

## **F04P 04 (CHS143) Assist others to test individuals abilities before planning exercise and physical activities**

### **About this Unit**

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.

Your **knowledge and understanding** will be specifically related to legal requirements and codes of practice and conduct applicable to your job, and the NHS Knowledge and Skills Framework. This will relate to your work activities; the job you are doing, and the setting, eg in hospital and community, domiciliary, residential care, and the individuals you are working with.

**Values** — the values underpinning this Unit are embedded within the 2009 NHS Code of Conduct for Health Care Support Workers. These are stated in full within the Assessment Strategy and Guidance document for the awards.

**Key Words and Concepts** — a glossary of definitions, key words and concepts used in this Unit is contained in the Assessment Strategy and Guidance document.

In occupational standards it is quite common to find words or phrases used which you will be familiar with, but which, in the detail of the standards, may be used in a very particular way. **You should read the Assessment Strategy and Guidance document before you begin working with the standards and refer to it if you are unsure about anything in the Unit.**

**F04P 04 (CHS143) Assist others to test individuals abilities before planning exercise and physical activities**

**Specific Evidence Requirements for the Unit**

**It is essential that you adhere to the Evidence Requirements for this Unit**

<b>SPECIFIC EVIDENCE REQUIREMENTS FOR THIS UNIT</b>
<b>Simulation:</b>
<ul style="list-style-type: none"> <li>◆ Simulation is <b>NOT</b> permitted for any part of this Unit.</li> </ul>
<ul style="list-style-type: none"> <li>◆ <b>The following forms of evidence ARE mandatory:</b></li> </ul>
<ul style="list-style-type: none"> <li>◆ <b>Direct Observation:</b> Your assessor or expert witness must observe you in real work activities. Their confirmation of your practice will provide evidence for a significant amount of the performance criteria in this Unit. <b>For example</b>, your assessor could observe you discussing their goals and any achievement towards these.</li> <li>◆ <b>Professional discussion:</b> Describes your actions in a particular situation and reflect on the reason(s) why you practice that way. <b>For example</b>, discuss with your assessor/expert witness the limits of your role and the relationship between yourself and the practitioner.</li> </ul>
<b>Competence of performance and knowledge could also be demonstrated using a variety of evidence from the following:</b>
<ul style="list-style-type: none"> <li>◆ <b>Reflective Account:</b> These are written pieces of work which allow you to reflect on the course of action you took in a specific situation to identify any learning from the piece of work and to describe what you might do differently in the light of your new knowledge.</li> <li>◆ <b>Questioning/professional discussion:</b> May be used to provide evidence of knowledge, legislation, policies and procedures which cannot be fully evidenced through direct observation or reflective accounts. In addition your assessor/mentor or expert witness may also ask questions to clarify aspects of your practice.</li> <li>◆ <b>Expert Witness:</b> A designated expert witness, eg a senior member of staff, may provide a direct observation of your practice, or record a professional discussion they have held with you on a specific piece of practice.</li> <li>◆ <b>Witness Testimony:</b> Can be a confirmation or authentication of the activities described in your evidence which your assessor or mentor has not seen.</li> <li>◆ <b>Products:</b> These can be any record that you would normally use within your normal role, eg you should not put confidential records in your portfolio; they can remain where they are normally stored and be checked by your assessor and internal verifier.</li> <li>◆ <b>Prior Learning:</b> You may be able to use recorded prior learning from a course of training you have attended within the last two years. Discussion on the relevance of this should form part of your assessment plan for each Unit.</li> <li>◆ <b>Simulation:</b> There may be times when you have to demonstrate you are competent in a situation that does not arise naturally through your work role, eg dealing with violent or abusive behaviour. The Evidence Requirements in each Unit provide specific guidance regarding the use of simulation.</li> </ul>
<b>GENERAL GUIDANCE</b>
<ul style="list-style-type: none"> <li>◆ Prior to commencing this Unit you should agree and complete an assessment plan with your assessor which details the assessment methods you will be using, and the tasks you will be undertaking to demonstrate your competence.</li> <li>◆ Evidence must be provided for ALL of the performance criteria, ALL of the knowledge.</li> <li>◆ The evidence must reflect the policies and procedures of your workplace and be linked to current legislation, values and the principles of best practice within the Health Care sector. This will include the National Service Standards for your areas of work.</li> <li>◆ All evidence must relate to your own work practice.</li> </ul>

**F04P 04 (CHS143) Assist others to test individuals abilities before planning exercise and physical activities**

**KNOWLEDGE SPECIFICATION FOR THIS UNIT**

Competent practice is a combination of the application of skills and knowledge informed by values and ethics. This specification details the knowledge and understanding required to carry out competent practice in the performance described in this Unit.

