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| Learner Name : |  | Date: |  |
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| 1. **List 2 roles of exercise referral within the fitness industry / health sector**
 |
| a) | b) |
| 1. **Evaluate the general role of exercise in disease risk and condition management**
 |
| a) | b) |
| 1. **Outline 2 key aspects of government policies which relate to exercise referral schemes**
 |
| a) | b) |
| 1. **Outline 2 key points from Professional and Operating Standards which relate to exercise referral**
 |
| a)  | b) |
| 1. **Explain the roles and inter-professional boundaries of the following medical, health and fitness professionals in an exercise referral scheme**
 |
| **Position** | **Role / responsibilities** | **Boundaries** |
| GP |  |  |
| Health professional |  |  |
| Scheme manager |  |  |
| Scheme co-ordinator |  |  |
| Exercise professional |  |  |
| 1. **List 3 medical conditions which are outside your scope of practice and in each case state what action should be taken upon receipt**
 |
| **Medical condition** | **Action to be taken** |
| a) |  |
| b) |  |
| c) |  |
| 1. **List 3 examples of inappropriate referrals explaining your reasons for each**
 |
| **Example of inappropriate referral** | **Reason** |
| a) |  |
| b) |  |
| c)  |  |
| 1. **Give 3 reasons why it is important NOT to accept a patient who has been declined a referral for exercise from their medical practitioner or health professional**
 |
| a) |
| b) |
| c) |
| 1. **Give 2 reasons why effective inter-professional communication is important**
 |
| a) | b) |
| 1. **Describe the 2 key roles of Clinical Commissioning Groups**
 |
| a) | b) |
| 1. **List 2 key health service documents / policies together with their impact on the health care system in relation to exercise referral**
 |
| **Document** | **Impact on the health care system in relation to exercise referral** |
| a) |  |
| b) |  |
| 1. **Describe 4 actions to be conducted during an initial patient consultation with the exercise referral instructor**
 |
| a) | c) |
| b) | d) |
| 1. **Describe 3 ways by which a patient’s progress (or otherwise) is monitored during the programme, explaining how and when the data is obtained and its importance**
 |
| **Method of monitoring** | **How and when the data is obtained** | **Its importance** |
| a) |  |  |
| b) |  |  |
| c) |  |  |

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| 1. **Outline the medico-legal responsibilities of an exercise referral instructor with regard to confidentiality and data protection**
 |
| Confidentiality: |  |
| Data protection:  |  |
| 1. **Explain the meaning of validity and reliability in relation to measurement of techniques and outcomes**
 |
| Validity:  |  |
| Reliability: |  |
| 1. **Explain 2 methods which can be used to evaluate the quality and reliability of evidence**
 |
| a) | b) |
| 1. **Give 3 ways by which a patient’s perception can be influenced during a consultatio**
 |
| a) |
| b) |
| c) |
| 1. **Describe 3 consultation methods**
 |
| a) |
| b) |
| c) |
| 1. **What is meant by the term ‘health behaviours’?**
 |
|  |
| 1. **Describe the term ‘locus of control’**
 |
|  |
| 1. **Explain the use of 2 current risk stratification tools used in exercise referral**
 |
| a) | b) |

**Assessor feedback sheet**

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| **Learner’s Name:** |  | **Assessor’s Name:**  |  |

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| **Question number** | **Assessor feedback** |
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| **Final Result:** |  | Pass |  | Fail  |
| Learner’s signature: |  | Date: |  |
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| Assessor’s signature: |  | Date: |  |
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| IAQ’s signature: |  | Date: |  |
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| Learner Name : |  | Date: |  |
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| 1. **Give 3 reasons why it is important for patients to understand the health benefits of structured exercise referral programmes**
 |
| a) |
| b) |
| c) |
| 1. **Give 2 reasons for the importance of an exercise referral instructor working together with patients to agree goals, objectives, programmes and adaptations**
 |
| a) | b) |
| 1. **Give 3 reasons why long-term behaviour changes are important in developing patients’ health and fitness**
 |
| a) |
| b) |
| c) |
| 1. **How can commitment to long-term change be encouraged?**
 |
|  |

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| 1. **List 5 pieces of patient information that should be obtained before designing an exercise referral programme**
 |
| a) | d) |
| b) | e) |
| c) |  |
| 1. **List 2 methods of gathering patient information and state when each should be used**
 |
| **Methods** | **Usage** |
| a) |  |
| b) |  |
| 1. **Explain how you would identify needs and goals from patient information**
 |
| **Needs** | **Goals** |
|  | Short-term |
|  |
| Medium-term |
|  |
| Long-term |
|  |
| 1. **Explain 2 legal / ethical implications of collecting patient information**
 |
| a) | b) |
| 1. **How can SMART objectives be built into an exercise referral programme to ensure that goals are met**
 |
|  |

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| --- |
| 1. **Explain what is meant by an ‘absolute contraindication’ to exercise and give 2 examples**
 |
|  |
| 1. **Give 4 reasons why it is important to keep accurate records of any changes**
 |
| a) | c) |
| b) | d) |

**Assessor feedback sheet**

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| **Learner Name :** |  | **Date:** |  |
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| 1. **Give 2 reasons why it is important to use both verbal and non-verbal communication methods when instructing patients**
 |
| a) | b) |
| 1. **Give 2 ways in which you could adapt your communication methods to suit a patient**
 |
| a) | b) |
| 1. **Describe 2 methods of maintaining a patient’s motivation when they are finding exercises difficult and explain why they are effective**
 |
| a) | b) |
| 1. **Give 2 reasons why it is important to correct a patient’s technique**
 |
| a) | b) |
| 1. **Why is it important to monitor individual progress if more than one patient is involved in the session?**
 |
|  |

|  |
| --- |
| 1. **Describe 3 methods of monitoring patients’ progress during group exercise**
 |
| a) |
| b) |
| c) |
| 1. **Give 2 reasons why it may be necessary to adapt planned exercises to meet patients’ needs**
 |
| a) | b) |
| 1. **Give an example of how you might adapt an exercise / exercise position for a patient whose blood pressure was lower than normal**
 |
|  |
| 1. **Give an example of how you might adapt an exercise / exercise position when space is more limited than planned**
 |
|  |
| 1. **Describe 3 ways to increase the intensity and 3 ways to decrease the intensity of exercise** (Please note: answers cannot be opposite i.e. increase weight and decrease weight)
 |
| Methods of increasing intensity | Methods of decreasing intensity |
| a) | a) |
| b) | b) |
| c) | c) |

|  |
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| 1. **Give 3 reasons why exercise referral instructors should give their patient(s) feedback on their performance during a session**
 |
| a) |
| b) |
| c) |
| 1. **Give 2 reasons why it is important to give patients the opportunity to ask questions and discuss their performance**
 |
| a) | b) |
| 1. **How can a patient be given feedback on their performance in such a way that it remains accurate whilst maintaining patient motivation/ commitment?**
 |
|  |

**Assessor feedback sheet**

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