

Overview

This standard is about conducting consultations and planning exercise and fitness sessions with apparently healthy participants; both individuals and small groups.

The main outcomes of this standard are:

1. collect and analyse information
2. plan safe and effective exercise and fitness sessions with participants

This standard is for instructors who plan exercise sessions of all types. These will typically include:

- gym based exercise
- small group exercise

Performance criteria

You must be able to:

Collect and analyse information

1. meet with the participants at an appropriate time and place
2. use appropriate methods, techniques and communication skills to build a rapport with participants
3. explain yours and the participants' role and responsibilities
4. implement a process of informed consent for the collection of information and exercise prescription
5. gather relevant **information** from the participants
6. analyse the information and identify the implications for exercise
7. provide appropriate advice and guidance to the participants in response to the information gathered
8. refer or signpost any participants whose needs and potential you cannot meet to other professionals
9. identify and agree goals that meet the needs and potential of participants
10. identify technologies that can be used to motivate participants
11. identify and agree review points with your participants
12. record participant's information appropriately
13. maintain confidentiality, following legal and organisational procedures

Plan safe and effective exercise and fitness sessions with participants

1.
identify any hazards and assess the risk these hazards present
2.
plan how you will minimise these risks
3.
seek advice from other professionals with issues outside your area of competence
4.
plan a structure of exercise that ensures safe, effective and realistic timings and formats
5.
plan adaptations, modifications and progressions to accommodate participants' needs
- 6.

record your plans in accordance with legal and organisational procedures

Knowledge and understanding

You need to know and understand:

1. the current legislation, guidelines, policies, procedures and protocols which are relevant to your work practice and to which you must adhere
2. the scope and limitations of your own competence, responsibilities and accountability as it applies to your job role
3. the principles of anatomy and physiology including skeletal, neuromuscular, cardiovascular, respiratory, energy and digestive system
4. how to apply anatomy and physiology when planning safe and effective sessions for a range of participants
5. the components of health related fitness and how to apply these into a programme of exercise to suit your participants' needs
6. the health benefits of physical activity and risks of inactivity
7. the general healthy eating advice that can be given to participants based on credible sources
8. the importance of meeting the participants at the correct time and place to provide a professional setting
9. how to identify appropriate **methods**, techniques and communication skills for gathering information from participants
10. the importance of establishing roles and responsibilities at the start to ensure the best outcome
11. when and how to gather informed consent appropriate for the exercise session
12. the types of information you should collect to support the planning of exercise sessions
13. the implications the findings can have on exercise planning and preparation
14. goal setting techniques
15. the factors involved in session planning
16. the available **equipment** for the session and how to use it safely
17. the range of different technologies that can motivate participants
18. the importance of identifying and agreeing review points with the participants
19. ways of identifying any hazards and assessing the risk of these hazards actually causing harm
20. when and how to access advice from other professionals when dealing with issues that are outside of your competency

Scope/range related to performance criteria

Information

1. personal goals
2. lifestyle
3. medical history
4. physical activity history
5. physical activity preferences
6. attitude and motivation to participate
7. current fitness level
8. stage of readiness
9. barriers to exercise

Scope/range related to knowledge and understanding

Methods:

1. interview
2. 2.questionnaire
3. verbal screening
4. observation

Equipment:

1.
cardiovascular
2.
fixed resistance
3.
free weights
4.
portable
5.
functional exercise equipment

SKAEAF4L

Plan exercise and fitness sessions LEGACY



Links to other NOS

This standard link to SKAEAF2, SKAEAF5, SKAEAF20.

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Developed by SkillsActive

Version Number 3

Date Approved 30 Mar 2021

Indicative Review Date 31 Mar 2024

Validity Legacy

Status Original

Originating Organisation SkillsActive

Original URN SKAEF3

Relevant Occupations Coach / Instructor, Sport, Leisure and Recreation, Sports and Fitness Occupations

Suite Exercise and fitness

Keywords Plan; prepare; gym; exercise; participants
