



YMCA Awards

Level 3 Customised exercise
programme instruction and
communication techniques
2018

Level 3 Customised exercise programme instruction

**Accessing accurate information
and support**

Within the health and fitness sector there are some key governing and professional bodies that personal trainers can use to source accurate information and support:

- The Register of Exercise Professionals (REPs)
- The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA)
- UK Active
- The World Health Organisation (WHO)
- The National Institute for Health and Clinical Excellence (NICE)
- The American College of Sports Medicine (ACSM)
- NHS.uk
- Health.org.uk

A personal trainer may need to share clients' information, upon referral and with client authorisation, to other professionals such as:

- Doctors
- Dieticians, nutritionists
- Psychologists, psychotherapists
- Osteopaths, chiroprators
- Physiotherapists
- Gym management
- Other fitness practitioners specialising in areas such as pregnancy, obesity, diabetes, cancer etc.

