Level 3 Programming and Supervising Exercise for Disabled Clients

UNIT 2 – Planning and Adapting Exercise for Disabled Clients

For this unit, you are required to complete a worksheet, progressive programme & VIVA.  
  
**Assessment Element 3: Worksheet**  
The ****Planning and Adapting Exercise for Disabled Clients worksheet**** can be found in your LAR. You will need to complete all 13 questions in full to pass this assessment.  
  
**Assessment Element 4: Progressive Programme and VIVA**  
You are required to screen, gather information and prepare an appropriate programme of exercise for a disabled client.  
  
You will also need to take part in a VIVA (oral assessment), demonstrating sufficient planning and adaptation skills. The VIVA must be completed with your disabled client present as they will be involved in the discussion relating to the programme of activity that has been planned for them.  
  
The paperwork you must complete for this assessment includes;

* **Client Profile**
* **PARQ**
* **Progressive programme template**
* **Health and Safety Plan**
* **Detailed Session Plan**

All of which can be found in your LAR.  
  
Your assessor will complete the Progressive Programme and VIVA checklist.   
  
****Further guidance on progressive programme:****  
You must work with a disabled client who has a significant impairment, which affects one or more of the following:

* **communication**
* **concentration**
* **movement or balance**

Your client **must not** have a condition that is not covered within this qualification. We highly recommend you contact your tutor to get approval to work with your client **BEFORE**you start working with him/her. You can email Jo on [jo@fit4training.com](mailto:jo@fit4training.com?subject=Exercise%20for%20Disabled%20Clients%20-%20client%20approval" \t "_blank).  
  
You must meet with your client and complete the following;

* client profile
* PARQ (if positive, you must include a medical referral letter and ensure you are adequately qualified to work with this person)
* exercise experience and level of daily activity
* goals
* functional assessment

Use the information to complete the **Client Profile** provided, to include:

* definition/characteristics of condition
* medications
* goals
* findings from functional assessment
* implications of condition(s) and medication(s) for exercise

Prepare a programme of exercise over a 3-. 6-. or 12-month period, including details of the first month, using the pro-forma provided, to include recommendations for the following components of fitness;

* cardiovascular
* muscular strength
* muscular endurance
* flexibility/ range of movement (ROM)
* balance
* coordination
* other

The programme should reflect a functional approach.  
  
Provide a detailed **health and safety plan** and detailed **session plan** relating to the progressive programme. The detailed session plan is an example of one of the sessions you would deliver as part of the overall progressive programme.  
  
****Scenario-Based Programming****  
As well as working with your own client (above), you will also be issued with a scenario by your tutor and you are required to prepare an appropriate progressive programme of exercise over a period of 3 months. Please [email your tutor](mailto:jo@fit4training.com?subject=Scenario%20Client" \t "_blank) for your scenario client.  
  
The scenario will include the following information:

Client profile, PARQ, goal and functional assessment results.

You may be required to participate in a discussion with your assessor to demonstrate sufficient planning and adaptation should you fail to provide sufficient evidence through completing of the programme.   
  
Please also ensure you sign and date all your work upon completion (electronic signatures are sufficient if completing on your computer).

**USEFUL INFORMATION/LINKS**

Course Page – <http://www.fit4training.com/disabled-clients-resources>

Facebook Group – [www.facebook.com/groups/fit4trainingstudysupport](http://www.facebook.com/groups/fit4trainingstudysupport)

Student Support – Martin Brown [martin@fit4training.com](mailto:martin@fit4training.com)

Administration/general queries only relating exams, payments, resources, certificates.

Tutor/Assessor – Joanna Bentley [jo@fit4training.com](mailto:jo@fit4training.com)

Assessment/course content support