



YMCA Awards

Level 3 Bespoke exercise
programme design
2018

Level 3 Bespoke exercise programme design

Fitness assessments

Learning outcomes

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

- Identify the main static and dynamic fitness assessments/measurements that can inform programme design and are suitable for your clients
- Explain the importance of protocols for fitness assessments/measurements
- Analyse information gained from static and dynamic assessments to inform programme design

Static fitness assessments

- Blood pressure (electrical and manual)
- Body fat measurement (bioelectrical impedance and skinfold callipers)
- Body mass index (height and weight)
- Waist circumference
- Waist to hip ratio

Fitness assessments

- Muscular strength and endurance
 - repetition maximums
 - bodyweight tests e.g. press ups, squats, lunges, plank, side plank, abdominal crunches

Fitness assessments

- Cardiovascular tests
 - Cooper run
 - machine-based time tests e.g. cycle/row a set distance as quick as possible
 - Rockport walk

Fitness assessments

- Range of movement tests
 - sit and reach test
 - hamstring
 - shoulder flexibility
 - knee to wall test
- Balance tests
 - standing balance test
- Postural analysis/assessment

Protocols for fitness assessments and measurements

- Repeatable
- Reliable
- Valid
- Accuracy



Analyse information gained from assessments to inform programme design

- Individually analyse each factor:
 - Excellent
 - Good
 - Needs improvement
 - Needs significant improvement
- All aspects that are not 'Excellent' should have specific training outcomes to improve these areas

