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## Overview

This standard covers working with a qualified practitioner to test individuals' ability to undertake exercise and physical activities within safe parameters. This standard is relevant to those who may be responsible for assisting others to plan exercise and physical activities with individuals.

Users of this standard will need to communicate effectively to meet individuals' needs and wishes and work in line with health and safety legislation, policy and practices.

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## Performance criteria

### *You must be able to:*

- P1. identify and agree the roles and responsibilities of yourself and others in assisting others to test individuals' abilities before planning exercise and physical activities
- P2. provide support to the individual and ensure health and safety measures are implemented at all times
- P3. establish consent and access information on testing individuals' abilities before planning exercise and physical activities
- P4. encourage full participation in the assessment by actively listening to the individual and seeking to develop rapport
- P5. communicate with the individual and key people at a pace, in a manner and at a level appropriate to the individual's understanding, preferences and needs
- P6. take account of any previous assessments of the individual
- P7. identify any medication the individual may be using
- P8. establish the individual's current and previous level of physical activity
- P9. establish the individual's goals with regard to physical activity
- P10. respond to and report any limitations on the individual's level of physical activity
- P11. assist the practitioner to assess the individual's ability to exercise using the appropriate tests
- P12. apply the methods, scales and indicators to identify how hard the individual's body is working during exercise
- P13. complete all relevant documentation required for assisting others to test individuals' abilities before planning exercise and physical activities

## Knowledge and understanding

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

- K1. how to access and interpret all relevant work instructions, legislation, guidelines, policies, procedures and protocols needed to assist others to test individuals' abilities before planning exercise and physical activities
- K2. the scope and limitations of your own competence, responsibilities and accountability as it applies to your job role
- K3. specific procedures for reporting issues which are beyond your competence, responsibilities and accountability
- K4. the principles, practice and procedures associated with informed consent
- K5. the importance of taking account of any previous assessments of the individual and identifying any medication the individual may be using and the methods of obtaining this information
- K6. basic cardiovascular anatomy, physiology and biochemistry
- K7. the effect of core drugs on the cardiovascular system and the impact they could have on monitoring during assessment
- K8. the core safety measures that needs to be in place before testing commences
- K9. the bio-psycho-social model of health
- K10. the range of motivations people may have for changing their behaviour and lifestyle, and how to discover their motivations
- K11. the methods used to ensure the individual's motivation and involvement in relation to their exercise regime
- K12. how to recognise and respond to any limitations on the individual's level of physical activity such as joint or muscle weakness, or co-morbidity
- K13. the appropriate tests used to assess the individual's ability to exercise and your role in assisting the practitioner to conducts such tests
- K14. how to apply the methods, scales and indicators to identify how hard the individual's body is working during exercise
- K15. how to complete and safely store all relevant documentation in accordance with organisational requirements

SFHCHS143

Assist others to test individuals' abilities before planning exercise and physical activities



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**Suite** Clinical Health Skills

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