



YMCA Awards

Level 3 Customised exercise
programme instruction and
communication techniques
2018

Level 3 Customised exercise programme instruction

**Developing own professional
practice**

Learning outcomes

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

- Produce a personal development plan that will help to improve professional practice
- Research methods of professional development that will assist in the achievement of personal goals

Personal development plan (PDP)

The aim of a PDP is to improve professional practice. When developing your PDP consider your:

- Levels of professionalism (attire, personal hygiene, timekeeping, paperwork)
- Levels of communication (appropriateness, effectiveness)
- Levels of empowerment (improvement in client's performance, long-term understanding of client, ability of client to perform activities alone)
- Session effectiveness (linked to the goals of the client, intensity of the session)

Personal development plan

When developing your PDP you will need to research methods of professional development that will assist in the achievement of personal goals. Consider:

- Future training opportunities (informal, formal, internal, external)
- Mentorship plans or programmes
- Continual reflective practice
- Training courses outside of the health and fitness industry
- Your preferred method of learning

