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.
SKAD459 (SQA Unit Code - FG6G 04)
Evaluate exercise and physical activity programmes

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

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
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

**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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Evaluate exercise and physical activity programmes

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