When using this specification **it is important to read the knowledge requirements in relation to expectations and requirements of your job role.**

**You need to provide evidence for ALL knowledge points listed below. There are a variety of ways this can be achieved so it is essential that you read the 'knowledge evidence' section of the Assessment Guidance.**

<b>You need to show that you know, understand and can apply in practice:</b>	<b>Enter Evidence Numbers</b>
1 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.	
2 Your responsibilities and accountability in relation to the current European and National legislation, national guidelines and local policies and protocols and clinical/corporate governance.	
3 The duty to report any acts or omissions in care that could be detrimental to yourself, other individuals or your employer.	
4 The processes used to assess potential health and safety risks.	
5 The principle of valid consent, and how to obtain informed consent from individuals.	
6 The policies and guidance which clarify the limits of your role and the relationship between yourself and the practitioner in terms of delegation and supervision.	
7 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.	
8 The appropriate environmental conditions in which to carry out the assessment in terms of space, ventilation, and temperature.	
9 How to ask questions, listen carefully and summarise back.	
10 How to adapt communication styles in ways which are appropriate to different people including: (a) culture (b) language (c) special needs	
11 How to effectively negotiate with individuals, family members, carers and other professionals.	
12 Basic cardiovascular anatomy, physiology and biochemistry.	
13 The bio-psycho-social model of health.	
14 The range of motivations people may have for changing their behaviour and lifestyle, and how to discover their motivations.	

**F04P 04 (CHS143) Assist others to test individuals abilities before planning exercise and physical activities**

<b>You need to show that you know, understand and can apply in practice:</b>	<b>Enter Evidence Numbers</b>
15 The methods used to ensure the individual's motivation and involvement in relation to their exercise regime.	
16 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.	
17 The appropriate tests used to assess the individual's ability to exercise and your role in assisting the practitioner to conducts such tests.	
18 What is meant by the 'individual's Rating of Perceived Exertion (RPE)' and the method of establishing this.	
19 Record keeping practices and procedures in relation to diagnostic and therapeutic programmes/treatments.	

**F04P 04 (CHS143) Assist others to test individuals abilities before planning exercise and physical activities**

Performance Criteria		DO	RA	EW	Q	P	WT	PD
		1	Ensure the environment in which the assessment will take place complies with any relevant guidelines.					
2	Respect the individual's privacy, dignity, wishes and beliefs, minimising any unnecessary discomfort.							
3	Obtain the individual's valid consent to the assessment process.							
4	Encourage full participation in the assessment by actively listening to the individual and seeking to develop rapport.							
5	Take account of any previous assessments of the individual.							
6	Identify any medication the individual may be using.							
7	Establish the individual's current and previous level of physical activity.							
8	Establish the individual's goals with regard to physical activity.							
9	Respond to and report any limitations on the individual's level of physical activity such as joint or muscle weakness, co-morbidity.							
10	Assist the practitioner to assess the individual's ability to exercise using the appropriate tests.							
11	Determine the individual's Rating of Perceived Exertion (RPE) by agreed means.							
12	Record the individual's exercise capacity on completion of exercise tests in accordance with your scope of practice and local policies and procedures.							

DO = Direct Observation  
 EW = Expert Witness  
 PD = Professional Discussion

RA = Reflective Account  
 P = Product (Work)

Q = Questions  
 WT = Witness Testimony

**F04P 04 (CHS143) Assist others to test individuals abilities before planning exercise and physical activities**

*To be completed by the candidate*

**I SUBMIT THIS AS A COMPLETE UNIT**

Candidate's name: .....

Candidate's signature: .....

Date: .....

*To be completed by the assessor*

*It is a shared responsibility of both the candidate and assessor to claim evidence, however, it is the responsibility of the assessor to ensure the accuracy/validity of each evidence claim and make the final decision.*

**I CERTIFY THAT SUFFICIENT EVIDENCE HAS BEEN PRODUCED TO MEET ALL THE ELEMENTS, PCS AND KNOWLEDGE OF THIS UNIT.**

Assessor's name: .....

Assessor's signature: .....

Date: .....

**Assessor/Internal verifier feedback**

*To be completed by the internal verifier if applicable*

***This section only needs to be completed if the Unit is sampled by the internal verifier***

Internal verifier's name: .....

Internal verifier's signature: .....

Date: .....