

iUSP152 – Planning gym-based exercise

URN – H/617/5628

Guided Learning Hours: 23

Learning outcome	Assessment criteria	Taught content to include
LO1 Understand how to collect client information to plan gym-based exercises	1.1. Explain the process of informed consent	<ul style="list-style-type: none"> Ensuring the client realises that the only reason information would be disclosed would be to ascertain permission to proceed with exercise from a GP or other medically trained practitioner Issue of consent Any appropriate legislation e.g. Data Protection Act/GDPR Confidentiality
	1.2. Describe different methods to collect participant information including: <ul style="list-style-type: none"> Questionnaire Interview Observation Physical measurements 	<ul style="list-style-type: none"> Good communication skills and barriers to effective communication Demonstrating appropriate body language Trust Professionalism, confidence and enthusiasm Confidentiality PARQ test Ensuring the correct information is taken from the client Ensuring the client gives sufficient detail regarding their health and background and realises the importance of gaining GP's permission in the relevant circumstances
	1.3. Describe how to determine which method/s of collecting information are appropriate according to the individual	<ul style="list-style-type: none"> Private comfortable area Positive body language Positioning of the client (no barriers between themselves and client) Ensuring the client feels able to confide in the exercise teacher where necessary Discussion PARQ test

	<p>1.4. Explain the principles of screening clients prior to gym-based exercise to include the use of the physical activity readiness questionnaire (PARQ)</p>	<ul style="list-style-type: none"> • Professionalism, confidence and enthusiasm • Confidentiality • Client lifestyle • Client profile • Medical history • Current health status • Any physical needs • Exercise history, preferences, fitness • Any contra-indications to the session • Client's personal goals e.g. healthy eating, weight loss, weight gain, improved fitness/flexibility etc. • The importance of planning a session bearing in mind the client's religious, moral and social beliefs • Determining the nature and extent of the client's needs • Agreement to the aims of the programme • Where applicable clarify with the client's information which may be available to others, e.g. relevant health care workers • Obtain the client's signature
<p>LO2 Understand how to use client information to plan gym-based exercise</p>	<p>2.1. Describe the factors based on client screening, which may affect safe exercise participation</p>	<ul style="list-style-type: none"> • Any recent injuries including fractures, strains, sprains, ruptures or tears • Heart conditions or any history of heart disease • High blood pressure unless medical permission has been granted • Any acute fevers including influenza, glandular fever, common cold, etc. • Any inflammatory joint conditions including arthritis, rheumatoid arthritis, osteoarthritis • Any neurological disorders including strokes, multiple sclerosis unless medically supervised • Any undiagnosed illness • Any musculoskeletal problems including joint or back pain • Any pain and soreness in muscles caused by trauma or injury • Pregnancy – medical permission must be sought before continuing • After a heavy meal or under the influence of alcohol • If over-tired or exhausted • If under the influence of pain-killing drugs • If there has been any difficulty with exercise in the past

		<ul style="list-style-type: none"> For people over the age of 50 a medical check-up should be sought before starting an exercise programme or anybody with the following conditions: <ul style="list-style-type: none"> Obese people History of heart problems in the immediate family Hypertensives Diabetics unless medical permission is sought Any history of lung problems including asthma, bronchitis, emphysema Smokers Skin infections or open wounds
	2.2. Give examples of how client information affects the planning of gym-based exercise	<ul style="list-style-type: none"> Exercises are appropriate to individuals needs Fitness goals Ability of participant Health of individual
	2.3. Identify the reasons for temporary deferral of exercise	<ul style="list-style-type: none"> Only working within their own parameters and professional boundaries Injuries Any health related issues
	2.4. Explain the reasons for referring clients to other professionals	<ul style="list-style-type: none"> Understanding when to refer clients to others Understanding when a client may be contra-indicated to gym-based exercise and at what point GP's permission should be sought Referral procedures
LO3 Understand how to plan gym-based exercise with clients	3.1. Describe how to plan gym-based exercise to meet the needs of clients with different objectives	<ul style="list-style-type: none"> Target audience <ul style="list-style-type: none"> Beginner/inexperienced Over 50/60 Overweight Unfit Weight trainer Endurance training Teenager Pregnancy Post-natal Stress Arthritic

