



YMCA Awards

Level 3 Bespoke exercise
programme design

2018

Level 3 Bespoke exercise programme design

Monitoring and reviewing client progress

Learning outcomes

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

- Explain the importance of accurate record keeping regarding client information and programmes
- Explain the importance of regular assessments to monitor client progress
- Identify when a Personal Trainer might revise an exercise programme in consultation with a client

The importance of record keeping

- Tracking progression
- Client motivation
- Client and trainer accountability
- In case of referral to other professionals
- Good customer care

The importance of record keeping

Maintain accurate records of changes, in relation to:

- Client's short-term and long-term SMART goals
- Correct intensity
- Different exercise choices
- Adaptations and modifications
- Long-term behaviour change
- Using an appropriate programme card

The importance of regular assessments

- Increase client accountability
- Indicate if a programme needs to be amended/adjusted
- Indicate if a goal needs to be amended/adjusted
- Boost a client's motivation

Revising an exercise programme

- If goals have been met
- If goals have not been achieved
- If the client's motivation to adhere to the programme reduces
- Once a plateau occurs
- Following an absence from training e.g. illness, injury, holiday, work commitments

