



Accredited

OCR LEVEL 3 CAMBRIDGE TECHNICAL CERTIFICATE/DIPLOMA IN SPORT

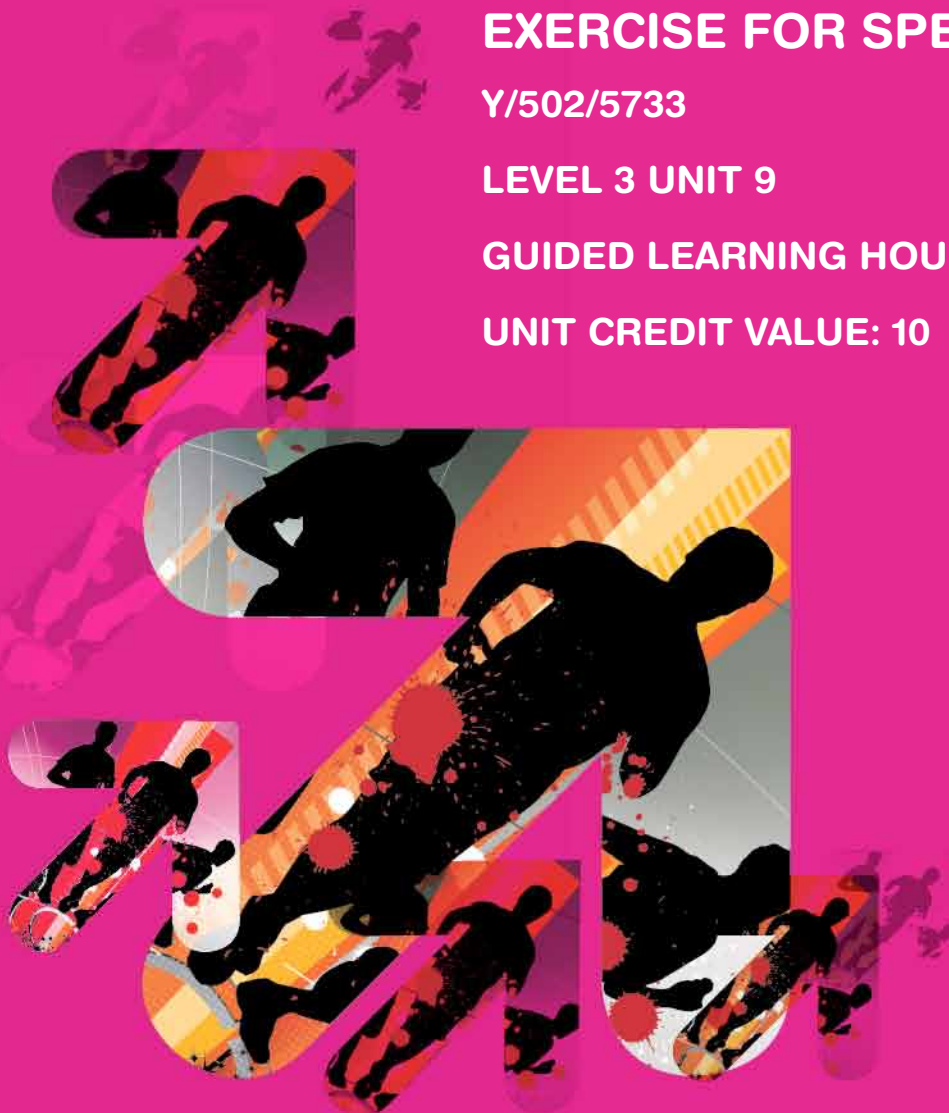
EXERCISE FOR SPECIFIC GROUPS

Y/502/5733

LEVEL 3 UNIT 9

GUIDED LEARNING HOURS: 60

UNIT CREDIT VALUE: 10



EXERCISE FOR SPECIFIC GROUPS

Y/502/5733

LEVEL 3

AIM OF THE UNIT

The unit is relevant for learners that are wishing to pursue careers in the exercise and fitness industry, sports coaching or health promotion. Learners that are looking to careers that involve exercise prescription need to develop and widen their knowledge and skills to effectively prescribe and deliver exercise to specific groups that include antenatal & postnatal women, referred clients, those with disabilities, older adults and children. There is a greater awareness of health related issues and there has been positive drive from the government to improve the health of the nation. Learners need to build on prior exercise and fitness knowledge to look in depth at health related benefits of exercise and considerations for specific population groups within society.

