

Unit 03

Supporting client health and well-being

(D/617/4008)

Overview

The unit covers the knowledge and understanding that an instructor needs to plan safe and effective group cycling sessions.

This booklet allows opportunities to provide evidence for assessment criteria 1.1 to 3.3.

To support your evidence, the following websites may support you with some important information to complete the tasks:

- www.acsm.org
- www.fitnessindustryeducation.com
- www.bases.org.uk

Supporting evidence

Ensure that all the evidence is available for viewing by the internal and external quality assurer.

Unit 03 Workbook

After completing your assessment, please return it to your tutor.

Advice to all learners
<ul style="list-style-type: none"> • please complete your personal details and learner declaration below • complete all questions in this assessment • write your answers in the spaces provided • add any additional work for any of the questions on plain paper and attach to this assessment • if you need guidance or assistance, please contact your tutor

Learner declaration
<p>I have completed all sections of this assessment and I confirm that this is my own work.</p> <p>Signature:</p> <p>Date:</p>

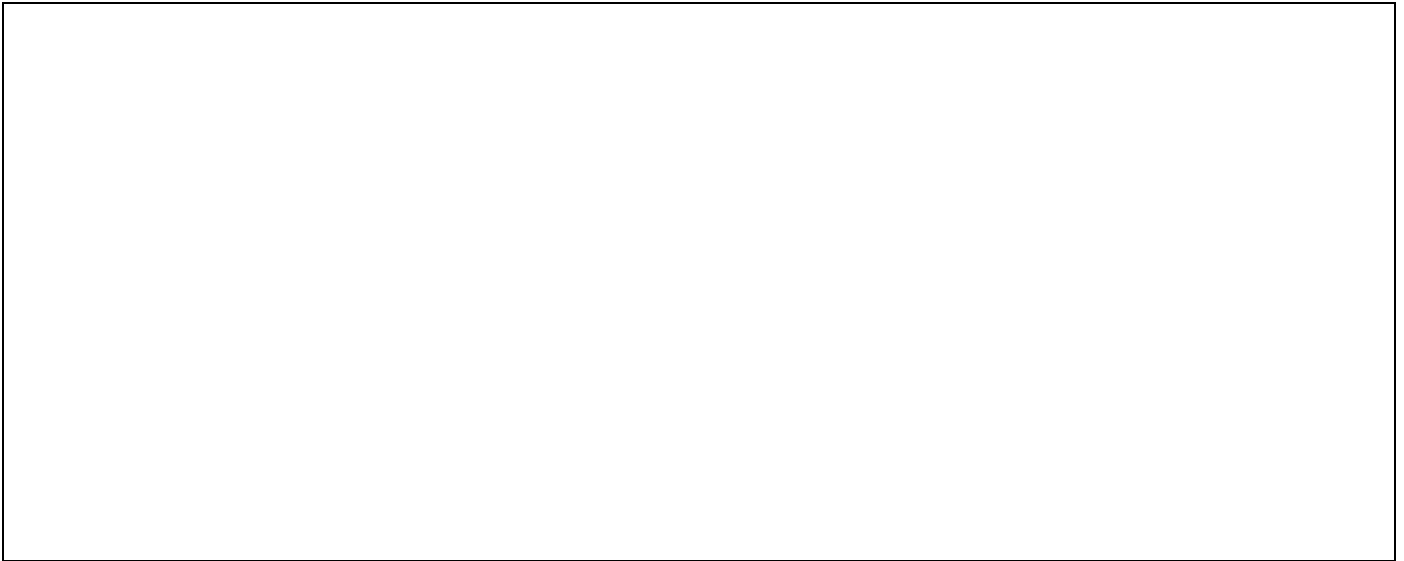
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<p>Achieved:</p> <p>Not yet achieved:</p>

