

## Overview

This standard is about the competence that personal trainers require to design and manage personal training programmes for clients. This is likely to follow on from the initial consultation and information gathering. Personal trainers will be expected to design a personal training programme that meets the clients needs, objectives and agreed goals. They will also review and adapt the personal training programme at agreed times.

## Performance criteria

### *You must be able to:*

1.  
design safe and effective personal training programmes that take into account clients information gathered, needs and goals
2.  
design the personal training programme that is consistent with the principles of periodisation and aligned with credible evidence-based guidelines
3.  
establish suitable training techniques specific to clients needs and ability level
4.  
select suitable environments that align with clients preference and ability to perform exercises safely
5.  
plan a progressive timetable of sessions with clients
6.  
agree personal training programme content with clients
7.  
agree personal training programme review dates and evaluation methods with clients
8.  
identify the **resources** needed to support the effectiveness of the personal training programme
9.  
ensure the environment is prepared for clients to effectively exercise
10.  
identify and minimise possible hazards and risks in the training environment
11. record and plan contingencies to the personal training programme if clients cannot take part as planned
12. agree how to maintain contact with clients between sessions
  1.  
keep accurate records of client performance to enable progress to be reviewed

- overtime
- 2.  
review clients progress at agreed points throughout the personal training programme
- 15. encourage clients to give their own views on progress and overall satisfaction
  - 1.  
use agreed methods of evaluation
  - 2.  
evaluate clients performance by providing feedback during the review
  - 3.  
agree review outcomes with clients and identify those goals that need to be redefined
- 19. keep a record of the programme review
  - 1.  
identify programme variables that need to be adapted
  - 2.  
agree programme adaptations with clients to optimise their achievement
  - 3.  
identify and agree any changes to the programme resources
  - 4.  
record programme adaptations using appropriate and accessible formats
  - 5.  
monitor the effectiveness of programme adaptations

## Knowledge and understanding

### *You need to know and understand:*

1. the current legislation, guidelines, policies, procedures and protocols which are relevant to your work practice and to which you must adhere
  1. the principles of anatomy and physiology including skeletal, cardiovascular, myofascial, nervous, endocrine, energy and digestive system.
  2. how to apply anatomy and physiology when planning progressive programmes for a range of personal training clients.
  3. the components of health and skill related fitness and how to apply these into a progressive programme of exercise to suit your clients' needs
  4. the scope and professional boundaries of personal training a range of clients to include, but not exhausted to pre and post-natal women, older adults, disabled people and young people.
  5. the health benefits of physical activity and risks of inactivity
  6. credible sources of information on safe and effective periodised programme design
8. exercises and or activities that are consistent with accepted safe practice
9. how to establish suitable training techniques and how they can be adapted to meet the clients needs, ability level an overall goals
10. how to design a progressive timetable of sessions with clients
11. why it is important to explain and agree the personal training programme to clients
  1. the significance of establishing regular review dates with the clients
  2. the resources that will help clients to participate in the programme

3.  
the type of alternative **environments** that can be used when clients cannot take part as planned
4.  
how to plan, prepare and manage alternative environments
5.  
why it is important to identify possible hazards and risks in the training environment
6.  
the types of credible information to support clients to achieve planned personal training programmes
7.  
how to monitor and review clients progress
8.  
why it is important to encourage clients to give their views on progress and overall satisfaction with the personal training programme and service
9.  
available evaluation methods that will support the clients review
10.  
the skills involved in providing positive and timely feedback to clients
11.  
why it is important to agree review outcomes with clients
12.  
how to review a personal training programme
13.  
why and how to adapt personal training programmes and variables
14.  
the significance of agreeing programme adaptations with clients
15.  
when to make changes required to the programme resources
16.  
when and how to record programme adaptations using appropriate and accessible formats
17.  
the significance of monitoring the effectiveness of programme adaptations

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## Scope/range related to performance criteria

### Resources

1.  
environment for the session
2.  
client information
3.  
information technology applications

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## Scope/range related to knowledge and understanding

### Environment

1.  
gym
2.  
studio/sports hall
3.  
participant's home or other enclosed space
4.  
outdoors
5.  
online

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Design and manage personal training programmes with clients



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