

Unit 3:	Programming personal training with clients
Unit No:	F/600/9052
Assessment	Worksheet 3

1	<p>Describe the range of resources required to deliver a personal training programme, including:</p> <ul style="list-style-type: none"> • environment for the session • portable equipment • fixed equipment <p>The environment of the session needs an inside area for example a gym, studio, sports hall or home office, or an outside area for example a park. Equipment that is portable would be the benches, free weights, resistance bands, steps, swiss ball, dumbbells and medicine balls. And or fixed equipment you would have fixed resistance machines, cable machines, cardiovascular machines and vibration plates.</p>
2.	<p>Explain how to work in environments that are not specifically designed for exercise/physical activity</p> <p>When working in environments that aren't designed for exercise you need to consider the health and safety. This would include the environment factors, the equipment, the clothing, the support from others and the others in the environment. You would also need to consider the personal safety issues, the weather conditions, possible hazards, first aid equipment and knowledge of the location and the facilities. Also regarding to the law you need to ensure you have public liability insurance. Also ensure there is available space and any additionally planning requirements. There also needs to be a risk assessment to ensure the safety of the client. Also there may be the idea of using body weight exercises as some equipment would not be available.</p>
3.	<p>Explain why it is important for clients to understand the advantages of personal training</p> <p>The advantages of a personal trainer involve regular one on one help which would aid motivation for training. They are also more likely to adhere to the programme as they would have more frequent programme reviews. There would also be a formal review scheduled alongside informal reviews and ongoing observation. Programmes will also be updated regularly to ensure adherence and enjoyment. It also allows for more personalised programmes directly for the client. It all will result in a reduced risk of injury while training. Meaning the clients goals would be achieved faster.</p>
4.	<p>Explain why it is important for a personal trainer to work together with clients to agree goals, objectives, programmes and adaptations</p> <p>This is important as it helps the client achieve their fitness ambitions. This ensure the clients goals and needs are addressed and ensuring they are more likely to adhere. It also allows an effective relationship as it ensures you can change the program depending on the clients lifestyle changes. You also need to ensure that you let them know the benefits of programmes and they may have inputs they want to have in the program.</p>
5.	<p>Explain the importance of long-term behaviour change in developing client fitness</p> <p>Behavioural change would result in the use of substituting normal things for healthier alternatives. It would involve commitment from the client and also social support from family and peers. It also may result in giving the client rewards to ensure they adhere to this new life style. Ensuring the clients commit to a long term behavioural change would be essential as if they don't</p>

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Allan, Barbara



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Implementing Training Scorecards (In Action Case Study Series) Lynn Schmidt,2023-05-26 Employ a structure for establishing tracking compiling and communicating training results How do you know that your HR or training department has accomplished its objectives A training scorecard enables you to evaluate your programs subjectively and standardize the tracking process Implementing Training Scorecards features eight powerful case studies that illustrate how to use and implement training scorecards

Transferring Learning to Behavior Donald Kirkpatrick,James Kirkpatrick,2005-04-01 In this indispensable companion to the classic book Evaluating Training Programs The Four Levels Don and Jim Kirkpatrick offer detailed guidance for putting any or all of the Four Levels into practice In addition they show how to decide what to evaluate how to get managers to support the evaluation process and how to use the Four Levels to construct a compelling chain of evidence demonstrating the contribution of training to the bottom line

Curriculum Studies in the Lifelong Learning Sector Jonathan Tummons,2012-05-18 Curriculum is a key issue for trainee teachers in the lifelong learning sector and a core component of most courses It lies at the heart of the work of teachers and trainers it shapes the programmes and courses that are taught and dictates which students can have access to courses What goes in to the curriculum is argued over by governments employers parents and educationalists How the curriculum is funded can change on a yearly basis Access to a particular curriculum can raise or diminish the life chances of the learners involved This book provides an accessible and up to date overview of the key issues surrounding the curriculum Written for all those working towards QTLS it provides examples and case studies from working FE colleges adult education centres and work based learning contexts as well as offering succinct summaries of key theories and debates relating to the curriculum This fully revised Second Edition reflects the latest policies and thinking has a new chapter on the implications of e learning on curricula and includes a full glossary of key terms and concepts Jonathan Tummons has worked in higher education since 1995 After six years as a lecturer in teacher education in the further education sector in 2009 he took up his current post as senior lecturer in education at Teesside University where he is also research co ordinator for education and a member of the management board for the Social Futures Institute Teesside s research centre for the social sciences

Level 3 Health & Social Care Diploma Evidence Guide Maria Ferreiro Peteiro,2015-03-27 Ensure you have all the help you need inbetween assessor visits with this easy to use quick reference guide for assessment Covering more optional units than any textbook this easy to understand guide for the Health and Social Care Diploma explains in simple terms what competencies you need to demonstrate and how to generate all the required knowledge evidence for your course With brief one page summaries for every assessment criterion and guidance on how to gather your evidence this resource will help you when your assessor is not available Keep it simple for your learners with this one page summary per assessment criterion covering knowledge and competence Covers far more optional units than any textbook We ve kept the price down to ensure accessibility for all

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Evaluating Training Programs Donald L.

