



YMCA Awards

Level 3 Customised exercise
programme instruction and
communication techniques
2018

Level 3 Customised exercise programme instruction

Monitoring clients and adapting PT sessions

Learning outcomes

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

- Ensure clients can carry out the exercises safely on their own
- Analyse clients' performance, providing positive reinforcement throughout
- Correct techniques at appropriate points
- Modify exercises according to clients' performance and feedback

Ensure clients can exercise on their own by:

- Demonstrating and explaining how to be safe to when exercising alone
 - Self-spotting
 - Deadlifting weights
 - Setup of levers
 - Pin use for resistance changes
- Positive reinforcement of technique and correction of technique, where applicable

Analyse client performance

- Provide positive reinforcement throughout
 - Give technical information in small, easy-to-remember chunks
- Correct techniques at appropriate points
 - Ensure that the safety of the client is paramount
 - Re-demonstrate the exercise where necessary
 - Use verbal cueing as the first form of correction

Modification of exercises

- According to clients' performance and feedback
- Make an exercise easier or harder
- Choose alternative exercises
- Choose alternative training approaches

