

Know how to support clients who take part in exercise and physical activity

Unit accreditation number: M/600/9015

Planning gym-based exercise

Unit accreditation number: F/600/9018

Task – Client interview

There are 15 marks available in this task. You must score a minimum of 12 marks in total to achieve a pass. In addition to achieving the total pass mark, you must also score at least the minimum marks set for each question to achieve an overall pass.

Name of client		
Date of birth	Gender	M / F
Height		3 marks (minimum 2 marks)
Weight		
BMI		
What are your client's barriers to participation?		
1 mark (minimum 1 mark)		
For each barrier that your client has given describe a strategy to assist your client to overcome the barrier.		
1 mark (minimum 1 mark)		

SUBTOTAL

What incentive/ reward schemes will you use to motivate your client?

1 mark (minimum 1 mark)

Which methods of communication will help you to motivate your client?

1 mark (minimum 1 mark)

List your client's exercise preferences

1 mark (minimum 1 mark)

Set out your client's short, medium and long term goals

3 marks (minimum 2 marks)

Short

Medium

Long

SUBTOTAL

How will you review your client's short, medium and long term goals?

3 marks (minimum 2 marks)

Short

Medium

Long

Give one example of where your client can source relevant information to help meet their needs

1 mark (minimum 1 mark)

SUBTOTAL

Result total / **15 marks** (12 marks in total, with the minimum set marks achieved for each question required to pass)

Assessor's feedback:

Planning gym-based exercise

Unit accreditation number: F/600/9018

Physical activity readiness questionnaire (PAR-Q) and you (a questionnaire for people aged 15-69)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO.

1. has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor?	YES	NO
2. do you feel pain in your chest when you do physical activity?	YES	NO
3. in the past month, have you had chest pain when you were not doing physical activity?	YES	NO
4. do you lose your balance because of dizziness or do you ever lose consciousness?	YES	NO
5. do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?	YES	NO
6. is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart conditions?	YES	NO
7. do you know of any other reason why you should not do physical activity?	YES	NO

If you answered YES to one or more questions:

Talk with your doctor by phone or in person **BEFORE** you start becoming much more physically active or **BEFORE** you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

You may be able to do any activity you want as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice find out which community programmes are safe and helpful for you.

If you answered NO to all questions:

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:

Start becoming much more physically active – begin slowly and build up gradually. This is the safest and easiest way to go.

Take part in a fitness appraisal – this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

DELAY BECOMING MUCH MORE ACTIVE:

If you are not feeling well because of a temporary illness such as a cold or a fever, wait until you feel better; or if you are or may be pregnant, talk to your doctor before you start becoming more active

PLEASE NOTE: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

NO CHANGES PERMITTED. YOU ARE ENCOURAGED TO PHOTOCOPY THE PAR-Q BUT ONLY IF YOU USE THE ENTIRE FORM.

NOTE: If the PAR-Q is being given to a person before he or she participates in a physical activity programme or a fitness appraisal, this section may be used for legal or administrative purposes.

“I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction.”

Name

Signature

Date

Signature of parent
or guardian
(for participants under the age of majority)

Witness

Note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.