii _____
- iii _____
- iv _____
- v _____

15. What situations may result in the client feeling threatened? How can you resolve this?

16. Why is it important that client confidentiality and privacy is assured?



17. Using the pre-exercise screening forms you created in Q.1., conduct an assessment on **5** people.
(attach to workbook)

What did you find:

a) How were you able to accurately assess the clients requirements – what sort of things must be taken into account when assessing a clients fitness requirements?

b) Develop and list appropriate strategies to maintain communication with the client and address their requirements

c) List some questions designed to determine customer feedback and satisfaction