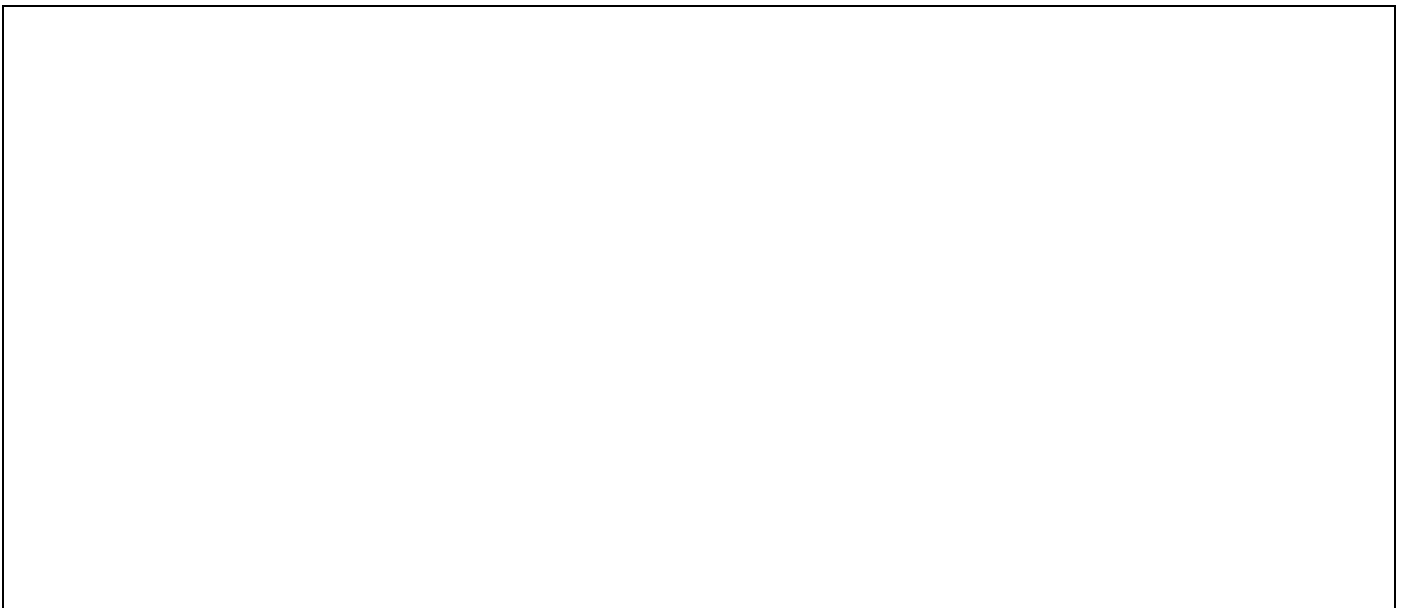
Learning outcome 1

Understand lifestyle and health promotion

Task 1: Describe the factors that affect health and well-being (1.1)



Task 2: Describe the current national healthy eating recommendations (1.2)



Task 3: Using the FITT principle, state the current national physical activity guidelines for the following age groups: (1.3)


Age group	Physical activity guidelines
Children	F I T T
Young people	F I T T
Adults	F I T T

Older adults	<p>F</p> <p>I</p> <p>T</p> <p>T</p>
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Task 4: Identify the health benefits of physical activity (1.4)

Health benefit	Example
Physical	
Physiological	
Psychological	
Social	


Task 5: Describe how technology can be used to support the customer experience (1.5)



Task 6: Describe how to communicate healthy lifestyle choices to special population clients (1.6)

Special population	Description
Older people (50+)	
Ante/postnatal	
Young people (14-16)	
Disabled people	

Task 7: Identify evidence based/reputable sources of health and well-being advice (1.7)



