

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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