Kirkpatrick,2009-04-03 With the third edition of this book readers have an opportunity to update their understanding of this classic evaluation framework and to learn from the case studies about how to effectively apply the framework to a variety of learning programs Readers are presented with the tools and the know how to tell their own story of value creation Page iii

Clinical Exercise Science Andrew Scott,Christopher Gidlow,2016-01-22 Clinical Exercise Science is an introduction to core principles and best practice in exercise science for students and practitioners working with clinical populations Combining the latest scientific research with evidence based practitioner led analysis the book offers integrated coverage of the full clinical exercise curriculum including Pathophysiology of exercise and disease Exercise as a clinical intervention Exercise nutrition and lifestyle Health behaviour change Clinical skills in exercise science The book covers a wide range of conditions including cardiovascular disease pulmonary disease metabolic disease and mental health problems and includes an array of useful features to guide student learning such as case studies study tasks definitions of key terms and suggestions for further reading With contributions from leading researchers and health practitioners this is an invaluable foundation text for any clinical exercise science course and useful reading for any student or practitioner working in exercise science exercise rehabilitation health science or physical therapy

Evaluating Training Programs Donald Kirkpatrick,James Kirkpatrick,2006-01-01 An updated edition of the bestselling classic Donald Kirkpatrick is a true legend in the training field he is a past president of ASTD a member of Training magazine s HRD Hall of Fame and the recipient of the 2003 Lifetime Achievement Award in Workplace Learning and Performance from ASTD In 1959 Donald Kirkpatrick developed a four level model for evaluating training programs Since then the Kirkpatrick Model has become the most widely used approach to training evaluation in the corporate government and academic worlds Evaluating Training Programs provided the first comprehensive guide to Kirkpatrick s Four Level Model along with detailed case studies of how the model is being used successfully in a wide range of programs and institutions This new edition includes revisions and updates of the existing material plus new case studies that show the four level model in action Going beyond just using simple reaction questionnaires to rate training programs Kirkpatrick s model focuses on four areas for a more comprehensive approach to evaluation Evaluating Reaction Evaluating Learning Evaluating Behavior and Evaluating Results Evaluating Training Programs is a how to book designed for practitioners in the training field who plan implement and evaluate training programs The author supplements principles and guidelines with numerous sample survey forms for each step of the process For those who have planned and conducted many programs as well as those who are new to the training and development field this book is a handy reference guide that provides a practical and proven model for increasing training effectiveness through evaluation In the third edition of this classic bestseller Kirkpatrick offers new forms and procedures for evaluating at all levels and several additional chapters about using balanced scorecards and Managing Change Effectively He also includes

twelve new case studies from organizations that have been evaluated using one or more of the four levels Caterpillar Defense Acquisition University Microsoft IBM Toyota Nextel The Regence Group Denison University and Pollack Learning Alliance

NVQ Level 3 Children's Care, Learning and Development Penny Tassoni,2005 *Evaluating Training Programs* , **A Concise Guide to the Level 3 Award in Education and Training** Lynn Machin,Duncan Hindmarch,Sandra Murray,Tina Richardson,Fiona Hall,2025-04-14 This new edition is an essential resource for those studying for the Level 3 Award in Education and Training including the Learning and Development Units Fully aligned with the latest ETF Standards it delivers up to date relevant content tailored to today s Further Education FE and Skills landscape with refreshed material that ensures readers are fully equipped to deliver learning within the sector This fully updated second edition aims to bring together evidence informed pedagogical practices progression pathways the Ofsted Framework and key educational policies and legislation in one comprehensive resource All chapters feature clear chapter objectives helpful key takeaways and an expanded range of practical lesson plans Chapter content also includes topics related to safeguarding health and safety mental health and well being inclusivity race and gender and the use of AI platforms for teaching learning and assessment It is packed with engaging exercises and case studies for readers to apply their knowledge to practice and reflect on recent changes within the FE landscape Examples include the types of courses that trainees could be involved in when teaching such as apprenticeships and shifts in thinking and language use relating to race gender and self care *10-Step Evaluation for Training and Performance Improvement* Seung Youn (Yonnie) Chyung,2018-09-27 Written with a learning by doing approach in mind 10 Step Evaluation for Training and Performance Improvement gives students actionable instruction for identifying planning and implementing a client based program evaluation The book introduces readers to multiple evaluation frameworks and uses problem based learning to guide them through a 10 step evaluation process As students read the chapters they produce specific deliverables that culminate in a completed evaluation project Transferring Learning To Behavior (EasyRead Super Large 20pt Edition) , *Automotive Technician Training: Practical Worksheets Level 3* Tom Denton,2015-06-12 Automotive practical worksheets and assessments for students at Level 3 This Level 3 Student Worksheets book contains tasks that help you develop practical skills and prepare you for assessment The tasks also reinforce the automotive theory that you will learn online and in the classroom Each worksheet covers individual topics in a step by step manner detailing how to carry out all of the most important tasks contained within the syllabus Alongside each of these worksheets is a job card that can be filled in and used as evidence towards your qualification Endorsed by the Institute of the Motor Industry for all of their Level 3 automotive courses Step by step guides to the practical tasks required at all Level 3 qualifications Job sheets for students to complete and feedback sheets for assessors to complete **BTEC National Level 3 Sport and Exercise Science 4th Edition** Jennifer Stafford-Brown,Simon Rea,Tim Eldridge,2016-12-05 Exam Board BTEC Level KS4 Subject Vocational First Teaching September 2016 First Exam June 2018 Help your students

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Principles of Hiring and Developing Employees Bruce E. Winston,2018-02-21 This book begins with the scriptural support for person organization fit and person job fit The book then examines scriptural support for the four Cs of people s work fit Calling Competence Confidence and Character Finally the book uses Acts 6 1 7 as a basis for identifying the type of people one should look to hire The book covers two development concepts Nomos about ruling in an organization and progressive responsibility from Luke 16 10 The chapters present the concepts from a scriptural base and include composite case examples that relate to contemporary organizations **The City & Guilds Textbook Level 3 Diploma in Adult Care**

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and academicians seeking current research on contemporary innovations in organizational performance **Study Skills**
For Business And Management Students Allan, Barbara, 2009-04-01 This concise text which contextualises study skills within the specific discipline of management helps students to understand the structure and nature of management academic practices and their relevance to the workplace and also the importance of reflective practice

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