



YMCA Awards

Level 3 Bespoke exercise programme design 2018



Level 3 Bespoke exercise programme design

Screening clients prior to exercise programming



Learning outcomes

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

- Describe environmental and other factors to consider prior to conducting a one-to-one consultation with a client
- Summarise the purpose and benefits of using a lifestyle questionnaire, PAR-Q and a health commitment statement
- Analyse information collected from the client in order to identify client needs and goals



Learning outcomes

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

- Establish a rapport with the client from the outset
- Explain own role and responsibilities to clients
- Collect the information needed to plan a programme using appropriate methods, to include health screening measurements and lifestyle/fitness assessments relevant to the client



Learning outcomes

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

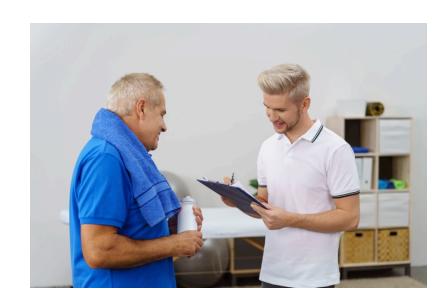
- Assess the client's readiness to change using appropriate methods
- Show sensitivity and empathy to clients and the information they provide
- Record the information using appropriate formats in a way that will aid analysis
- Refer the client to an appropriate professional when required



Factors to consider before conducting a consultation:

Environment

- Private space
- The client may feel intimidated by the environment
- Safety of the environment
- Client comfort
- Temperatures
- Barriers between client and PT





Factors to consider before conducting a consultation:

- Client confidentiality
- Age and potential chaperone requirements
- Client readiness for change
- Reduce barriers to communication (noise, body positioning, external distractions)



Factors to consider during the consultation

- Show sensitivity and empathy to clients and the information they provide
- Be motivational and enthusiastic
- Be professional, empathetic and positive
- Establish a rapport and make the client feel at ease
- Give a brief overview of the consultation and a rationale for the screening to be undertaken
- Explain own role and responsibilities to clients as a health and fitness professional NOT a medical professional
- Outline the requirement to refer to more experienced practitioners in certain circumstances



Factors to consider during the consultation

Ensure all information collected from the client is:

- Valid (protocol)
- Accurate
- Reliable
- Repeatable
- Correctly analysed





Forms used during consultation

PAR-Q

- Medical information which helps to determine the risk of exercising to a client
- It is to be used prior to the start of the programme to identify if the client may need special attention or referring to their GP



Forms used during consultation

Lifestyle questionnaire

- Information which allows a greater insight into the current habits of a client
- Allows for a client-centred strategic plan to increase exercise adherence



Health commitment statement

 Sets the standards that health and fitness centres and users can reasonably expect from each other with regards to the health of the user

Informed consent

 The aim of informed consent is to prove that the individual intentionally engaged in the exercise programme after full disclosure and examination of the risks associated with exercise participation



Consider:

- REPs Code of Ethical Conduct
- Health and safety considerations
- Referral to a GP or other medical professional where required
- Data protection



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