



YMCA Awards

Level 3 Customised exercise
programme instruction and
communication techniques
2018

Level 3 Customised exercise programme instruction

Client monitoring

Learning outcomes

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

- Demonstrate different methods of monitoring clients' progress during exercise
- Demonstrate how to use teaching skills to assist in monitoring clients during sessions as appropriate
- Demonstrate when it may be necessary to adapt planned exercises to meet clients' needs
- Identify environmental concerns to be aware of, to ensure client safety and effectiveness of exercise

Monitoring progress

Monitoring progress is important, especially where more than one client is involved in the session:

- To ensure every client achieves their needs/goals
- To ensure exercises carried out are effective
- To ensure health and safety
- To reduce risk of injury

Monitoring progress

- Be aware of the difficulty of monitoring technique for all participants in a group session
- Consider how to recognise different client abilities within the same group and how to adapt the session accordingly
- Be aware that new clients may feel intimidated by more experienced clients

Monitoring intensity

Consider:

- Different clients' needs and abilities
- Changes in circumstances
- Different environments
- Variations in number of clients attending the session



Monitoring intensity

- Rating of perceived exertion (RPE)
- Talk test
- Heart rate monitoring
- Pedometer
- Mobile apps / fitness tracker
- Observation / visual signs
- Verbal feedback / assessments
- CV Machine data e.g. Watts, RPM, pace, speed

Modifying exercise intensity

Apply the principles of progressive overload:

- Rate
- Rest
- Repetition
- Resistance
- Range

Modifying exercise intensity

Also consider:

- Different exercise choices
- Different exercise sequences
- Changing equipment used
- Increasing/decreasing overall work out time
- Increasing/decreasing rest time
- Increasing/decreasing stability of exercises

Recap – Using teaching skills to monitor clients

- Demonstrate and explain all exercises safely and effectively
- Give clear verbal instructions
- Give teaching points to improve the client's technique
- Observe client performance
- Monitor a client's response to exercise using appropriate methods
- Make corrections to unsafe or ineffective technique
- Ask questions and gather feedback
- Encourage and motivate clients
- Offer alternative exercises to progress or regress activity