Evidence sheet

Assessment criteria	Assessor comments
1.1	
1.2	
1.3	
1.4	
1.5	
1.6	

1.7	
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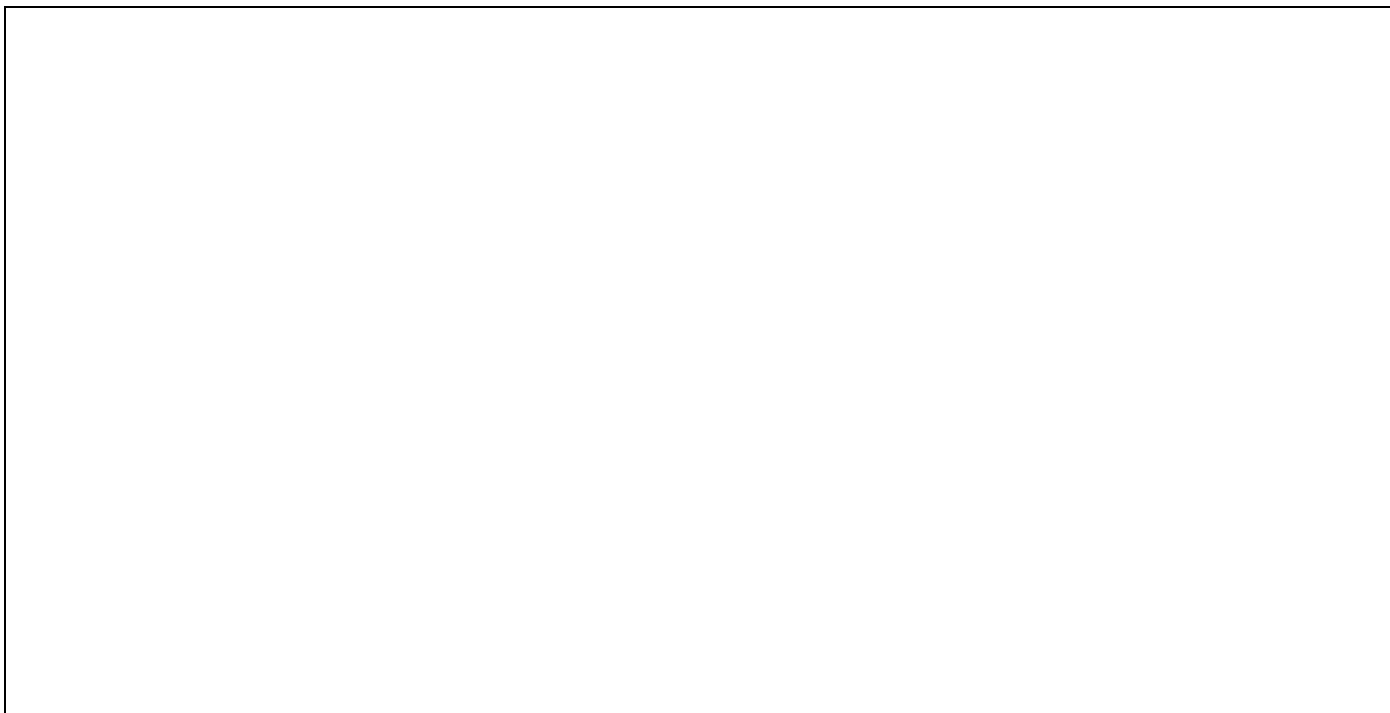
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Learning outcome 2

Understand prevention and management of common health conditions

Task 1: Discuss health and exercise statistics for the UK (2.1)

Tip: think about participation levels and the implications of low participation.



Task 2: Describe how physical activity can prevent and manage common health conditions (2.2)

Health condition	Description
Coronary heart disease	
Stroke	
Cancer	
Type 2 diabetes	
Obesity	
Mental health conditions	
Musculoskeletal conditions	

Task 3: Describe the professional boundaries that come with working as a Gym Instructor, as well as the limitations that exist when offering health, exercise and well-being advice (2.3)

Professional boundaries
Limitations

Task 4: Identify other relevant exercise or health professionals that clients can be signposted to for specialist advice (2.4)

Exercise/Health professional	Reason for referral

Learning outcome 3**Understand behaviour change and exercise adherence****Task 1: Describe the stages of change/trans-theoretical models of behaviour change (3.1)**

Stage of change	Description
Pre-contemplation	
Contemplation	
Preparation	
Action	
Maintenance	
Relapse	

Task 2: Describe the role of intrinsic and extrinsic motivation when it comes to exercise adherence (3.2)

Motivation	Description
Intrinsic	
Extrinsic	

Task 3: Identify a range of techniques/approaches that can support adherence to exercise (3.3)

Evidence sheet

Assessment criteria	Assessor comments
3.1	
3.2	
3.3	

Assessor signature:	
IQA signature:	
Date:	