

# Planning gym-based exercise

## Unit accreditation number: F/600/9018

### Worksheet or professional discussion - Planning gym-based exercise

Please complete either the worksheet or professional discussion

#### Worksheet - Planning gym-based exercise

**There are 35 marks available in this worksheet. You must score a minimum of 28 marks in total to achieve a pass. In addition to achieving the total pass mark, you must also score at least the minimum marks set for each question to achieve an overall pass.**

1. Explain the process of informed consent.

--

**1 mark** (minimum 1 mark)

2. Describe how you would collect client information using:

<b>Questionnaire</b>	
<b>Interview</b>	
<b>Observation</b>	
<b>Physical measurements</b>	

**4 marks** (minimum 4 marks)

3. How would you determine which method/s of collecting information are appropriate for your individual clients?

--

**2 marks** (minimum 1 mark)

**SUBTOTAL**

4. Explain the principles of screening clients prior to exercise.

--

**2 marks** (minimum 1 mark)

5. Describe two factors, based on client screening, which may affect safe exercise participation.


**2 marks** (minimum 1 mark)

6. Give two examples of how client information could affect the planning of an exercise session.


**2 marks** (minimum 1 mark)

7. Identify one reason for the temporary deferral of exercise.

--

**1 mark** (minimum 1 mark)

8. Explain two reasons why you might refer your clients to other professionals.


**2 marks** (minimum 1 mark)

**SUBTOTAL**

9. How will you plan your exercise session to meet your client's objectives?

--

**2 marks** (minimum 1 mark)

10. Why is it important to agree goals and objectives with your clients?

--

**2 marks** (minimum 1 mark)

11. Identify two exercises which will help develop the following components of fitness for your clients:

<b>Cardiovascular fitness</b>	
<b>Muscular fitness</b>	
<b>Flexibility</b>	
<b>Motor skills</b>	

**8 marks** (minimum 8 marks)

12. Identify two cardiovascular and two resistance machines and describe their uses.

<b>Cardiovascular machines</b>	<b>Resistance machines</b>

**4 marks** (minimum 3 marks)

13. Describe how to plan gym-based exercise using a circuit format.

**3 marks** (minimum 2 marks)  
**SUBTOTAL**

**Result total** / **35 marks** (28 marks in total, with the minimum set marks achieved for each question required to pass)

**Pass / Refer**

**Assessor's feedback:**