



YMCA Awards

Level 3 Bespoke exercise
programme design
2018

Level 3 Bespoke exercise programme design

**Training in alternative
environments**

Learning outcomes

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

- Identify how to include physical activities as part of the client's lifestyle to complement exercise sessions
- Identify alternative training environments
- Demonstrate safety considerations when working with clients in alternative environments

Activities of daily living

- Activities of daily living (e.g. gardening, housework, shopping, walking)
- Benefits of using pedometers – walking
- Leisure activities (e.g. sports, hobbies)
- Family activities (e.g. family activity)
- Variety to aid motivation and adherence
- Cumulative effect of being more active on a daily basis

Include in periodised plan and on programme card as agreed with client

Alternative training environments

- Outdoors (countryside, parks, woods, beach, sea, hills etc.)
- Home
- Workplace / office
- Garage
- Trim trails, running track
- Green gyms
- Sports pitches
- Sports halls
- Swimming pools
- Gyms
- Exercise studios
- Group classes



Safety considerations for alternative training environments

- Awareness of other users of the space – both exercisers and non-exercisers
- Weather
- Foreign objects
- Trips, slips or fall hazards
- The durability of equipment
- The stability of all surfaces especially those used to hang equipment

Safety considerations for alternative training environments

- Health and safety at work act
- Management of health and safety at work regulations
- Manual handling regulations
- UK Active outdoor code of practice
- Risk assessments
- Normal operating procedures
- Emergency operating procedures and action plans
- Client screening
- Accident report forms

