

Delivering a gym-based exercise session

**Level 2 Gym-based programme
delivery and professional
instruction**

Learning outcomes

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

- Adopt appropriate positions to observe client/s and respond to their needs
- Monitor the safety and intensity of exercise
- Use motivational styles appropriate to the client/s and the exercise format
- Provide clear supportive feedback and instruction at appropriate times

Learning outcomes

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

- Allow sufficient time to end the session according to client/s level of experience
- Use cool down activities that are safe and effective for the client/s
- Give the client/s an accurate summary of feedback on the session
- Give the client/s the opportunity to reflect on the session, ask questions, provide feedback and identify further needs

Learning outcomes

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

- Make sure the client/s understand how to continue their gym-based exercise session without direct supervision
- Leave the environment in a condition acceptable for future use

Session preparation

- Look professional (e.g. cleanliness and appropriate clothing/footwear)
- Be punctual
- Carry the appropriate paperwork (e.g. programme card and screening documentation)

Session preparation

Select equipment relevant to client needs:

- CV machines
 - Choose appropriate machines in relation to needs/wants and physical capabilities of client
 - Choose appropriate programmes in relation to duration and intensity of the programme
- Resistance training machines
- Free weights

Session preparation

Consider the following:

- Skills and fitness of the client
- A balanced, whole-body approach
- Muscular strength, muscular endurance or muscular fitness
- Effective use of equipment
- Alternatives

Session preparation

Prepare environment and equipment, for example:

- Complete an appropriate risk assessment and take action where required
- Ensure equipment is in working order
- Inform other responsible personnel of problems where appropriate

Session introduction

Help clients feel welcome and at ease by:

- Professional conduct (dress/behaviour)
- Reflection of equal opportunity (use of language, communication style)
- Explanation of reasons for inclusion/exclusion (screening, deferral, referral)

Session introduction

- Explain the purpose of exercises
- Explain the structure of the session
- Identify the benefits to the client based on their goals, wants and needs
- Give a brief overview of the main components of the session and their content

Session introduction

Consider the need to revise plans with clients if there are:

- Special requirements relating to the client
- Environmental constraints (e.g. busy gym floor)

Provide alternatives where required if client objectives are not being met

Session introduction

Advise clients of emergency procedures, including:

- First aid
- Emergency exits
- Evacuation policy

Communication skills

- Appropriate level of technical language
- Volume, pitch and tone of voice
- Body language
- Awareness of diversity and equality
- Reinforce teaching points throughout the session
- Offer continual praise/positive reinforcement
- Correct technique when needed
- Encourage questions and feedback
- Monitor exercise performance and intensity

Supervising clients

- Aim to observe clients from all angles where possible
- Use mirrors where available
- Work at client level (e.g. when working on the floor)
- Adapt teaching positions where required (e.g. lack of space)
- Understand the safety aspects of machines and free weights
- Use recognised methods of monitoring exercise intensity
- Recognising and responding to signs of over exertion
- Monitoring the client's performance throughout the session

Supervising clients

- Observe clients to identify errors and correct performance
- Change teaching position
- Give teaching points to improve technique
- Motivate and encourage
- Work within agreed timescales
- Apply safe lifting and handling procedures
- Use spotting (self-spotting, spotter)

Supervising clients

Monitor exercise intensity:

- Observation
- Talk test
- Rating of Perceived Exertion (RPE)
- Heart rate
- Combination of methods (if appropriate)

Rating of perceived exertion (RPE) - Borg scale

6	No exertion at all
7	Extremely light
8	
9	Very light
10	
11	Light
12	
13	Somewhat hard
14	
15	Hard (heavy)
16	
17	Very hard
18	
19	Extremely hard
20	Maximal exertion

Rating of perceived exertion (RPE)- Borg CR10 Scale

0	Nothing at all
0.5	Extremely weak – just noticeable
1	Very weak
2	Weak (light)
3	Moderate
4	Somewhat strong
5	Strong (heavy)
6	
7	Very strong
8	
9	
10	Extremely strong (almost maximal)
*	Maximal

Rating of perceived exertion (RPE) 'How it feels' scale

Very, very light / no problem	1
Very light / very easy	2
Fairly light / easy	3
Moderate / beginning to feel puffed	4
Fairly hard / feeling a bit puffed	5
Hard / feeling puffed	6
Very hard / tiring	7
Very, very hard / very tiring	8
Exhausted / out of breath – shattered	9
Maximum / exhausted	10

Signs of over-exertion

- Excessive breathlessness
- Pain
- Changes in skin colour



Bringing a gym-based exercise session to an end

- Allow sufficient time according to client's level of experience, fitness level, intensity of workout, temperature/environmental conditions
- Use cool-down activities that are safe and effective
- Select appropriate exercises cool down:
 - Pulse lowering (CV machines) or,
 - Re-warm (if leading on from free weights)
 - Stretching (maintenance and developmental)

Ending the session

- Give clients an accurate summary of feedback on the session including strengths, areas for development and praise/positive reinforcement
- Give clients the opportunity to ask questions, reflect on the session, offer feedback and identify further needs
- Make sure the clients understand how to continue their programme of gym-based exercise without supervision

Ending the session

- Clarification of where to find/how to complete the programme card
- where to find help if difficulties are encountered
- Your availability to support them through their programme

Ending the session

Leave the environment in an acceptable condition for future use:

- Report any maintenance issues
- Wipe down equipment
- Ensure equipment is hygienic for future use
- Replacing equipment to its correct storage space
- Leaving the area safe, clean, tidy and ready for other users