

L3 Diploma in Exercise Referral Assessment Instructions

This document is to be used in conjunction with your YMCA Award Learner Assessment Record.

The Level 3 Diploma Exercise Referral course contains several assessments that must be passed in order to complete the qualification. These assessments include those that are completed externally and those are completed on the practical assessment day. The following information is to provide students with information about these assessments to give them an understanding about their requirements.

External work

Externally to the practical assessment, students are required to complete two additional components – worksheets and case study.

1. The worksheets

There are three worksheets to complete as an external component, however these worksheets have been merged into one document and available to download on the e-learning website. You will be required to complete all questions within these worksheets before submitting.

The worksheets relate to the following element:

Element	Assessment
1	Professional practice for exercise referral instructors worksheet
4	Planning exercise referral programmes with patients worksheet
11	Instructing exercise with referred patients worksheet

2. Case study

You are required to complete a case study with a friend or family member that suffers from two conditions that are covered on the course. The case study can be broken up into different tasks, which involves:

- ***Complete a consultation with your client***

You must complete the consultation form with your case study client ensuring all questions have been completed in detail.

The second page of the consultation requires patient's short, medium and long term goals – you must create a minimum of four goals (including one short, one medium and one long term) in at least three different categories.

- ***Complete an exercise referral transfer form***

You must complete the exercise referral form for your client, ensuring all relevant information is answered in detail. The 'referring practitioner's details' relates to any other healthcare practitioner that may have referred the client i.e. a physiotherapist. The 'GP's details' must be completed.

- ***Plan an exercise referral programme (including session plans) for your client following the completion of the PAR-Q and risk stratification assessment***

You must consider the level of risk of your client and address their needs, goals and conditions of the client in the programme designed for the client. The client's programme should contain a session plan for each of the four weeks.

- ***Review of the exercise referral program and adaptations***

You will need to review the exercise programme (element 6) using the questionnaire provided in the Learner Assessment Record and monitor the progress that has been made in relation to client goals. The review also requires you to gain feedback from your client, and then create a new adapted programme based on the feedback given.

- ***Writing a letter to a healthcare professional***

You will need to draft (not send) a letter to healthcare professional giving information about a referred client. This letter requires accurate information and appropriate language.

The elements that are covered in this assessment consist of:

Element	Assessment
6	Exercise referral programme
7	Exercise referral programme review and adaptation
8	Letter to healthcare professional

A full briefing of the case study requirements (Elements 6, 7 and 8) will be provided during the course. You must complete these elements using the template on the YMCAfit eLearning website. Assessment elements 6, 7 and 8 should be submitted online together.

The e-learning website is www.elearning.ymca.co.uk/ymcafit/.

Theory Assessment (Day 4)

1. Medical condition and Activity guideline tables

The Medical conditions and Activity guidelines tables are completed under examination conditions. You will be given 5 condition (from the list of 15 explained within the exercise referral manual) on the date of the assessment and must complete a medical conditions and activity guidelines table for each conditions.

Each table will be given 10 minutes to complete, therefore a total time of one hour and 40 minutes will be given to the students.

At the end of the medical conditions table is a question regarding comorbidity – you must only answer this once using the condition provided by the assessor on the day.

An image of the medical condition and activity tables can be found below and sample tables found on the e-learning website.

Understanding medical conditions for exercise referral (R/503/7492)		
Medical conditions table;		Learner's name: _____
Condition:		
1. Pathophysiology including signs and symptom (e.g. factors/measurements that lead to diagnosis)		
2. How pathophysiology and signs and symptoms change as condition progresses		
3. Common modifiable / non modifiable causes (risk factors)		
4. Common drug treatments, their effects and side effects		
5. Possible surgical and therapeutic interventions		
All details sufficient YES/NO/Additional questions used	Assessor name: _____	Date: _____
Assessor signature: _____ PASS <input type="checkbox"/> REFER <input type="checkbox"/>		
Assessor feedback/comments:		

Understanding medical conditions for exercise referral (R/503/7492)		
Activity Guidelines table;		Learner's name: _____
Condition:		
1. Lifestyle modifications that aid in condition management, and their associated benefits		
2. Benefits of exercise		
3. Risk associated with exercise		
4. Exercise guidelines and considerations		
All details sufficient YES/NO/Additional questions used	Assessor name: _____	Date: _____
Note: The following question need only be answered once. State 3 Considerations for exercise when dealing with co-morbidities, giving an example of each.		
Assessor signature: _____ PASS <input type="checkbox"/> REFER <input type="checkbox"/>		
Assessor feedback/comments:		

The invigilator worksheet require you to answer a co-morbidity question for one of the conditions. This question involves providing three conditions that may relate to the given condition and then establish the exercise considerations for each relating condition. *I.e. if the given condition is obesity, name three relating conditions and their exercise consideration, for example one condition would be high blood pressure and an exercise consideration would be avoid isometric contractions.*

Advice on completing these tables:

Sufficient detail:

- Provide 3 - 4 bullet points in each section. Expand where necessary –
E.g. Improve Diet - is not sufficient – Be specific for an individual with that particular condition.
- If there is a lot of information presented in the manual about a condition then we would be looking at 4 bullet points. Some conditions have less information so 3 would be acceptable
- Where a question asks for Modifiable / non modifiable factors the assessor must be able to identify which you think are which

Wrong / not relevant detail:

- Do not include information in the boxes that does not match the question or is so generic it is not relevant
- Do not write the same answer but with different wording, the assessor will spot this.

Exercise guidelines/considerations:

- ACSM guidelines are not required however if they are included they must be correct –
- Include programming and considerations rather than ACSM guidelines.
E.g. Hypertension – Alternative methods of intensity monitoring, consider postural hypotension, include relaxation, avoid isometric exercises, extended warm up and cool down, low intensity and low resistance etc.

Timing:

The exam is challenging, use the time wisely. Ten minutes per sheet is not a lot of time to do these justice. An early finish will probably indicate not enough detail has been included.

Presentation:

Be mindful that an assessor has to read your answers, take care to write legibly, if an assessor is unable to read your answers you will not be given the benefit of the doubt.

The elements that are covered in this assessment consist of:

Element	Assessment
2	Medical conditions tables
3	Activity guidelines tables

Practical Assessment Day

1. Observed Consultation

You will be observed conducting an exercise referral consultation with another student on the assessment who will be role playing your given exercise referral client. You will be given a scenario during the face-to-face delivery which will enable you to practice asking the relevant questions and obtaining the necessary with the specific client.

The observed consultation covers the following element:

Element	Assessment
5	Observed consultation

2. Session plan and instruction of referred client

You will be provided with a client scenario (different scenario to the consultation) to plan a session that you will be required to deliver on the practical assessment. You will be partnered with a peer from the course who will roleplay your client for the practical session.

A completed session plan must taken to your practical day as this also forms part of your assessment.

If you have not been provided two scenario's please contact learning support.

The session plan and instruction covers the following elements:

Element	Assessment
9	Session Plan
10	Instructing referred clients