

## SFHCHS143 - SQA Code HC72 04

Assist others to test individuals' abilities before planning exercise and physical activities



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### Overview

This standard covers working with a qualified practitioner to test individuals' ability to undertake exercise and physical activities within safe parameters. This standard is relevant to those who may be responsible for assisting others to plan exercise and physical activities with individuals.

Users of this standard will need to ensure that practice reflects up to date information and policies.

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#### Performance criteria

- You must be able to:*
- P1 ensure the environment in which the assessment will take place complies with any relevant guidelines
  - P2 respect the individual's privacy, dignity, wishes and beliefs, minimising any unnecessary discomfort
  - P3 obtain the individual's valid consent to the assessment process
  - P4 encourage full participation in the assessment by actively listening to the individual and seeking to develop rapport
  - P5 take account of any previous assessments of the individual
  - P6 identify any medication the individual may be using
  - P7 establish the individual's current and previous level of physical activity
  - P8 establish the individual's goals with regard to physical activity
  - P9 respond to and report any limitations on the individual's level of physical activity such as joint or muscle weakness, co-morbidity
  - P10 assist the practitioner to assess the individual's ability to exercise using the appropriate tests
  - P11 determine the individual's Rating of Perceived Exertion (RPE) by agreed means
  - P12 record the individual's exercise capacity on completion of exercise tests in accordance with your scope of practice and local policies and procedures

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#### Knowledge and understanding

*You need to know and understand:*

- K1 the current European and National legislation, national guidelines, organisational policies and protocols in accordance with Clinical/Corporate Governance which affect your work practice in relation to assisting others to test individuals' abilities before planning exercise and physical activities
- K2 your responsibilities and accountability in relation to the current European and National legislation, national guidelines and local policies and protocols and Clinical/Corporate Governance
- K3 the duty to report any acts or omissions in care that could be detrimental to yourself, other individuals or your employer
- K4 the processes used to assess potential health and safety risks
- K5 the principle of valid consent, and how to obtain informed consent from individuals
- K6 the policies and guidance which clarify your the limits of your role and the relationship between yourself and the practitioner in terms of delegation and supervision
- K7 the importance of taking account of any previous assessments of the individual and identifying any medication the individual may be using before planning exercise and physical activities and the methods of obtaining this information
- K8 the appropriate environmental conditions in which to carry out the assessment in terms of space, ventilation, and temperature
- K9 how to ask questions, listen carefully and summarise back
- K10 how to adapt communication styles in ways which are appropriate to different people including:
  - K10.1 culture
  - K10.2 language
  - K10.3 special needs
- K11 how to effectively negotiate with individuals, family members, carers and other professionals
- K12 basic cardiovascular anatomy, physiology and biochemistry
- K13 the bio-psycho-social model of health
- K14 the range of motivations people may have for changing their behaviour and lifestyle, and how to discover their motivations
- K15 the methods used to ensure the individual's motivation and involvement in relation to their exercise regime
- K16 how to recognise and respond to any limitations on the individual's level of physical activity such as joint or muscle weakness, or co-morbidity
- K17 the appropriate tests used to assess the individual's ability to exercise

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and your role in assisting the practitioner to conduct such tests

- K18 what is meant by the 'individual's Rating of Perceived Exertion (RPE)' and the method of establishing this
- K19 record keeping practices and procedures in relation to diagnostic and therapeutic programmes/treatments

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### **Additional Information**

#### **External links**

This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004):

Dimension: HWB6 Assessment and treatment planning

The candidate and assessor must only sign below when all Performance Criteria and Knowledge points have been met.

**Unit assessed as being complete**

<b>Candidate's Name:</b>	
<b>Candidate's Signature:</b>	
<b>Date submitted to assessor as complete:</b>	

<b>Assessor's Name:</b>	
<b>Assessor's Signature:</b>	
<b>Date assessed as complete:</b>	

**Internal Verification —**

to be completed in accordance with centre's IV strategy

<b>Evidence for this Unit was sampled on the following date/s:</b>	<b>IV's Signature</b>	<b>IV's Name</b>

This Unit has been subject to an admin check in keeping with the centre's IV strategy.

<b>Date of admin check</b>	<b>IV's Signature</b>	<b>IV's Name</b>

**Unit completion confirmed**

<b>IV's Name:</b>	
<b>IV's Signature:</b>	
<b>Date complete:</b>	