

CHS144 Deliver exercise sessions to improve individuals' health and wellbeing

OVERVIEW

This standard is about the delivery of exercise sessions for individuals or groups to assist with achievement of individual's goals and targets for health improvement. This may be undertaken in a range of settings that meet prescribed requirements and relevant protocols. Users of this standard will need to ensure that practice reflects up to date information and policies. Version No 1

KNOWLEDGE AND UNDERSTANDING

You will need to know and understand:

- 1.the current European and National legislation, national guidelines, organisational policies and protocols in accordance with Clinical/Corporate Governance which affect your work practice in relation to delivering exercise sessions to improve individuals' health and wellbeing
- 2.your responsibilities and accountability in relation to the current European and National legislation, national guidelines and local policies and protocols and Clinical/Corporate Governance
- 3.the duty to report any acts or omissions in care that could be detrimental to yourself, other individuals or your employer
- 4.how to assess potential risks associated with exercise sessions for individuals and groups
- 5.the policies and guidance which clarify your scope of practice
- 6.how to adapt communication styles in ways, which are appropriate to different needs, including culture, language or special needs
- 7.the reasons for poor motivation and the role of exercise in improving self esteem and self efficacy
- 8.how to provide constructive feedback and encouragement throughout the exercise session
- 9.the signs of an adverse reaction/response to exercise and what action to take when these are observed in an individual undertaking the exercise session
- 10.the local availability and cost of exercise facilities and services
- 11.local guidelines for provision of heating, lighting and ventilation in the exercise session venue
- 12.how to provide constructive feedback
- 13.what is meant by 'the FITT principles' and how these impact upon the individual's

- exercise and physical activity plan
- 14.the importance of providing warm up and cool down exercises and the appropriate exercises to use to meet individuals needs and abilities
- 15.basic cardiovascular anatomy, physiology and the effects of exercise
- 16.the models used in designing and developing exercise programmes for individuals and/or groups
- 17.the ways in which exercise programmes can be adapted to meet individual's needs and abilities
- 18.the techniques used to measure and evaluate results of the individual's response to exercise
- 19.effective weight management and training techniques appropriate for use with individuals and groups
- 20.the range of exercise equipment, the correct and safe use purpose, capabilities and limitations of each
- 21.record keeping practices and procedures in relation to delivering exercise sessions to individuals and groups

PERFORMANCE CRITERIA

You must be able to do the following:

- 1.structure and adapt exercise sessions according to individuals' needs, abilities and goals, identified risks and planned programme of frequency, intensity, type and timing
- 2.ensure adequate warm up and cool down exercises are used before and after the main exercise session
- 3.interpret measures of response to exercise and provide feedback to individuals on their progress towards agreed goals
- 4.offer physical and verbal support to assist individuals in carrying out the exercise activities correctly, safely and achieving their goals
- 5.provide feedback and encouragement to individuals in a manner and at times which promotes their confidence and motivation
- 6.take appropriate steps to discontinue with the exercise session if the individual displays signs of an adverse response/reaction and take appropriate action
- 7.confirm the outcomes of the activity with the individual and agree future goals, targets and any changes to planned programme of exercise
- 8.support the individual with plans for further activities at suitable intervals to meet the individual's needs, abilities and goals
- 9.clearly and accurately document individuals' response to exercise, goals achieved, difficulties experienced and future exercise

ADDITIONAL INFORMATION

This National Occupational Standard was developed by Skills for Health. This standard

links with the following dimension within the NHS Knowledge and Skills Framework (October 2004): Dimension: HWB7 Interventions and treatments This standard has replaced AHP7