

D450 Develop own practice in promoting physical activity

Introduction

Summary

Staff involved in physical activity should always try to improve what they do. This involves them in evaluating their practice, identifying their strengths and weaknesses and learning lessons for the future. They must also keep up-to-date with developments in health-enhancing physical activity and take part in continuing professional development to improve their practice even further. Depending on the nature of their role, they may also need to evaluate their work on promoting physical activity to meet the requirements of other agencies.

The unit is divided into three parts. The first part (page 2) describes what you have to do. This is:

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The second part (page 3) covers the knowledge and understanding you must have.

Target Group

This unit is for practitioners who promote and provide advice on physical activity and its benefits to people whose physical activity is less than the recommended level.

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D450.1

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The National Standard

What you must do

To meet the national standard, you must:

1. monitor, evaluate and report on your work relating to promoting physical activity as required
2. review your own **professional practice** on a regular basis
3. identify ways in which you can improve future practice
4. discuss your evaluation with another professional and take account of their views
5. keep up-to-date with developments in health related physical activity
6. identify and record a personal action plan that will help you to improve your **professional practice**
7. take part in relevant development activities as part of your personal action plan
8. 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 promoting physical activity
 - 2 advising on physical activity
 - 3 enabling physical activity
 - 4 communicating with people
 - 5 motivating people

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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 your role in relation to promoting physical activity and the roles of other professionals and organisations
- K3 when and how you should monitor, evaluate and report on your work on promoting physical activity
- K4 the importance of evaluation and continuing professional development in helping you to promote health enhancing physical activity
- K5 the aspects of your professional practice that you should evaluate
- K6 information that you should use for the evaluation
- K7 different methods of collecting information and how to interpret it
- K8 how to carry out evaluations
- K9 how to identify key lessons from the evaluation and how to make use of these in the future
- K10 the importance of discussing the outcomes of your evaluation with a another professional
- K11 why you should record your evaluations
- K12 how often you should review your professional practice
- K13 how to access information on developments in health related physical activity
- K14 how to identify areas in which you need to develop your professional practice further
- K15 the importance of having a personal action plan for your development
- K16 the types of development activities that are available to you and how to access these
- K17 the importance of regularly reviewing and updating your personal action plan