
Overview

This standard is about instructing and supervising gym-based exercise for apparently healthy adults – both individuals and groups. This may include young people in the 14-16 age range, provided they are part of a larger adult group. The standard also covers working with individual older adults, ante and postnatal clients and disabled clients, provided the relevant contraindications and guidelines are observed. This standard, however, does not cover running specialist whole classes for young people, older adults, ante and postnatal and disabled clients. Specialist NOS are available for these types of classes. The document is divided into two parts.

The first part describes the four things you have to do. These are:

1. Prepare clients for gym-based exercise
2. Instruct gym-based exercise
3. Observe and supervise gym-based exercise
4. Bring a gym-based exercise session to an end

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

This standard is for instructors who plan, instruct, assist and review gym-based exercise.

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Instruct and supervise gym-based exercise

Performance criteria

You must be able to:

Prepare clients for gym-based exercise

- P1 make sure the environment and equipment is prepared for the agreed exercises
- P2 meet the clients punctually and help them feel welcome and at ease
- P3 collect any new information as required
- P4 explain the exercises you have agreed and their demands, including physical and technical demands
- P5 motivate the clients in a way that is appropriate to them
- P6 advise clients of the facility's emergency procedures
- P7 confirm or revise what you have agreed with the clients if necessary

You must be able to:

Instruct gym-based exercise

- P8 use warm up and cool down activities that are safe and effective for the clients
- P9 give explanations and demonstrations that are technically correct with safe and effective alignment of exercise positions as appropriate to clients' needs and level of experience
- P10 check the clients' understanding of instructions and give them the opportunity to ask questions
- P11 observe the clients during exercises and monitor intensity
- P12 ensure that the clients carry out exercises in a safe and effective manner
- P13 give the clients the necessary information and motivation to continue to carry out the exercises without your direct supervision
- P14 keep to the planned timings
- P15 manage group behaviour as appropriate
- P16 give the clients an accurate summary of your feedback
- P17 make sure the clients have the necessary information about future activities and review procedures

You must be able to:

Observe and supervise gym-based exercise

- P18 move around the area so that you can observe all clients' and respond to their needs in a fair and equitable way
- P19 make sure all clients can take part in the exercises
- P20 monitor the safety and effectiveness of the exercises and adapt these accordingly with suitable progressions and regressions
- P21 provide feedback and instructing points which are timely, clear and motivational
- P22 encourage and support clients to take responsibility for their own fitness
- P23 review clients' progress and offer fitness advice in response to clients'

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- changing needs
- P24 give clients the chance to ask questions and provide them with appropriate and clear information
- P25 refer clients to another professional when their needs go beyond your level of competence

You must be able to:

Bring a gym-based exercise session to an end

- P26 allow sufficient time to end the session according to the clients' level of experience
- P27 end the session using cool down activities that are safe and effective for the clients
- P28 give the clients an accurate summary of your feedback on the session
- P29 give the clients the opportunity to:
 - P29.1 reflect on the session
 - P29.2 ask questions
 - P29.3 provide feedback
 - P29.4 identify their further needs
- P30 make sure the clients have information about future sessions
- P31 follow the correct procedures for checking and dealing with any equipment used
- P32 leave the environment in a condition acceptable for future use
- P33 pass on suggestions for improving health and safety to a competent person or agency

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Knowledge and understanding

You need to know and understand:

- K1 the application of the principles and variables of fitness to the components of fitness
- K2 the effect of speed on posture, alignment and intensity
- K3 the effect of levers, gravity and resistance on exercise
- K4 the needs and potential of the clients
- K5 the life-course of the musculoskeletal system (including bone) and its implications for working with young people, ante and postnatal women, disabled people and older people(i.e. tendon, ligament and bmd changes and their effect on posture and postural stability for all the above)
- K6 contraindications and key safety guidelines for working with older clients
- K7 contraindications and key safety guidelines for working with ante and postnatal clients
- K8 how to give guidance to encourage special population clients to follow the key safety guidelines and to discourage them from anything deemed to be potentially hazardous/contraindicated to enable them to take part in sessions
- K9 the purpose and value of warm-up and cool-down
- K10 why clients need to understand the purpose and value of warm-up and cool-down
- K11 safe and effective warm-up and cool-down activities for gym-based exercise
- K12 a range of basic exercises that are safe and appropriate for clients; safe and effective alignment of exercise positions
- K13 a range of alternative exercises for adaptation including progressions and regressions as appropriate
- K14 the purpose of exercises, how to break exercise/movements down to their component parts
- K15 how to develop client co-ordination by building exercises/movements up gradually
- K16 the importance of fitness advice and how to offer it in gym based physical activity
- K17 the importance/ methods of voice projection; effective use of volume and pitch of voice
- K18 the information that you must give to other people who are involved
- K19 the types of new hazards that may occur during a session and how to identify and manage these
- K20 reporting procedures for health and safety

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Additional Information

Scope/range related to performance criteria

1. **Exercises**
 - 1.1. cardiovascular fitness
 - 1.2. muscular fitness
 - 1.3. flexibility
 - 1.4. motor skills
 - 1.5. circuit formats

2. **Clients**
 - 2.1. individuals
 - 2.2. groups

Scope/range related to knowledge and understanding

Special population clients including:

1. 14-16 year old young people
2. disabled people
3. older people (50+)
4. ante and postnatal women

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