



Higher National Unit specification

General information

Unit title: Health Screening

Unit code: H4TE 34

Superclass: MD

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Unit purpose

This Unit is designed to provide the learner with competence in screening procedures. Learners should be able to devise and apply a pre exercise screening questionnaire. This Unit is aimed at learners wishing to work in the health and fitness industry setting.

Outcomes

On successful completion of the Unit the learner will be able to:

- 1 Describe key factors relating to screening.
- 2 Apply appropriate screening procedures to a specific client.

Credit points and level

0.5 Higher National Unit credit at SCQF level 7: (4 SCQF credit points at SCQF level 7)

Recommended entry to the Unit

While entry is at the discretion of the centre it is suggested that learners have appropriate written and oral communication skills, and a basic knowledge of this subject area.

Core Skills

Opportunities to develop aspects of Core Skills are highlighted in the Support Notes for this Unit specification.

There is no automatic certification of Core Skills or Core Skill components in this Unit.

Higher National Unit specification: General information (cont)

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Context for delivery

If this Unit is delivered as part of a Group Award, it is recommended that it should be taught and assessed within the subject area of the Group Award to which it contributes.

The Unit is included in the framework for the HNC/HND Fitness, Health and Exercise. It would be advisable to teach this Unit either before or alongside *Exercise Principles and Programming*, and any practical Units.

The Assessment Support Pack (ASP) for this Unit provides assessment and marking guidelines that exemplify the national standard for achievement. It is a valid, reliable and practicable assessment. Centres wishing to develop their own assessments should refer to the ASP to ensure a comparable standard. A list of existing ASPs is available to download from SQA's website (<http://www.sqa.org.uk/sqa/46233.2769.html>)

Equality and inclusion

This Unit specification has been designed to ensure that there are no unnecessary barriers to learning or assessment. The individual needs of learners should be taken into account when planning learning experiences, selecting assessment methods or considering alternative evidence.

Further advice can be found on our website www.sqa.org.uk/assessmentarrangements

Higher National Unit specification: Statement of standards

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Acceptable performance in this Unit will be the satisfactory achievement of the standards set out in this part of the Unit specification. All sections of the statement of standards are mandatory and cannot be altered without reference to SQA.

Where evidence for Outcomes is assessed on a sample basis, the whole of the content listed in the Knowledge and/or Skills section must be taught and available for assessment. Learners should not know in advance the items on which they will be assessed and different items should be sampled on each assessment occasion.

Outcome 1

Describe key factors relating to screening.

Knowledge and/or Skills

- ◆ Purpose of screening: health related/identification of goals and targets
- ◆ Screening procedures
- ◆ Contraindications
- ◆ Informed consent
- ◆ Data protection

Outcome 2

Apply appropriate screening procedures to a specific client.

Knowledge and/or Skills

- ◆ Communication skills
- ◆ Application and analysis of screening questionnaires
- ◆ Identification and interpretation of contraindications
- ◆ Informed consent
- ◆ Data protection
- ◆ Client profiling

Evidence Requirements for this Unit

Learners will need to provide evidence to demonstrate their Knowledge and/or Skills across all Outcomes by showing that they can:

To achieve **Outcome 1**, learners will have to provide written/oral evidence to demonstrate their understanding of all aspects of the Knowledge and Skills section.

The learner must submit evidence which includes:

- ◆ A description of the purposes of screening.
- ◆ An explanation identifying appropriate screening procedure.
- ◆ A health screening questionnaire (incorporating medical history, current contraindications, informed consent, and data protection section).
- ◆ A lifestyle questionnaire (incorporating physical activity history, physical activity preferences, goals and targets, nutrition and diet, availability, smoking and alcohol use).

Higher National Unit specification: Statement of standards (cont)

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To achieve **Outcome 2**, learners will be required to demonstrate practical competence in the application of screening procedures. In addition, learners should produce written evidence to demonstrate their understanding of all aspects of the Knowledge and Skills section.

