

## SKAA355 (SQA Unit Code - FG6F 04)

### Reflect on and develop own practice in providing exercise and physical activity



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#### Overview

Instructors should always try to improve what they do. This involves evaluating the exercise and physical activity they have planned and delivered, identifying their strengths and weaknesses and learning lessons for the future. They must also keep up-to-date with developments in health-related exercise and physical activity and take part in continuing professional development to improve their practice even further.

The document is divided into two parts. The first part describes the two things you have to do. These are:

1. reflect on your own professional practice
2. improve your own professional practice and career opportunities

The second part covers the knowledge and understanding you must have.

This standard is for instructors who plan, conduct and review physical activity with clients.

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#### Performance criteria

*You must be able to:*

#### **Reflect on your own professional practice**

- P1 review the outcomes of working with clients, their feedback and feedback from other staff
- P2 identify:
  - P2.1 how effective physical activities were
  - P2.2 how effective and motivational your relationship with the client was
  - P2.3 how well you implemented professional codes of ethics when working with clients
  - P2.4 how well your instructing style matched clients' needs
  - P2.5 how well you managed the clients' exercise, including their health, safety and welfare
  - P2.6 how well you interact and work with other members of staff
- P3 identify ways in which you can improve future practice
- P4 discuss your ideas with another professional and take account of their views

*You must be able to:*

#### **Improve your own professional practice and career opportunities**

- P5 review your own professional practice on a regular basis
- P6 keep up-to-date with developments in exercise and physical activity
- P7 consider your own career goals
- P8 identify areas where you need to develop your professional practice further
- P9 develop a personal action plan that will help you to improve your professional practice and further your career
- P10 take part in relevant development activities as part of your personal action plan
- P11 review your progress in developing your professional practice and career plan and update your personal action plan accordingly

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#### Knowledge and understanding

*You need to know and understand:*

##### **For the whole standard**

- K1 the values or codes of practice relevant to the work you are carrying out and their importance
- K2 the role of the fitness professional in the industry
- K3 the importance of reflection and continuing professional development in helping you to develop client fitness and motivation
- K4 the structure of the industry
- K5 industry organisations and their relevance to the fitness professional
- K6 appropriate registration systems and continuing professional development requirements
- K7 employment opportunities in different sectors of the industry

*You need to know and understand:*

##### **Reflect on your own professional practice**

- K8 the aspects of your professional practice that you should reflect on
- K9 information that you should use
- K10 different methods of collecting information and how to interpret it
- K11 how to reflect on your own practice
- K12 how to identify key lessons and how to make use of these in the future
- K13 the importance of discussing your ideas with another professional

*You need to know and understand:*

##### **Improve your own professional practice and career opportunities**

- K14 how often you should review your professional practice
- K15 how to access information on developments in exercise and physical activity
- K16 how to identify areas in which you need to develop your professional practice further
- K17 the importance of having a personal action plan for your development
- K18 the types of development activities that are available to you and how to access these
- K19 the importance of regularly reviewing and updating your personal action plan

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### Additional Information

**Scope/range  
related to  
performance  
criteria**

1. **Clients**
  - 1.1. individuals
  - 1.2. groups
  
2. **Aspects of professional practice**
  - 2.1. planning exercise
  - 2.2. instructing exercise
  - 2.3. observing and supporting clients
  - 2.4. use of resources
  - 2.5. communicating with clients
  - 2.6. motivating clients

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**Suite** Instructing Exercise and Fitness; Personal Training

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