









<p>6. Understand how to use nutritional information</p>	<p>6.1 Describe basic dietary assessment methods</p> <p>6.2 Explain how to analyse and interpret collected information so that clients' needs and nutritional goals can be identified with reference to the National food model/guide recommendations</p> <p>6.3 Describe how to interpret information gained from methods used to assess body composition and health risk in relation to weight</p> <p>6.4 Explain how to sensitively divulge collected information and 'results' to clients</p> <p>6.5 Explain how to recognise the signs and symptoms of disordered eating and healthy eating patterns</p> <p>6.6 Describe the key features of the industry guidance note on 'Managing users with suspected eating disorders'</p> <p>6.7 Explain the circumstances in which a client should be recommended to visit their GP about the possibility of referral to a Registered Dietician</p>
<p>7. Understand the principles of nutritional goal setting with clients</p>	<p>7.1 Explain how to apply the principles of goal setting when offering nutritional advice</p> <p>7.2 Explain how to translate nutritional goals into basic healthy eating advice that reflects current National guidelines</p> <p>7.3 Explain when people other than the client should be involved in nutritional goal setting</p> <p>7.4 Define which other people could be involved in nutritional goal setting</p> <p>7.5 Identify the barriers which may prevent clients achieving their nutritional goals</p> <p>7.6 Explain how to apply basic motivational strategies to encourage healthy eating and prevent non-compliance or relapse</p> <p>7.7 Explain the need for reappraisal of clients' body composition and other relevant health parameters at agreed stages of the programme</p>
<p>8. Be able to collect and analyse nutritional information</p>	<p>8.1 Collect information needed to provide clients with appropriate healthy eating advice</p> <p>8.2 Record information about clients and their nutritional goals in an approved format</p> <p>8.3 Analyse collected information including nutritional needs and preferences in relation to the clients current status and nutritional goals</p>

<p>9. Be able to apply the principles of nutrition to a physical activity programme</p>	<p>9.1 Access and make use of credible sources of educational information and advice in establishing nutritional goals with clients</p> <p>9.2 Design and agree nutritional goals that are compatible with the analysis, accepted good practice and national guidelines</p> <p>9.3 Ensure that the nutritional goals support and integrate with other programme components</p> <p>9.4 Agree review points with the clients</p> <p>9.5 Review the clients' understanding of how to follow the nutritional advice as part of their physical activity programme</p> <p>9.6 Monitor, evaluate and review the clients' progress towards their nutritional goals</p>
<p>Assessment</p>	<p>External Multiple-Choice Question Paper set and marked by Active IQ</p> <p>Client Interview</p> <p>PARQ</p> <p>Overview of Client Goals</p> <p>Overview of 8 week programme</p> <p>2 Programme Cards</p> <p>Evaluation and modification summary</p>

Learning outcomes The learner will:	Assessment criteria The learner can:
1. Understand how to prepare personal training programmes	1.1 Describe the range of resources required to deliver a personal training programme, including: <ul style="list-style-type: none"> <li>• environment for the session</li> <li>• portable equipment</li> <li>• fixed equipment</li> </ul> 1.2 Explain how to work in environments that are not specifically designed for exercise/physical activity
2. Understand the importance of long term behaviour change for personal training	2.1 Explain why it is important for clients to understand the advantages of personal training 2.2 Explain why it is important for a personal trainer to work together with clients to agree goals, objectives, programmes and adaptations 2.3 Explain the importance of long-term behaviour change in developing client fitness 2.4 Explain how to ensure clients commit themselves to long-term change
3. Understand the principles of collecting information to plan a personal training programme	3.1 Explain the principles of informed consent 3.2 Explain why informed consent should be obtained before collecting information for a personal training programme 3.3 Summarise the client information that should be collected when designing a personal training programme to include: <ul style="list-style-type: none"> <li>• personal goals</li> <li>• lifestyle</li> <li>• medical history</li> <li>• physical activity history</li> <li>• physical activity likes and dislikes</li> <li>• motivation and barriers to participation</li> <li>• current fitness level</li> <li>• stage of readiness</li> <li>• posture and alignment</li> <li>• functional ability</li> </ul> 3.4 Explain how to select the most appropriate methods of collecting client information according to client need 3.5 Explain the legal and ethical implications of collecting client information, including confidentiality
4. Understand how to screen clients prior to a personal training programme	4.1 Explain how to interpret information collected from the client in order to identify client needs and goals 4.2 Explain how to analyse client responses to the Physical Activity Readiness Questionnaire (PAR-Q) 4.3 Describe the types of medical conditions that will prevent personal trainers from working with a client unless they have specialist training and qualifications 4.4 Explain how and when personal trainers should refer clients to another professional