- ◆ The assessment will take the form of a practical exercise where the learner explains and applies the screening questionnaires (designed in Outcome 1). If this is done as two separate questionnaires, then both need to incorporate informed consent and data protection detail.
- ◆ Learners must provide analysis of questionnaires including any contraindications (or GP referral issues if appropriate), and address the issues of informed consent and data protection.
- ◆ The learner should communicate professionally with a client and relate to the client in a positive manner.
- ◆ Learners should also provide written/oral evidence of the client profile identifying and interpreting all relevant information, including identification of goals and targets.



Higher National Unit Support Notes

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Unit Support Notes are offered as guidance and are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 20 hours.

Guidance on the content and context for this Unit

This Unit should emphasise both the importance of theoretical knowledge and practical skills in relation to screening clients. Ideally the learner will work through the Unit, applying the principles and the knowledge gained to a client.

Outcome 1

- ◆ Purpose of screening: safety, establish health risks, identify medical problems, highlight contraindications, review lifestyle, identify aims, highlight preferences, assess availability, establish parameters of the client/trainer relationship, enable programme design.
- ◆ Identification of screening procedures, PARQ, lifestyle interview.
- ◆ Contraindications/GP referral: heart disease, respiratory conditions, diabetes, bone and joint problems, pregnancy, hypertension, other medical conditions.
- ◆ Barriers to exercise — actual and perceived.
- ◆ Informed consent: authorisation, approval, agreement, permission.
- ◆ Data protection: legislation, safety of personal details, confidentiality.

Outcome2

- ◆ Application of screening and lifestyle questionnaires.
- ◆ Analysis of the above to produce client profile.

Guidance on approaches to delivery of this Unit

This Unit is a Core Unit of the HNC/HND Fitness, Health and Exercise. Ideally it should be delivered in year one of the HND before or alongside Exercise Principles and Programming. It may be delivered as a free-standing Unit or as part of other awards.

Guidance on approaches to assessment of this Unit

Evidence can be generated using different types of assessment. The following are suggestions only. There may be other methods that would be more suitable to learners.

Higher National Unit Support Notes (cont)

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Centres are reminded that prior verification of centre-devised assessments would help to ensure that the national standard is being met. Where learners experience a range of assessment methods, this helps them to develop different skills that should be transferable to work or further and higher education.

Outcome 1 concentrates on the theoretical underpinning knowledge of screening and should be assessed with written or oral evidence.

Outcome 2 is based on applying the knowledge and skills gained in Outcome 1 and should be primarily assessed through practical performance with supporting written or oral evidence.

Opportunities for e-assessment

E-assessment may be appropriate for some assessments in this Unit. By e-assessment we mean assessment which is supported by Information and Communication Technology (ICT), such as e-testing or the use of e-portfolios or social software. Centres which wish to use e-assessment must ensure that the national standard is applied to all learner evidence and that conditions of assessment as specified in the Evidence Requirements are met, regardless of the mode of gathering evidence. The most up-to-date guidance on the use of e-assessment to support SQA's qualifications is available at www.sqa.org.uk/e-assessment

Opportunities for developing Core and other essential skills

There may be opportunities to gather evidence towards Core Skills in this Unit, although there is no automatic certification of Core Skills or Core Skills components. Learners will also have opportunities to develop interpersonal and reflective skills as a result of interacting with clients

History of changes to Unit

Version	Description of change	Date

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General information for learners

Unit title: Health Screening

This section will help you decide whether this is the Unit for you by explaining what the Unit is about, what you should know or be able to do before you start, what you will need to do during the Unit and opportunities for further learning and employment.

The Unit looks at the underpinning knowledge and interpersonal skills which you need to develop in order to prepare, apply and analyse screening procedures with clients.

Screening is invaluable in terms of safety, establishing health risks and contraindications to exercise, reviewing lifestyle characteristics, identifying client aims and developing an effective instructor/client relationship. In this Unit you will describe key features and theoretical aspects underpinning the screening process, and then have the opportunity to apply them with a selected client.

Assessments will be of both a practical and theoretical nature. You will be required to produce pre- exercise health screening and lifestyle questionnaires which cover a range of personal, medical, and lifestyles areas which you will use with a client in order to gather information. You will produce a client profile outlining and analysing the implications of the data gathered.