

Unit 53: Deliver Exercise Sessions to Improve Individuals' Health and Wellbeing

Level:	3
Unit type:	Optional
Credit value:	5
Guided learning hours:	32

Unit Aim

This unit aims to develop the learner's ability to deliver exercise sessions for individuals or groups. Knowledge of the roles of exercise in promoting health and well-being is required as well as an understanding of exercise programme rationales.

Assessment requirements

This unit must be assessed in line with *Skills for Health Assessment Principles for Qualifications that Assess Occupational Competence* document. Detailed information can be found in *Annexe A* of the qualification specification.

Evidence for skills within learning outcome 5 must come from real work activities.

Learning outcomes The learner will:	Assessment criteria The learner can:
1 Understand current legislation, national guidelines, policies, protocols and good practice related to delivering exercise sessions	1.1 Summarise current legislation, national guidelines, policies, protocols and good practice guidelines which inform own practice in delivering exercise sessions
2 Understand the role of exercise and its physical effects on the body	2.1 Describe the physical effects of exercise
	2.2 Outline main aspects of cardiovascular anatomy and physiology which are relevant to exercise
	2.3 Explain the role of exercise in improving self-esteem, confidence and motivation
3 Understand the principles and rationales for exercise programmes	3.1 Explain what is meant by FITT principles and their application to exercise sessions
	3.2 Describe principles used in designing and developing exercise sessions

Learning outcomes The learner will:	Assessment criteria The learner can:
	3.3 Explain the importance of using warm up and cool down exercises as part of a session
	3.4 Describe potential adverse reactions to exercise and the procedure for dealing with them
	3.5 Explain factors in risk assessment for exercise sessions for individuals and groups
	3.6 Describe ways to measure and evaluate individuals' responses to exercise
4 Understand the use of exercise equipment	4.1 Describe the functions and limitations of exercise equipment encountered in own work practice
5 Be able to deliver exercise sessions	5.1 Instruct individuals to carry out exercise activities
	5.2 Adapt exercise sessions in response to changes in the individuals' condition, needs, abilities and goals
	5.3 Give encouragement and feedback to promote individuals' confidence and motivation
	5.4 Collaborate with individuals to agree on intended outcomes of exercise sessions within scope of own role
	5.5 Plan future goals with individuals to meet their needs and abilities within scope of own role
	5.6 Make records of all aspects of exercise sessions in line with national/local policy and protocol

Additional information about the unit

Exemplification of terms used in assessment criteria:

Individual refers to someone requiring care or support; it will usually mean the person or people supported by the learner.

FITT principles are rules that relate to the frequency, intensity, type and time of exercise.

These four principles of fitness training are applicable to individuals exercising at low to moderate training levels and may be used to establish guidelines for both cardiorespiratory and resistance training.