<p>5. Understand how to identify personal training goals with clients</p>	<p>5.1 Explain how to identify clients' short, medium and long term goals to include:</p> <ul style="list-style-type: none"> <li>• general health and fitness</li> <li>• physiological</li> <li>• psychological</li> <li>• lifestyle</li> <li>• social</li> <li>• functional ability</li> </ul> <p>5.2 Identify when personal trainers should involve others, apart from their clients, in goal setting</p> <p>5.3 Explain how to use specific, measurable, achievable, realistic and time bound (SMART) objectives in a personal training programme</p>
<p>6. Understand how to plan a personal training programme with clients</p>	<p>6.1 Identify credible sources of guidelines on programme design and safe exercise</p> <p>6.2 Summarise the key principles of designing programmes to achieve short, medium and long term goals, including the order and structure of sessions</p> <p>6.3 Describe a range of safe and effective exercises/physical activities to develop:</p> <ul style="list-style-type: none"> <li>• cardiovascular fitness</li> <li>• muscular fitness</li> <li>• flexibility</li> <li>• motor skills</li> <li>• core stability</li> </ul> <p>6.4 Explain how to include physical activities as part of the client's lifestyle to complement exercise sessions</p> <p>6.5 Explain how to design programmes that can be run in environments not designed specifically for exercise</p> <p>6.6 Identify when it might be appropriate to share the programme with other professionals</p>
<p>7. Understand how to adapt a personal training programme with clients</p>	<p>7.1 Explain how the principles of training can be used to adapt the programme where:</p> <ul style="list-style-type: none"> <li>• goals are not being achieved</li> <li>• new goals have been identified</li> </ul> <p>7.2 Describe the different training systems and their use in providing variety and in ensuring programmes remain effective</p> <p>7.3 Explain why it is important to keep accurate records of changes and the reasons for change</p>
<p>8. Be able to collect information about clients</p>	<p>8.1 Establish a rapport with the client</p> <p>8.2 Explain own role and responsibilities to clients</p> <p>8.3 Collect the information needed to plan a programme using appropriate methods, to include physical/fitness assessments</p> <p>8.4 Show sensitivity and empathy to clients and the information they provide</p> <p>8.5 Record the information using appropriate formats in a way that will aid analysis</p> <p>8.6 Treat confidential information correctly</p>

<p>9. Be able to agree goals with clients</p>	<p>9.1 Work with clients to agree short, medium and long-term goals appropriate to their needs</p> <p>9.2 Ensure the goals are:</p> <ul style="list-style-type: none"> <li>• specific, measurable, achievable, realistic and time bound</li> <li>• consistent with industry good practice</li> </ul> <p>9.3 Agree with clients their needs and readiness to participate</p>
<p>10. Be able to plan a personal training programme with clients</p>	<p>10.1 Plan specific outcome measures, stages of achievement and exercises/physical activities that are:</p> <ul style="list-style-type: none"> <li>• appropriate to clients' goals and level of fitness</li> <li>• consistent with accepted good practice</li> </ul> <p>10.2 Ensure the components of fitness are built into the programme</p> <p>10.3 Apply the principles of training to help clients to achieve short, medium and long term goals</p> <p>10.4 Agree the demands of the programme with clients</p> <p>10.5 Agree a timetable of sessions with clients</p> <p>10.6 Agree appropriate evaluation methods and review dates</p> <p>10.7 Identify the resources needed for the programme, including the use of environments not designed for exercise</p> <p>10.8 Record plans in a format that will help clients and others involved to implement the programme</p> <p>10.9 Agree how to maintain contact with the client between sessions</p>
<p>11. Be able to manage a personal training programme</p>	<p>11.1 Monitor effective integration of all programme exercises/physical activities and sessions</p> <p>11.2 Provide alternatives to the programmed exercises/physical activities if clients cannot take part as planned</p> <p>11.3 Monitor clients' progress using appropriate methods</p>
<p>12. Be able to review progress with clients</p>	<p>12.1 Explain the purpose of review to clients</p> <p>12.2 Review short, medium and long term goals with clients at agreed points in the programme, taking into account any changes in circumstances</p> <p>12.3 Encourage clients to give their own views on progress</p> <p>12.4 Use suitable methods of evaluation that will help to review client progress against goals and initial baseline data</p> <p>12.5 Give feedback to clients during their review that is likely to strengthen their motivation and adherence</p> <p>12.6 Agree review outcomes with clients</p> <p>12.7 Keep an accurate record of reviews and their outcome</p>

<p>13. Be able to adapt a personal training programme with clients</p>	<p>13.1 Identify goals and exercises/physical activities that need to be redefined or adapted</p> <p>13.2 Agree adaptations, progressions or regressions to meet clients' needs to optimise achievement</p> <p>13.3 Identify and agree any changes to resources and environments with the client</p> <p>13.4 Introduce adaptations in a way that is appropriate to clients and their needs</p> <p>13.5 Record changes to programme plans to take account of adaptations</p> <p>13.6 Monitor the effectiveness of adaptations and update the programme as necessary</p>
<p>Assessment</p>	<p>Client Interview</p> <p>PARQ</p> <p>Overview of Client Goals</p> <p>Overview of 8 week programme</p> <p>2 Programme Cards</p> <p>Evaluation and modification summary</p> <p>Worksheet</p>