PURPOSE OF THE UNIT

The unit is designed to look at the provision of exercise and differing requirements of specific groups. Learners can explore the provision available within their local area and look specifically at schemes that target particular groups (e.g. postnatal women). The unit allows learners to explore the role of exercise prescription and GP referral for clients that have particular lifestyle or medical concerns. Learners should develop their knowledge of the different specific groups and their requirements regarding exercise provision, as well as the benefits to each specific group. This should be guided by general physical activity guidelines and the benefits of exercise to health but learners should be able to prescribe exercise provision to specific groups and therefore have a sound knowledge of the different requirements and benefits for individual groups. Learners will gain practical experience of planning, delivering and reviewing exercise to specific groups

ASSESSMENT AND GRADING CRITERIA

Learning Outcome (LO) The learner will:	Pass The assessment criteria are the pass requirements for this unit. The learner can:	Merit To achieve a merit the evidence must show that, in addition to the pass criteria, the learner is able to:	Distinction To achieve a distinction the evidence must show that, in addition to the pass and merit criteria, the learner is able to:
1 Know about the provision of exercise for specific groups	P1 describe the provision of exercise for three different specific groups	M1 outline the provision of exercise for specific groups in the local area	
	P2 describe the exercise referral process		
2 Know the benefits of exercise for different specific groups	P3 describe four different benefits of exercise to each of three different specific groups		
3 Be able to prescribe exercise for specific groups	P4 produce safe and effective exercise prescriptions for three different specific groups	M2 evaluate the considerations in exercise prescriptions for specific groups	
4 Be able to plan, deliver and review an exercise session for a specific group	P5 plan and deliver an exercise session for a selected specific group, with tutor support	M3 plan and deliver an exercise session to different specific groups	D1 justify exercise components selected in planning and delivering an exercise session for specific groups
	P6 review the planning and delivery of an exercise session for a specific group, describing strengths and areas for improvement	M4 explain strengths and areas for improvement of the planning and delivery of a exercise sessions to different specific groups	D2 review and revise an exercise session for a selected specific group incorporating improvements and progression

TEACHING CONTENT

The unit content describes what has to be taught to ensure that learners are able to access the highest grade.

Anything which follows an i.e. details what must be taught as part of that area of content.

Anything which follows an e.g. is illustrative, it should be noted that where e.g. is used, learners must know and be able to apply relevant examples to their work though these do not need to be the same ones specified in the unit content.

LO1 Know about the provision of exercise for specific groups

Specific groups: i.e. elderly; disabled people; antenatal and postnatal women; children and adolescents; referred clients (e.g. obesity, sedentary lifestyle, metabolic, cardiac or pulmonary diseases, injuries, osteoporosis, mobility problems, mental health, multiple sclerosis).

Provision: i.e. providers of exercise provision (e.g. public sector, private sector, voluntary organisations partnerships); provision for specific groups, (e.g. type and range of activities, access to facilities, exercise classes, range of equipment)

Exercise referral process: i.e. purpose; screening procedures; referral professionals, (e.g. sports therapists, physiotherapists, general practitioners); reasons for referral (e.g. obesity, sedentary lifestyle, chronic diseases, injuries, mobility problems, osteoporosis, multiple sclerosis, depression, anxiety); recommended guidelines; exercise prescription, monitoring and review.

LO2 Know the benefits of exercise for different specific groups

Benefits: i.e. physiological (e.g. antenatal (circulation, reduction of swelling), postnatal (e.g. posture and muscle definition, increased energy levels); psychological (e.g. improved mood, less anxious, more confidence), lifestyle (e.g. improved fitness, injury rehabilitation, disease risk-reduction); social (e.g. increased self-confidence, social skills).

LO3 Be able to prescribe exercise for specific groups

Contraindications: i.e. absolute contraindications (e.g. high blood pressure, uncontrolled tachycardia, uncontrolled conditions such as asthma or diabetes, unstable angina, acute heart failure); exercise considerations for specific groups (e.g. high impact, high intensity, heavier weights, abdominal exercises)

Exercise prescription: i.e. frequency; intensity; time; type

LO4 Be able to plan, deliver and review an exercise session for a specific group

Plan session: i.e. aims of session; necessary resources (e.g. facilities, equipment); medical history; initial screening; informed consent; additional considerations, (e.g. contraindications, timing and sequencing of activities, health and safety).

Deliver session: i.e. health and safety (e.g. facility, equipment, medical conditions); effectiveness of session (e.g. warm-up, main content, cool down); components of session, (e.g. cardiovascular training, resistance training, technical skills); delivery style (e.g. communication style, rapport, motivation, correcting technique, modifying and adapting exercises, participant feedback).

Review of session: i.e. feedback methods (e.g. questionnaires, assessment checklist, self-evaluation, peer feedback); strengths; areas for development; action plan; targets (e.g. SMART).

