



# YMCA Awards

Level 3 Customised exercise  
programme instruction and  
communication techniques  
2018

# Level 3 Customised exercise programme instruction

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**Bringing PT sessions to an end**

## Learning outcomes

By the end of this session you will be able to:

- Allow sufficient time for the closing phase of the session
- Select cool-down activities according to the type and intensity of physical exercise and client needs and condition
- Provide clients with feedback and positive reinforcement
- Explain to clients how their progress links to their goals
- Provide clients with action plans to assist in their progress between sessions
- Leave the environment in a condition suitable for future use

## Cool-down

- Select cool-down activities according to the type and intensity of physical exercise and client needs and condition
- Longer cool-downs for sessions with higher intensities
- Longer cool-downs for de-conditioned clients
- Use stretching protocols which develop flexibility in inflexible areas highlighted during the session or areas that were heavily used during the session

# Cool-down

Consider:

- CV cool-down
- Flexibility/ROM training
- Partner assisted stretching (e.g. PNF)



## **Explain the purpose and value of cool-down activities to clients:**

- Potential increase in flexibility
- Removal of by-products of exercise
- Gradually returns the heart rate to normal
- Psychological benefits
- Relaxation techniques, stress reduction

## Ending the session

Provide clients with feedback and positive reinforcement:

- Allow sufficient time for feedback to be given
- Provide structured feedback based on planned session and goals
- Ask clients for their feedback on the session
  - Overview of areas that they liked
  - Overview of areas that will need development
  - Positive forward-looking vision for where the client could progress to



## Ending the session

Explain to clients how their progress links to their goals:

- Short, medium and long-term SMART goals
- Discuss and agree any adaptations, modifications to the programme and the reasons why
- Review the future plan/training schedule
- Provide clients with action plans to assist in their progress between sessions
  - Linked to their goals
  - Linked to the feedback from the session
  - Achievable and realistic

## Ending the session

Leave the environment in a condition suitable for future use

- All equipment used to be returned safely
- All equipment used to be cleaned following use or at the end of the session
- Damaged equipment removed and reported

