



YMCA Awards

Level 3 Bespoke exercise
programme design

2018

Level 3 Bespoke exercise programme design

Client assessments

Learning outcomes

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

- Identify the client information that should be collected when designing a personal training programme
- Explain what to consider when selecting the most appropriate methods of collecting information according to client's needs
- Explain the factors that may influence validity, reliability and objectivity of assessment
- Explain the legal and ethical implications of collecting client information, including confidentiality

Client information

- Exercise history - reasons for previously stopping
- Current training/exercise patterns
- Lifestyle commitments
- Relevant personal circumstances
- Work patterns
- Eating patterns
- Stress levels
- Hobbies/regular activities

Client information

- Time available to exercise
- Family/friends support
- Access to facilities/equipment/clothing
- Likes/dislikes
- Injury history
- Preferred communication styles

Client information

- Medical history
 - Health history (health questionnaire)
 - Current health status (PARQ or alternative)
 - Risk factors for exercise
 - Identification of medical conditions requiring medical clearance
 - Past and present injuries and disabilities
 - Postural analysis
 - Any musculoskeletal discomfort

Client information

- Motivation levels and barriers to participation
 - Stage of change / readiness
 - Attitude
 - Perceived barriers
 - Actual barriers
 - Intrinsic barriers (e.g. fear, embarrassment)
 - Extrinsic barriers (e.g. time, cost, family commitments)

Client information

- Evaluation of current levels fitness, to include:
 - Muscular strength
 - Muscular endurance
 - Cardio respiratory fitness
 - Flexibility
 - Motor skills
 - Core stability
 - Functional ability

Client information

- Assess components of fitness by taking physical measurements as appropriate for the clients:
 - Blood pressure (manual and digital)
 - Anthropometrics (height and weight, waist circumference or waist to hips ratio)
 - Body Mass Index
 - CV fitness (e.g. Astrand bike test, Rockport walking test, step test, Cooper 12 minute walk/run)

Client information

- Assess components of fitness by taking physical measurements as appropriate for the clients:
 - Range of motion (e.g. Sit and reach test, visual assessments during stretch positions)
 - Muscular fitness (e.g. Abdominal curl/sit up test, press up test)
 - Postural assessments (e.g. Squat technique, walking gait)

Client information

- Posture and alignment
 - Upper and lower body
 - Repetitive movement patterns that may cause issues
- Functional ability
 - Ability to carry out everyday tasks easily and pain free
 - Using an ADL questionnaire

When selecting the most appropriate methods of collecting information according to client's needs, consider:

- The cost and quality of equipment
- Assessment protocols
- Environmental factors (weather, noise, temperature, stress levels, diet, clothing)
- Client's lifestyle
- Client's health
- Client's goals

Client information

- Select and record client information correctly
- Obtain consent to exercise
- Identify contraindications to exercise
- Recognise and defer clients where applicable
- Consider methods for collecting objective information
- Consider methods for collecting subjective information
- Use additional questioning where required
- Check client's understanding of the information

Legal and ethical implications of collecting client information

- Duty of care
- Confidentiality
- Data protection act
- Sensitivity in reporting back results and findings to the client
- Referral obligations

Analyse client response to PARQ

Consider the following:

- Any 'yes' responses
- Client concerns regarding readiness
- Instructor concerns regarding readiness
- How to interpret client's body language
- High blood pressure reading

Analyse client response to PARQ

Consider the following:

- High heart rate reading (tachycardia >100 bpm)
- Low heart rate reading (bradycardia <60 bpm)
- Whether any additional questioning is required



Medical conditions

The following types of medical conditions will prevent PT's from working with clients (unless they have specialist training/ qualifications):

- CHD
- Diabetes
- Cancer
- Stroke
- Etc.

Yes	No	Condition
		Diabetes
		Hypertension (high blood pressure)
		Adult or congenital heart disease/heart attack/chest pain (angina)/heart murmur/coronary artery disease. Any heart surgery or procedure. Explain all "yes" answers.
		Family history of heart disease or any sudden heart-related death of a family member before age 50.
		Stroke/TIA
		Asthma
		Lung/respiratory disease
		COPD
		Ear/eyes/nose/sinus problems
		Muscular/skeletal condition/muscle or bone issues
		Injury/concussion

Medical conditions

The following types of medical conditions will prevent PTs from working with clients (unless they have specialist training/ qualifications):

- Severe musculoskeletal issues/injuries
- Ageing (when resulting in age-related issues)
- Exercise referral (specific controlled medical conditions)
- Obesity

Referral

Consider the limits of your own expertise and competence in prescribing a progressive exercise programme. Refer where required to:

- GP
- Physiotherapist
- Other health professionals/consultants
- Senior colleague (if appropriately qualified)

