



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



