

Title	Review and adapt an exercise programme to optimise client results in line with client goals		
Level	4	Credits	6

Purpose	People credited with this unit standard are able to: gather and analyse information on the client’s fitness, exercise plan, attendance record and schedule of tasks; discuss performance differences with the client and identify factors that helped or hindered the client’s progress; attribute factors that helped or hindered the client to internal or external variables; develop strategies with the client in the areas of support, planning, and effort, to enhance performance; confirm or update goals in line with client’s expectations, experiences and results; and update the exercise programme in line with the new exercise plan and updated goal(s).
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Classification	Fitness > Fitness Assessment and Individual Fitness Instruction
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Available grade	Achieved
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Guidance Information

- 1 *Schedule of tasks* is the list of tasks that comes out of working with a client on their exercise plan and programme. It may include tasks for the instructor/trainer such as how often they’ll contact the client and what the purpose of the contact will be, what material they will provide to the client, what they will do if the client misses workouts, what assistance they will provide when the client is training. For the client the schedule of tasks may include items they are to buy (shoes, orthotics, massage), changes they will make (eating breakfast, changing the lunch they eat, going for a walk on days off), key things they will have to do to make the exercise work (turn up on time to appointments, train to intensities prescribed, get to bed on time, bring water).
- 2 *Internal variables* refer to factors that are controllable by one’s self such as putting the correct weight on the bar.
- 3 *External variables* are factors that are not within one’s control such as the weather, traffic, luck etc.
- 4 *Quantify* means turn into a number, eg if planned attendance for the month was 12 visits and actual was 8, the difference would be quantified as 4.
- 5 An *exercise plan* refers to the overall plan provided to clients that incorporates their defined (specific, measurable, timebound, and realistic) long term, medium-term and short-term goals.

- 6 An *exercise prescription/programme* is the information which defines a given workout by identifying the workout components such as the time, day, intensities, durations, mode of exercise, and warm up and cool down.
- 7 Definition
PAR-Q refers to the *Physical Activity Readiness Questionnaire*.

Outcomes and performance criteria

Outcome 1

Gather and analyse information on the client's fitness, exercise plan, attendance record and schedule of tasks.

Performance criteria

- 1.1 Client's information is gathered.

Range may include but not limited to – client's latest and previous fitness test results, current exercise plan and schedule of tasks, current exercise programme and attendance record, PAR-Q.

- 1.2 Client's actual achievements versus planned achievements are compared and differences quantified.

Range may include but not limited to – attendance record against exercise plan, achieved tasks against schedule of tasks, prescribed exercise intensities, durations and progressions against exercise programme.

Outcome 2

Discuss performance differences with the client and identify factors that helped or hindered the client's progress.

Performance criteria

- 2.1 Differences in attendance are discussed and factors that helped or hindered are identified.

- 2.2 Differences in the achievement of set tasks are discussed and factors that helped or hindered are identified.

- 2.3 Differences in the achievement of prescribed exercise intensities and durations, and exercise progressions, are discussed and factors that helped or hindered are identified.

- 2.4 Differences in the attendance, achievement of set tasks, and attainment of prescribed exercise intensities, durations and exercise progressions, are related to the client's current fitness test results.

Outcome 3

Attribute factors that helped or hindered the client to internal or external variables.

Range internal variables may include but are not limited to – planning, effort;
external variables may include but are not limited to – luck, support.

Performance criteria

- 3.1 Factors that helped with the successful achievement of planned or programmed tasks are attributed.
- 3.2 Factors that hindered with the successful achievement of planned or programmed tasks are attributed.

Outcome 4

Develop strategies with the client in the areas of support, planning, and effort, to enhance performance.

Performance criteria

- 4.1 Strategies for enhancing effort or decreasing expectations are discussed and agreed.
- Range may include but is not limited to – having goals more prominently displayed, using cue words to recall and link thoughts to goals, keeping a diary of priorities and daily achievements, use of motivating situations (music, a trainer, role modelling), modification of goal (reducing size or redefining goal or lengthening time frames).
- 4.2 Strategies for negotiating additional support or minimising the need for external support are discussed and agreed.
- Range may include but is not limited to – communicating goals and need for support to significant others, discussing with significant others how they could provide support effectively, discussing with significant others what actions are de-motivating, asking for more regular support, developing strategies to promote independence or more reliable support (eg a Personal Trainer instead of training with a friend, or using machines that allow self-spotting techniques to be employed instead of relying on others, or making your own lunch rather than relying on family to do so).
- 4.3 Strategies for enhancing the planning process are discussed and agreed.
- Range may include but is not limited to – planning in more detail, writing additional information down, keeping a diary, prioritising tasks daily, allocating time frames to plans daily, revisiting plans more frequently and updating actions, creating additional contingency plans, reviewing progress weekly with or without assistance.

Outcome 5

Confirm or update goals in line with client's expectations, experiences and results.

Performance criteria

5.1 Goals within the exercise plan are updated in line with the effort and priorities of the client and their latest fitness results.

5.2 The activities required to achieve the next goal in the sequence are agreed and recorded.

Range times, days, dates, goal durations and intensities, type/mode of exercise, client actions, trainer/assessor actions (including new actions identified through programme review).

Outcome 6

Update the exercise programme in line with the new exercise plan and updated goal(s).

Performance criteria

6.1 A resistance programme is updated so that it matches/suits a client's stated exercise goals and preferences, current strength status, current movement capabilities, injury profile, exercise risk factors, and accounts for expected barriers (e.g. equipment access, training alone).

Range exercise name, target muscle group, sets, reps (or time under tension), tempo, rest, recovery, frequency, day(s), method and timing of progression, expected workout duration, a guide to intensity (Rate of Perceived Exertion (RPE)), warm up, cool down, targeted stretching.

6.2 A cardiovascular programme is updated so that it matches/suits a client's stated exercise goals and preferences, current cardiovascular fitness, injury profile, exercise risk factors, and accounts for expected barriers (e.g. access to equipment).

Range exercise mode (machine name), overall target heart rates/RPE (or heart rate zones), warm up, cool down, targeted stretching, frequency, day(s), duration(s), programming details (e.g. programme type, levels/speed, inclines, stroke outputs, rpm), recovery, method and timing of progression, safety advice.

This unit standard is expiring. Assessment against the standard must take place by the last date for assessment set out below.

Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	20 April 2006	31 December 2020
Review	2	23 November 2017	31 December 2020

Consent and Moderation Requirements (CMR) reference	0099
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

This unit standard is expiring