



YMCA Awards

Level 3 Customised exercise
programme instruction and
communication techniques
2018

Level 3 Customised exercise programme instruction

Evaluating PT sessions and personal practice

Learning outcomes

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

- Review the outcomes of working with clients including their feedback
- Identify:
 - how well the sessions met clients' goals
 - how effective and motivational the relationship with the client was
 - how well the instructing styles matched the clients' needs

Learning outcomes

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

- Identify how to improve personal practice
- Review client feedback regarding personal performance and effectiveness
- Identify how effective physical activities were
- Identify how effective and motivational the relationship with the client was

Learning outcomes

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

- Review:
 - how well the communication style and instruction methods adopted matched clients' needs
 - how well professional codes of ethics were adopted
 - how well the clients' health, safety and welfare were managed
 - the effectiveness of interacting and working with other members of staff
 - the effectiveness of the workout against the client's goals
- Summarise ways in which future practice can be improved

Review outcomes

- Session aims
- SMART goals
- Activities
- Client performance
- Health and safety

Review outcomes

- Own performance in
 - Preparation/session planning
 - Delivery – demonstrations and explanations
 - Teaching style
 - Communication style
 - Motivational style
 - Professionalism
 - General demeanour

Review outcomes

- How well professional codes of ethics were adopted
- How well the clients' health, safety and welfare were managed
- Interacting and working with other members of staff

Review outcomes

- Did the session meet the client's goals?
 - Were the short-term goals met?
 - Are the medium/long-term goals still achievable?
 - Are any adaptations, modifications required to the programme to meet the client's needs, abilities and goals?
- Was the relationship with the client effective and motivational?
- Did the instructing style match the client's needs?
- Were the exercises/activities/training methods effective?

Evaluation

‘To judge or calculate the quality, importance, amount or value of something’

Reflection

‘Serious thought or consideration, thinking about something’

Evaluation

Improving personal practice

- Identifying strategies to improve performance
- Establishing methods of reviewing progress and gaining feedback on an on-going basis (agreed with the client/s)

Reflective practice

- Identify own strengths and weaknesses
- Identify areas for improvement
- Identify possible future training requirements
- Action plan future sessions and improvement of practice

- **What are my strengths?**
 - Am I well organised?
- **What are my weaknesses?**
 - Am I easily distracted?
 - Do I need more practice with a particular skill?
- **What skills do I have and what am I good at?**
- **What problems are there at work/home that may affect me?**
 - Responsibilities or distractions that may impact on me?

- **What have I achieved?**
- **Are there things that I am unhappy with or disappointed about?
What makes me happy?**
- **Solutions – What could I do to improve in these areas?**

