
Overview

This standard is about the competence that advanced practitioners require to prepare and analyse information and data to inform performance needs, goals and objectives for a range of participants. This analysis is a tool, as an advanced practitioner, you will use to inform participants performance needs, goals and objectives. You will use advanced techniques to provide important information on your participants, which is used to implement realistic goal setting strategies and help maximise their performance potential. It will help focus the participants on the key aspects of their performance and help direct their training to the areas of perceived need.

This standard is for all advanced practitioners that have responsibility for a range of participants with specific needs, where advanced levels of knowledge and technical skills are required.

Performance criteria

You must be able to:

1. select a suitable environment to interact with the participants to discuss and explore their needs, goals and objectives
2. discuss with the participants how analysis can help provide direction in areas of specific need
3. develop a positive motivational climate to support the psychological needs and empower participants in decision making
4. establish effective ways to engage and develop a relationship that is conducive to the process
5. promote an honest appraisal of your participants to facilitate a more productive outcome
6. use a range of strategies to elicit relevant information which applies a person-centred approach
7. communicate with the participants and others at a pace, in a manner and at a level appropriate to their understanding, preferences and needs
8. identify and collect information about the participants and environment that is valid, authentic, reliable, robust, current, and sufficient
9. encourage the participants to provide an analysis of their perceived performance needs, goals and objectives
10. use technological advancements and products to support your analysis as required
11. critically analyse the participants information and results to use as a benchmark to inform programme design
12. identify discrepancies of opinion between yourself and the participants
13. implement intervention strategies depending on the participants exact circumstances, needs and preferences.
14. identify delivery and training methods appropriate to the participants overall needs, goals and objectives
15. plan and implement an effective goal setting strategy based on the participants information and your analysis
16. evaluate potential risks and develop realistic strategies to mitigate these risks
17. identify reliable measures and methods for monitoring and evaluating the participants progress to achieve the agreed goals.
18. operate within your scope of practice and in accordance with the guidelines
19. follow current legislation, guidelines, policies, procedures and protocols which are relevant to your work practice and to which you must adhere

Knowledge and understanding

You need to know and understand:

1. the most suitable environments to interact with participants
2. relevant theories of human and social development, physical literacy and models of psychology involved in conducting an analysis of the participants needs
3. the importance of empowering the participants to take a level of autonomy and independence in their needs, goals and objectives
4. relevant theories that support motivational climate
5. the importance of motivational climate and the impact this has on participants
6. emotional and cultural intelligence
7. why the participants need to understand the importance of the analysis
8. the strategies and techniques to engage and develop a relationship during the analysis
9. how to perform a participant analysis effectively
10. a broad range of suitable communication tools, strategies and techniques that will support the participants to meet their needs, goals and objectives
11. methods of differentiating in order to respond to participants/clients different learning and communication preferences
12. what a person-centred approach is and how to apply this to the analysis of a participants
13. the strategies and techniques to elicit relevant information from the participants
14. analysis and enquiry methods designed to measure cognitive, social, emotional, physiological capabilities, biopsychosocial factors, behavioural, psychomotor, motives, technical and sustainability development
15. how and why to encourage the participants to apply a level of autonomy and independence during the analysis
16. a range of technological advancements and products to support your analysis
17. techniques and strategies to critically analyse the participants information and results based on benchmarking and creditable values in the context of the participants' circumstances
18. the principles of behaviour change
19. a range of motivational factors that could impact a participants' ability to perform
20. how to implement intervention strategies
21. the importance of effective goal setting
22. how to develop an effective goal setting strategy
23. the importance of reviewing the participants performance based on the initial results
24. suitable timescales to conduct an effective review of the participants performance
25. the scope and limitations of your own competence, responsibilities, and accountability as it applies to your job role
26. current legislation, guidelines, policies, procedures and protocols which are relevant to your work practice and to which you must adhere

SKAAEAF7

Prepare and analyse participants information and data to inform performance



Links to other NOS

This standard links to SKAAEAF5, SKAASPC2, SKAASPC3

SKAAEAF7

Prepare and analyse participants information and data to inform performance



Developed by	SkillsActive
Version Number	1
Date Approved	30 Mar 2022
Indicative Review Date	30 Mar 2025
Validity	Current
Status	Original
Originating Organisation	SkillsActive
Original URN	n/a
Relevant Occupations	Advanced Personal Trainer
Suite	Advanced personal trainer
Keywords	plan; prepare; data; performance; needs; goals; objectives; participants; exercise; sport; advanced practitioners