

# SKAD459 (SQA Unit Code - FG6G 04)

## Evaluate exercise and physical activity programmes



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### Overview

It is very important for instructors to evaluate physical activity programmes, assess how effective they have been for clients and to learn lessons for future practice.

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

1. work with clients to evaluate exercise and physical activity programmes
2. identify lessons for future practice

The second part covers the unit specific knowledge and understanding you must have. This is supplemented by core Level 3 Exercise and Fitness Knowledge Requirements outlined in a separate document.

This unit is for personal trainers and other level 3 fitness instructors who plan, conduct and review programmes to address short, medium and long term goals.

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### Performance criteria

*You must be able to:*

#### **Work with clients to evaluate exercise and physical activity programmes**

- P1 collate all available information regarding the planned programme and client objectives
- P2 collate information regarding client progress, adaptations to the programme and the reasons for adaptation
- P3 collate information regarding client adherence
- P4 collect structured feedback from the client
- P5 analyse available information and feedback
- P6 draw preliminary conclusions about the effectiveness of the programme
- P7 discuss preliminary conclusions with the client and take account of their views

*You must be able to:*

#### **Identify lessons for future practice**

- P8 identify the relative success of each programme component
- P9 prioritise those programme components that are vital to improving practice
- P10 identify how programme components could be improved
- P11 share your conclusions with relevant people and take account of their feedback
- P12 if necessary, undertake further research and development to improve programme components
- P13 note lessons for future practice

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### Knowledge and understanding

*You need to know and understand:*

#### **Work with clients to evaluate exercise and physical activity programmes**

- K1 why it is important to evaluate progressive physical activity programmes
- K2 the principles of evaluation in the context of physical activity
- K3 what information is needed to evaluate physical activity programmes
- K4 methods you can use to collect the required information
- K5 why it is important to evaluate all stages and components of the programme
- K6 methods you can use to organise information so that you can analyse it
- K7 methods you can use to get structured feedback from clients
- K8 why structured feedback is important
- K9 how to analyse information and client feedback
- K10 why it is important to discuss preliminary conclusions with the client
- K11 why the client's views are important

*You need to know and understand:*

#### **Identify lessons for future practice**

- K12 why continuous improvement is important for physical activity instructors
- K13 why it is important to prioritise the improvement of some programme components
- K14 how to prioritise which programme components to work on
- K15 sources of information, advice and best practice on how to improve programme components
- K16 why it is important to share your conclusions about improving your own practice with other people
- K17 who you can share your ideas for improvement with
- K18 how to make use of improvements in the future

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### Additional Information

#### Scope/range related to performance criteria

1. **objectives**
  - 1.1. short-term
  - 1.2. medium-term
  - 1.3. long-term
  
2. **programme component**
  - 2.1. information gathering
  - 2.2. planning
  - 2.3. selection and structure of activities
  - 2.4. programme management
  - 2.5. programme monitoring
  - 2.6. programme adaptation and progression
  - 2.7. client relationship
  - 2.8. client motivation and adherence
  - 2.9. client satisfaction
  
3. **relevant people**
  - 3.1. colleagues
  - 3.2. line manager
  - 3.3. clients

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