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## Overview

This standard is about the competence required to identify and support clients with various medical conditions needs and objectives. This is likely to be the initial stage of meeting a client to establish an effective relationship while gathering suitable information to inform programme design.

They will normally be working without direct supervision but could be under the direction of a physiotherapist, Medical Officer or GP.

## Performance criteria

### You must be able to:

1. meet with the client at an appropriate time and place
2. establish a rapport and engage the client using appropriate techniques
3. explain yours and the clients' role and responsibilities in the process
4. show sensitivity and empathy to clients and the information they provide
5. effectively communicate with the client that encourages them to engage openly and honestly
6. implement a process of informed consent for the collection of information and exercise prescription
7. conduct pre-exercise screening to establish clients risk stratification
8. identify appropriate **methods** of collecting relevant client information and data based on their condition
9. collect the information needed to plan an exercise and physical activity programme
10. research unfamiliar medical conditions and medications using different methods to source scientific data
11. liaise with other professionals regarding the information received
12. discuss with clients the health benefits of physical activity for their conditions
13. liaise with clients to agree goals appropriate to their needs and conditions
14. ensure the goals are suitable and adhere to the clients risk stratification and industry good practice

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15. work in accordance with all relevant legislation, guidelines, policies, procedures and protocols
  16. plan an exercise programme that is appropriate to the participants needs, conditions, goals and level of fitness
  17. ensure appropriate components of fitness and **principles of training** are applied

## 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 principles of anatomy and physiology including skeletal, cardiovascular, myofascial, nervous, endocrine, energy and digestive system.
3. how to apply anatomy and physiology when planning and delivering exercise and physical activity programmes for clients with specified medical conditions
4. the components of health and skill related fitness and how to apply these into an exercise and physical activity programmes for clients with specified medical conditions
5. the scope and professional boundaries of your practice
6. the relationship between exercise, physical activity and specified medical conditions
7. how to gather relevant information to plan safe, effective exercise and physical activity programmes for clients with specified medical conditions
8. the importance of meeting the client at the correct time and place to provide a professional setting
9. how to build rapport with different clients
10. the importance of establishing roles and responsibilities at the start to ensure the best outcome
11. why it is important to provide sensitivity and empathy to the clients
12. the ethical considerations involved in ongoing maintenance of exercise behaviour including respecting inter-professional boundaries and clients confidentiality

13. how your communication skills can influence the quality of information received, the clients commitment and motivation
14. how to gain informed consent from the clients and why this is important
15. risk stratification processes and how to use this to complete pre-exercise screening to show whether the client is at low, medium or high risk of an adverse event occurring during exercise and physical activity
16. how to identify appropriate methods for gathering information and data from clients
17. how to collect and analyse information using recognised methods
18. credible sources of scientific information that can be used to research unfamiliar medical conditions and medications
19. how to interact with others involved in the process
20. the health benefits of physical activity for clients medical conditions
21. how to ensure the goals agreed with the clients meet their needs, conditions and stage of readiness to change
22. how to plan an agree SMART goals adhering to risk stratification and current level of ability
23. how to record goals in an appropriate format

## Scope/range related to performance criteria

### Methods

1. pre-exercise screening/risk stratification tools
2. reports
3. interviews
4. questionnaire
5. observations
6. physical assessments
7. risk assessments
8. on-going research

### Principles of training

1. specificity
2. overload
3. recovery
4. adaptation
5. reversibility

SKAEAF17

Liaise with clients with medical conditions to identify and agree their needs and objectives for exercise and physical activity programmes



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## Links to other NOS

This standard links to SKAEAF18, SKAEAF19 and SKAEAF20

SKAEAF17

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