Learning outcomes The learner will:	Assessment criteria The learner can:
1. Understand how to instruct exercise during personal training sessions	1.1 Explain the importance of non-verbal communication when instructing clients 1.2 Describe how to adapt communication to meet clients' needs 1.3 Evaluate different methods of maintaining clients' motivation, especially when clients are finding exercises difficult 1.4 Explain the importance of correcting client technique
2. Understand how to adapt exercise to meet client needs during personal training sessions	2.1 Explain why it is important to monitor individual progress especially if more than one client is involved in the session 2.2 Describe different methods of monitoring clients' progress during exercise 2.3 Explain when it may be necessary to adapt planned exercises to meet clients' needs 2.4 Explain how to adapt exercise/exercise positions as appropriate to individual clients and conditions 2.5 Explain how to modify the intensity of exercise according to the needs and response of the client
3. Understand how to review personal training sessions with clients	3.1 Explain why personal trainers should give clients feedback on their performance during a session 3.2 Explain why clients should be given the opportunity to ask questions, provide feedback and discuss their performance 3.3 Explain how to give clients feedback on their performance in a way that is accurate but maintains client motivation and commitment 3.4 Explain why clients need to see their progress against objectives in terms of their overall goals and programme 3.5 Explain why clients need information about future exercise and physical activity, both supervised and unsupervised
4. Be able to plan and prepare personal training sessions	4.1 Plan a range of exercises/physical activities to help clients achieve their objectives and goals, covering: <ul style="list-style-type: none"> <li>• cardiovascular fitness</li> <li>• muscular fitness</li> <li>• flexibility</li> <li>• motor skills</li> <li>• core stability</li> </ul> 4.2 Identify, obtain and prepare the resources needed for planned exercises/physical activities, improvising safely where necessary

<p>5. Be able to prepare clients for personal training sessions</p>	<p>5.1 Help clients feel at ease in the exercise environment</p> <p>5.2 Explain the planned objectives and exercises/physical activities to clients</p> <p>5.3 Explain to clients how objectives and exercises/physical activities support their goals</p> <p>5.4 Explain the physical and technical demands of the planned exercises/physical activities to clients</p> <p>5.5 Explain to clients how planned exercise/physical activity can be progressed or regressed to meet their goals</p> <p>5.6 Assess clients' state of readiness and motivation to take part in the planned exercises/physical activities</p> <p>5.7 Negotiate and agree with clients any changes to the planned exercises/physical activities that:</p> <ul style="list-style-type: none"> <li>• meet their goals and preferences</li> <li>• enable them to maintain progress</li> </ul> <p>5.8 Record changes to clients plans</p>
<p>6. Be able to instruct and adapt planned exercises</p>	<p>6.1 Use motivational styles that:</p> <ul style="list-style-type: none"> <li>• are appropriate to the clients</li> <li>• are consistent with accepted good practice</li> </ul> <p>6.2 Explain the purpose and value of a warm-up to clients</p> <p>6.3 Provide warm-ups appropriate to the clients, planned exercise and the environment</p> <p>6.4 Make best use of the environment in which clients are exercising</p> <p>6.5 Provide instructions, explanations and demonstrations that are technically correct, safe and effective</p> <p>6.6 Adapt verbal and non-verbal communication methods to make sure clients understand what is required</p> <p>6.7 Ensure clients can carry out the exercises safely on their own</p> <p>6.8 Analyse clients' performance, providing positive reinforcement throughout</p> <p>6.9 Correct techniques at appropriate points</p> <p>6.10 Progress or regress exercises according to clients' performance</p>
<p>7. Be able to bring exercise sessions to an end</p>	<p>7.1 Allow sufficient time for the closing phase of the session</p> <p>7.2 Explain the purpose and value of cool-down activities to clients</p> <p>7.3 Select cool-down activities according to the type and intensity of physical exercise and client needs and condition</p> <p>7.4 Provide clients with feedback and positive reinforcement</p> <p>7.5 Explain to clients how their progress links to their goals</p> <p>7.6 Leave the environment in a condition suitable for future use</p>

<p>8. Be able to reflect on providing personal training sessions</p>	<p>8.1 Review the outcomes of working with clients including their feedback</p> <p>8.2 Identify:</p> <ul style="list-style-type: none"> <li>• how well the sessions met clients' goals</li> <li>• how effective and motivational the relationship with the client was</li> <li>• how well the instructing styles matched the clients' needs</li> </ul> <p>8.3 Identify how to improve personal practice</p> <p>8.4 Explain the value of reflective practice</p>
<p>Assessment</p>	<p>Observed Summative Assessment Session and Self-Evaluation</p>