



# YMCA Awards

Level 3 Bespoke exercise  
programme design

2018

# Level 3 Bespoke exercise programme design

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## Goal setting

## Learning outcomes

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

- Explain how to identify clients' short, medium and long-term goals
- Identify when personal trainers should involve others, apart from their clients, in goal setting
- Demonstrate how to use specific, measurable, achievable, realistic and time bound (SMART) objectives in a personal training programme
- Identify circumstances in which it may be appropriate to adapt client goals

## Goal setting

- Use of open questions
- Reflective listening and amplification
- Providing scenarios based on client responses and ascertaining if this would be desirable
- Breaking a long-term goal down into smaller goals
- Breaking medium-term goals down into short-term goals
- Ensure the short-term goals being achieved would equate to the long-term goal's success

# Goal setting

Ensure every goal is SMART

- Specific
- Measurable
- Achievable
- Realistic
- Time-bound



## Goal setting

Identify short, medium and long term goals for:

- General health and fitness
- Physiological
- Psychological
- Lifestyle
- Social
- Functional ability

## Goal setting

- Short-term goal: weekly (mini process goals)
- Medium-term goal: 1-3 months (process goals)
- Long-term goal: 3-6, 6-12 months (outcome goals)



## **Involving others in goal setting**

- The injury history is outside the trainer's knowledge-base e.g. physiotherapists, osteopaths
- The nutritional demands are outside of the trainer's knowledge e.g. nutritionists, dieticians
- The goal is beyond a trainer's comfort level e.g. specific marathon training plan
- Positive PARQ – referral/deferral
- Family and friends for external support and encouragement
- GP or other health professional for medical reasons

## Goal setting

Use SMART goals to:

- Break down a long-term goal into more achievable sub-goals and to enhance sense of progression/success
- Demonstrate progress against baseline measures
- Structure a PT programme

## Goal setting

Carry out:

- Goal setting prior to a programme being devised
- Regular goal reviews including revisions where required
- An analysis of each training programme against the client's goals at the end of the programme
- Evaluate performance against the goals, including an analysis on any goals not achieved

## Goal setting

Adapt goals if:

- Goals have been met
- Goals have not been achieved
- The client's motivation to adhere to the programme reduces
- A plateau occurs
- There has been an absence from training e.g. illness, injury, holiday, work commitments

## **Periodisation**

Periodisation is the organisation and division of a training programme into smaller, progressive cycles during a specific period of time

These cycles typically include the micro cycle which usually lasts from 5-7 days, the meso cycle which usually lasts from 2 weeks to a few months and the macro cycle which refers to the overall training period and could last up to a year or two

## Principles of periodisation

- **Macrocycles:** long-term (outcome) goal
- **Mesocycles:** medium-term (process) goals
- **Microcycles:** short-term (process) goals, where the detail of each training session is applied

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