

---

## Overview

This standard is about the delivery of exercise sessions for individuals or groups to assist with achievement of individual's goals and targets for health improvement. This may be undertaken in a range of settings that meet prescribed requirements and relevant protocols.

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.

## Performance criteria

### *You must be able to:*

- P1. identify and agree the roles and responsibilities of yourself and others in assessing delivering exercise sessions to improve individuals' health and wellbeing
- P2. prepare the exercise environment in accordance with organisational and health and safety requirements
- P3. confirm and agree with the individual their future goals and targets
- P4. create and monitor an exercise plan which supports individuals to reach their fitness or activity goals
- P5. structure and adapt exercise sessions according to individuals' needs, abilities and goals, identified risks and planned programme of frequency, intensity, type and timing
- P6. ensure adequate warm up and cool down exercises are used before and after the main exercise session
- P7. interpret measures of response to exercise and provide feedback to individuals on their progress towards agreed goals
- P8. offer support to assist individuals in carrying out the exercise activities correctly, safely and achieving their goals
- P9. provide feedback and encouragement to individuals in a manner and at times which promotes their confidence and motivation
- P10. discontinue with the exercise session if the individual displays signs of an adverse response/reaction and take appropriate action
- P11. confirm the outcomes of the activity with the individual and agree future goals, targets and any changes to planned programme of exercise
- P12. support the individual with plans for further activities at suitable intervals to meet the individual's needs, abilities and goals
- P13. complete all relevant documentation required for delivering exercise sessions to improve individuals' health and wellbeing

## 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 deliver exercise sessions to improve individuals' health and wellbeing
- K2. the scope and limitations of your own competence, responsibilities and accountability as it applies to your job role
- K3. the reasons for poor motivation and the role of exercise in improving self-esteem and self-efficacy
- K4. how to provide constructive feedback and encouragement throughout the exercise session
- K5. the signs of an adverse reaction/response to exercise and what action to take
- K6. the local availability and cost of exercise facilities and services
- K7. how to prepare the exercise environment in accordance with organisational and health and safety requirements
- K8. how to create and monitor an exercise plan which safely supports individuals to reach their fitness or activity goals
- K9. the importance of providing warm up and cool down exercises and the appropriate exercises to use to meet individuals needs and abilities
- K10. basic cardiovascular anatomy, physiology and the effects of exercise
- K11. the models used in designing and developing exercise programmes for individuals and/or groups
- K12. the ways in which exercise programmes can be adapted to meet individual's needs and abilities
- K13. the techniques used to measure and evaluate results of the individual's response to exercise
- K14. effective weight management and training techniques appropriate for use with individuals and groups
- K15. the range of exercise equipment, the correct and safe use, purpose, capabilities and limitations of each
- K16. how to complete and safely store all relevant documentation in accordance with organisational requirements

SFHCHS144

Deliver exercise sessions to improve individuals' health and wellbeing



---

<b>Developed by</b>	Skills for Health
<b>Version Number</b>	3
<b>Date Approved</b>	13 Feb 2026
<b>Indicative Review Date</b>	13 Feb 2031
<b>Validity</b>	Current
<b>Status</b>	Original
<b>Originating Organisation</b>	Skills for Health
<b>Original URN</b>	SFHCHS144
<b>Relevant Occupations</b>	Health and Social Care, Health and Social Services Officers, Health Associate Professionals, Health Professionals, Health, Public Services and Care, Healthcare and Related Personal Services
<b>Suite</b>	Clinical Health Skills
<b>Keywords</b>	Deliver, exercise, sessions, improve, health, wellbeing

---