



YMCA Awards

Level 3 Promoting wellness
through client motivation and
interaction

2018

Level 3 Promoting wellness through client motivation and interaction

Common health conditions and diseases

Learning outcomes

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

- Describe a range of medically controlled conditions that have an effect on lifestyle and wellbeing
- Identify the symptoms of specific medically controlled conditions
- Differentiate between causes of specific medically controlled conditions

Learning outcomes

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

- Identify the risks and benefits of exercise for those with specific medically controlled conditions
- Identify the exercise guidelines for those with specific medically controlled conditions
- Describe professional boundaries when working with clients with specific medically controlled diseases

In order to work with a client with a medical condition, a personal trainer should:

- Seek additional training and qualifications
- Understands their professional role boundaries and scope of practice
- Understand when to refer to other professionals
- Adhere to the Data Protection Act and client confidentiality
- Adhere to any code of ethics and regulations relevant to their area of expertise

Medically controlled conditions that can have an effect on lifestyle and wellbeing

- Arthritis
- Asthma
- Diabetes
- Heart disease
- Stroke
- High blood pressure
- Obesity