		<ul style="list-style-type: none"> - Asthmatic - High blood pressure - Sports specific training - Combined resistance and cardiovascular • Session duration • Intensity of session • Equipment needed
	3.2. Explain why it is important to agree goals and objectives for gym-based exercise with clients	<ul style="list-style-type: none"> • Client satisfaction • Aims and objectives met • Goals – short, medium and long term • Physical • Psychological • Lifestyle related • Socially related • Discussing another/alternative form of exercise • Providing exercises adequate for the client • Providing challenges by increasing intensity depending on level of fitness and ability • Well-rounded workout
	3.3. Identify a range of exercises for individual clients to develop: <ul style="list-style-type: none"> • Cardiovascular fitness • Muscular fitness • Flexibility • Motor skills 	<ul style="list-style-type: none"> • Warm up/cool down • Cardiovascular/aerobic – interval, Fartlek, Plyometric, steady state exercise • Muscular strength and endurance • Flexibility/stretch – static/passive – pre and post exercise, dynamic/ballistic and the benefits of stretching the following areas: <ul style="list-style-type: none"> - Neck - Shoulder - Arms - Hands - Trunk - Back - Hips - Legs - Feet • Motor skills

	3.4. Identify a range of cardiovascular and resistance machines, and their uses	<ul style="list-style-type: none"> • Cardiovascular and resistance machines <ul style="list-style-type: none"> - Treadmill - Rowing machine - Upright cycle - Recumbent cycle - Stepper - Elliptical trainer - Cross trainer • Variable resistance equipment <ul style="list-style-type: none"> - Swiss and medicine balls - Resistance bands - Weights including barbells and dumbbells - Collars - Benches - Protective floor - Mats
	3.5. Describe how to plan gym-based exercise using circuit formats	<ul style="list-style-type: none"> • Aims and objectives • Warm up and cool down exercises • Reasons why these are important • Teaching points • Muscles used • Stretches – reasons why, teaching points, dynamic stretches during warm up, developmental stretches, static • Use of circuit cards

LO4 Be able to collect and use client information to plan a gym-based exercise programme	4.1. Use appropriate methods to collect information to plan a gym-based programme	<ul style="list-style-type: none"> • PARQ test
	4.2. Check the information is accurate and up-to-date	<ul style="list-style-type: none"> • Referring back to consultation • Referring back to Physical Activity Readiness Questionnaire (PARQ)
	4.3. Identify client needs and potential and any possible risks from participation in a gym-based programme	<ul style="list-style-type: none"> • Client lifestyle • Client profile • Medical history • Current health status • Any physical needs • Exercise history, preferences, fitness • Any contra-indications to the session

		<ul style="list-style-type: none"> • Client's personal goals e.g. healthy eating, weight loss, weight gain, improved fitness/flexibility etc. • The importance of planning a session bearing in mind the client's religious, moral and social beliefs • Determining the nature and extent of the client's needs • Agreement to the aims of the programme • Where applicable clarify with the client's information which may be available to others, e.g. relevant health care workers • Obtain the client's signature
	4.4. Maintain client confidentiality	<ul style="list-style-type: none"> • Data Protection Act/GDPR

LO5 Be able to plan a safe and effective gym-based exercise programme with clients	5.1. Agree objectives with clients appropriate to: <ul style="list-style-type: none"> • Their needs and potential • Accepted good practice in the industry • Own level of competence 	<ul style="list-style-type: none"> • Aims and objectives • Activities • Problem areas • Likes and dislikes • Effectiveness and variety of movements • Any change in demands from client • Any changes needed to enhance the programme • Whether routine meets with the client's needs and expectations • Longer term wishes of the client • Industry codes of practice • Organisations' policies and procedures • Own ability • Client confidence and ability
	5.2. Select gym-based exercises that will help clients to develop: <ul style="list-style-type: none"> • Cardiovascular fitness • Muscular fitness • Flexibility • Motor skills 	<ul style="list-style-type: none"> • Warm up/cool down • Aerobic • Endurance • Strength • Core stability • Stretch/flexibility • Using machines • Resistance weights • Free weights • Own body
	5.3. Plan how to minimise any risks relevant to the programme	<ul style="list-style-type: none"> • Identifying any likely hazards and assess the risks of these hazards • Ensuring the risks are minimal and to an acceptable level

		<ul style="list-style-type: none"> • Identifying any new risks during the gym session and take action to manage • Keeping records of maintenance up to date • Making suggestions and obtaining advice from relevant authorities to improve health and safety • Safe manual handling techniques • Risk assessment
	5.4. Plan realistic timings and sequences for exercise	<ul style="list-style-type: none"> • Instruction • Activity • Discussion • Client availability, time constraints and frequency
	5.5. Record programme plans in an appropriate format	<ul style="list-style-type: none"> • Aims and objectives • Lesson plan • Evaluation • Recording of evidence

Assessment	
Portfolio of evidence	Containing 3 performance evidence

Guide to taught content
The content contained within the unit specification is not prescriptive or exhaustive but is intended to provide helpful guidance to teachers and learners with the key areas that will be covered within the unit, and, relating to the kinds of evidence that should be provided for each assessment objective specific to the unit learning outcomes.

Document History

Version	Issue Date	Changes	Role
v1	16/08/2019	First published	Qualifications and Regulation Co-ordinator