**Level 3 Programme and Supervising Exercise for Disabled Clients**

**COURSE INDUCTION**

You are now successfully enrolled on the YMCA Awards Level 3 Programming and Supervising Exercise for Disabled Clients qualification.

Be sure to join our **Facebook Group** **(**[**www.facebook.com/groups/fit4trainingstudysupport**](http://www.facebook.com/groups/fit4trainingstudysupport)**)** for on going course support! This is always the quickest way to get in touch and ask a question. Use the Facebook group as much as possible. Ask questions about anything at all. The Fit4Training team and your course peers are at hand to help! If you have any private questions, please message or email us!

**By the end of the course you will;**

* have an understanding of the legal and ethical issues surrounding disability including legislation, models of disability, and barriers that may impact on participation,
* have the knowledge of the scope of practice in the context of disability;
* have the skills in order to collect screening information to identify precautions and contraindications, undertake functional assessment protocols, and identify risks involved with participation,
* have an understanding of the implications of various conditions and impairments on cardiovascular, MSE, flexibility, mobility, motor skills and functional capacity,
* be aware of the need to access further sources of information to ensure safe programming and be able to adapt communication relevant to different impairments,
* know how to plan and adapt client-centred exercise and physical activity for disabled clients to account for the variables relating to the individuals impairment(s) including fitness level, pain, concentration, fatigue, degeneration of the condition,
* be able to plan and agree planned sessions with disabled clients using rapport, sensitivity and empathy, adjusting teaching styles to accommodate different impairments.

**COURSE UNITS & HOW EACH IS ASSESSED**

**Unit 1 Principles of Exercise for Disabled Clients**Assessment 1 – Worksheet

Assessment 2 - Worksheet  
   
**Unit 2 Planning and Adapting Exercise for Disabled Clients**Assessment 3 – Worksheet

Assessment 4 – Progressive Programme and VIVA

**LEARNING RESOURCES & ASSESSMENTS**

* YMCA Awards Exercise for Disabled Clients manual,

Please let us know if you haven’t received the above manual. It is sent to you directly from YMCA Awards, so we don’t check the contents before they are despatched.

Completion of the assessments for this qualification can be done at anytime within the next 12 months so you can **start studying these units straight away**.   
  
You will find further guidance on assessments within the qualification on the **course page (**[**http://www.fit4training.com/disabled-clients-resources**](http://www.fit4training.com/disabled-clients-resources)**)**.

Please visit the course page and locate the **LEARNER ASSESSMENT RECORD (LAR)**. Download it and save it to your computer.

**ADDITIONAL RESOURCES**  
You will also find on the course page, many links to further resources and recommended reading, which complement the course manual.   
   
  
**SUBMISSION OF ASSESSMENT PAPERWORK**  
When you have completed your coursework, please submit any digital work using our **coursework submission form** [**www.fit4training.com/submit-coursework**](http://www.fit4training.com/submit-coursework)(preferred) or send hard copy work using RECORDED/SPECIAL delivery to **Fit4Training, Willow Studio, 59-61 High Street, Dawley, Telford, Shropshire, TF4 2EX**.

\*FIT4TRAINING WILL NOT BE RESPONSIBLE FOR LOST POST OR POST WITH INSUFFICIENT POSTAGE.  
  
Please ensure the work you are submitting is FULLY COMPLETED and you have signed your name, digital signature and date where ever there is a space to do so throughout the LAR. Your work won't be marked if it is incomplete or if there are any signatures or dates missing.   
  
Coursework will be marked within 15 days of us receiving it. You will receive notification via email from your assessor if there is any additional work you need to do in order to meet the standards required.

**RECEIVING YOUR CERTIFICATE**  
We aim to get certificates to students within 3 months of all units of work being completed.  This is usually much shorter and often within a matter of weeks. Your coursework must be assessed and internally quality assured by Fit4Training and in some cases sent to the Awarding Organisation, YMCA Awards for external quality assurance.

**USEFUL INFORMATION**

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