DELIVERY GUIDANCE

LO1

The unit is designed to provide learners with the vocational experience of planning and delivering exercise prescriptions to specific groups. In working towards LO4 learners are to consider a range of specific groups including; children, individuals with disabilities, older adults, pre and postnatal women and referred clients. Learners should also consider that individuals might be prescribed exercise and fall into more than one specific group. The unit initially directs learners towards the research of provision generally and more specifically in their local area. Guest speakers that could include fitness experts and professionals from health promotion would be particularly beneficial at this stage in setting the scene for learners and outlining their role in the delivery of provision to these groups. The research nature of LO1 lends to group research activities and presentations to enable learners to gain the breadth of information needed. Learners should also explore the GP referral process and role play could be used to aid learners in understanding the purpose of exercise referral and how it occurs in different areas. Tutors should also highlight to learners the variance in the referral process geographically and specific case studies will again provide context for learners.

LO2

Learners are required to build on the knowledge gained in LO1 and start to explore the benefits of exercise to the specific groups identified. This should include physiological benefits but also social and psychological benefits that exercise can have on individuals within a specific group. Again case studies and context are beneficial in building on the theoretical background provided by national guidelines and statistics.

LO3

Learners are required to produce safe and effective exercise prescriptions and should consider the contraindications of the difference specific groups as well as the fitness principles that underpin prescription; frequency, intensity, time, type. This should be directed towards the groups that learners are likely to have practical experience of working with as the information regarding exercise prescription for the groups selected will inform and shape the planning of exercise sessions.

LO4

The design of specific sessions should be based on the prescriptions devised in the previous learning outcome and the learner's knowledge of exercise benefits and considerations for specific groups. This learning outcome underpins the unit and provides learners with a practical application of knowledge and understanding based on the content of the previous learning outcomes. Learners must ensure the session is delivered safely and will benefit from practicing sessions before delivery. When delivering the session learners should consider the aims of the session and timing and sequencing of activities based on the considerations of the specific group they are working with. Learners should also ensure their session includes the relevant components based on the session aim. Delivery skills should include exercise and correction of technique where applicable. Learners should receive feedback from participants and tutors to aid them with the review of the session and consider different methods of collecting feedback.

GUIDANCE ON ASSESSING THE SUGGESTED TASKS

Criteria	Assignment title	Scenario	Assessment
P1, P2, M1	Provision for specific groups	Learners have been tasked with creating a leaflet or information poster about the provision of exercise in their local area and the GP referral process.	Leaflet/Information poster
P3, P4, M2	Exercise Prescription	Learners have been asked to identify the benefits of exercise for specific groups and plan exercise prescriptions to aid the planning of exercise sessions.	Written
P5, P6, M3, M4, D1, D2	Exercise sessions for specific groups	Learners have been asked to plan and deliver exercise sessions to specific groups. They need to review the session, explaining the strengths and weaknesses of the session. They then need to plan a further, follow up session taking the review into consideration.	Session Plan Practical assessment (observation record/witness statement) Written review

RESOURCES

Books

Buckley J – *Exercise Physiology in Special Populations: Advances in Sport and Exercise Science* (Churchill Living, 2008) ISBN: 0443103437

Coulson M – *The Complete Guide to Teaching Exercise to Special Populations* (A&C Black Publishers, 2011) ISBN: 1408133180

DiFiore J – *The Complete Guide to Postnatal Fitness* (A&C Black Publishers, 2010) ISBN: 1408124556

Griffin S – *Training the Over 50s: Developing programmes for older clients* (A&C Black Publishers, 2006) ISBN:0713672013

Lawrence D – *GP Referral Schemes* (A&C Black Publishers, 2006) ISBN:0713677074

Stensel – D – *Physical Activity and Health: The Evidence Explained* (Routledge, 2009) ISBN: 0415421985

Websites

ASH – Action on Smoking and Health www.ash.org.uk

BBC www.bbc.co.uk/science

BBC www.bbc.co.uk/sport

British Association of Sport and Exercise Sciences www.bases.org.uk

British Heart Foundation www.bhfactive.org.uk www.nhs.uk/change4life

Coachwise www.1st4sport.com

Drink Aware www.drinkaware.co.uk

Human Kinetics www.humankinetics.com

NHS www.nhs.uk

NHS Smoke Free www.smokefree.nhs.uk

Sports Coach UK www.sportscoachuk.org

Sport Science www.sportsci.org

The Stress Management Society www.stress.org.uk

Journals

Journal of Physical Activity and Ageing

Journal of Physical Activity and Health

Journal of Sports Medicine and Physical Fitness

MAPPING WITHIN THE QUALIFICATION TO OTHER UNITS

Unit 3: Current Issues in Sport

Unit 4: The Physiology of Fitness

Unit 5: Sports Nutrition

Unit 12: Applied Sport and Exercise Physiology

Unit 14: Instructing Physical Activity and Exercise

Unit 15: Sports Injuries

Unit 23: Fitness Training and Programming



CONTACT US

Staff at the OCR Customer Contact Centre are available to take your call between 8am and 5.30pm, Monday to Friday.

We're always delighted to answer questions and give advice.

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