

Unit D448 Evaluate and develop own practice in instructing exercise and fitness

Introduction

Summary

Staff involved in physical activity should always try to improve what they do. This involves them in evaluating the physical activities they have planned and delivered, identifying their strengths and weaknesses and learning lessons for the future. They must also keep up-to-date with developments in health-related physical activity and take part in continuing professional development to improve their practice even further.

The unit is divided into three parts. The first part (page 2) explains what some of the words used in this unit mean. The second part (pages 3 – 4) describes the two things you have to do. These are:

D448.1 Evaluate your own professional practice

D448.2 Improve your own professional practice and career opportunities

The third part (page 5) covers the knowledge and understanding you must have.

Target Group

This unit is for instructors who plan, conduct and review exercise sessions with clients.

Linked Units

This unit links closely with units D410, D411, D412, D413, D414, D415, D417.

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What We Mean by Some of the Words Used in this unit

Another professional	<i>this could be a senior member of staff in your organisation or someone else more experienced than yourself</i>
Continuing professional development	<i>this could include attending courses, conferences, reading journals or other relevant publications, observing and working with other more experienced staff</i>
Evaluation	<i>the process of analysing the physical activities you have planned and delivered, identifying what went well and what could have been improved upon</i>
Feedback	<i>other people – clients and colleagues giving you their views on how effective your planning and delivery are; client feedback will include spoken feedback but should also include other types of physical feedback and body language that may give you information on how well they are coping with physical activity</i>
Personal action plan	<i>a written plan that identifies the areas where you want to improve your practice, the personal goals you want to achieve, how you are going to do this and by when; the personal action plan may also show how you will assess whether or not your practice has improved</i>
Professional practice	<i>working to agreed industry standards and codes of ethics</i>

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D448.1

Evaluate your own professional practice

The National Standard

What you must do

To meet the national standard, you must:

1. review the outcomes of working with **clients**, their feedback and feedback from other staff
2. identify:
 - how well the outcomes and feedback met the **clients'** goals
 - how effective planned activities were
 - how effective and motivational your relationship with the **client** was
 - how well you implemented professional codes of ethics when working with **clients**
 - how well your instructing style matched **clients'** needs
 - how well you managed the **clients'** physical activities, including their health, safety and welfare
 - how well you interact and work with other members of staff
3. identify ways in which you can improve future practice
4. discuss your evaluation with another professional and take account of their views
5. record all aspects of your evaluation for future reference

What you must cover

This element covers the following:

- a clients**
- 1 individuals
 - 2 groups
 - 3 people with low fitness
 - 4 experienced
 - 5 inexperienced

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D448.2

Improve your own professional practice and career opportunities

The National Standard

What you must do

To meet the national standard, you must:

1. review your own **professional practice** on a regular basis
2. keep up-to-date with developments in health related physical activity
3. consider your own career goals
4. identify areas where you need to develop your **professional practice** further
5. identify and record a personal action plan that will help you to improve your **professional practice** and further your career
6. take part in relevant development activities as part of your personal action plan
7. review your progress in developing your **professional practice** and update your personal action plan accordingly

What you must cover

This element covers the following:

- a** aspects of **professional practice**
- 1 planning exercise sessions
 - 2 instructing exercise sessions
 - 3 observing and supporting clients
 - 4 use of resources
 - 5 communicating with clients
 - 6 motivating clients

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What you must know and understand

To be competent in this unit, you must know and understand the following

For the whole unit

- K1 the values or codes of practice relevant to the work you are carrying out and their importance
- K2 the role of the fitness professional in the industry
- K3 the importance of evaluation and continuing professional development in helping you to develop client fitness and motivation
- K4 the structure of the industry
- K5 industry organisations and their relevance to the fitness professional
- K6 employment opportunities in different sectors of the industry

For D448.1 Evaluate your own professional practice

- K7 the aspects of your professional practice that you should evaluate
- K8 information that you should use for the evaluation
- K9 different methods of collecting information and how to interpret it
- K10 how to carry out evaluations
- K11 how to identify key lessons from the evaluation and how to make use of these in the future
- K12 the importance of discussing the outcomes of your evaluation with another professional
- K13 why you should record your evaluations

For D448.2 Improve your own professional practice and career opportunities

- K14 how often you should review your professional practice
- K15 how to access information on developments in health related physical activity
- K16 how to identify areas in which you need to develop your professional practice further
- K17 the importance of having a personal action plan for your development
- K18 the types of development activities that are available to you and how to access these
- K19 the importance of regularly reviewing and updating your personal action plan