

SFHCHDHA10

Plan exercise and physical activities with individuals to meet their needs and abilities



Overview

This standard is about planning exercise and physical activities with individuals to meet their assessed needs, abilities and preferences.

Users of this standard will need to ensure that practice reflects up to date information and policies.

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Performance criteria

You must be able to:

- P1 analyse and evaluate assessments of the individual's needs and abilities
- P2 establish the individual's motivation for undertaking exercise and physical activities
- P3 negotiate with the individual to tailor an exercise/physical activity programme to meet their needs (eg aerobic, flexibility, strength, endurance)
- P4 make individuals aware of the FITT principles (ie frequency, intensity, type and timing) and the benefits of exercise and physical activities
- P5 plan individuals' exercise and physical activities appropriate to their individual needs and FITT principles
- P6 adapt your communication style according to individuals' needs (eg English as a second language, hearing or sight impairment)
- P7 provide individuals with a comprehensive induction to their exercise/physical activity programme
- P8 provide individuals with any appropriate self help manuals or resources
- P9 encourage individuals to integrate exercise and physical activities into their daily routine
- P10 make individuals aware of any exercise and physical activities they should avoid, taking account of their assessed needs and abilities
- P11 clearly and accurately document the agreed exercise and physical activity programme and review/monitoring arrangements

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Knowledge and understanding

You need to know and understand:

- K1 how to ask questions, listen carefully and summarise back
- K2 how to adapt communication styles in ways which are appropriate to different people (eg culture, language or special needs)
- K3 how to assess potential health and safety risks
- K4 how to provide constructive feedback
- K5 how to effectively negotiate with individuals, family members, carers and other professionals
- K6 how to explore differing views on progress and aim to find a consensus on required future action
- K7 basic cardiovascular anatomy, physiology and biochemistry
- K8 the range of motivations people may have for changing their behaviour and lifestyle, and how to discover their motivations
- K9 the coronary heart disease process and major diagnoses (eg angina, myocardial infarction, heart failure)
- K10 the potential bio-psycho-social impact of CHD on individuals' and their families
- K11 how to define cardiac risk stratification (ie low, medium or high) and its role in cardiac rehabilitation
- K12 the potential interaction of CHD and co-morbid conditions
- K13 drugs commonly used in the treatment of CHD and their potential side effects
- K14 the effects of drugs on the exercise response
- K15 how to tailor exercise and physical activity programmes to meet individuals' needs
- K16 the FITT principles (ie frequency, intensity, type and timing) and the benefits of exercise and physical activities
- K17 normal and abnormal cardiovascular and pulmonary responses to exercise
- K18 how to analyse and evaluate assessments of individuals' cardiac risk stratification
- K19 the local availability and cost of self help manuals or resources
- K20 the local availability and cost of exercise facilities and services, including leisure/lifestyle physical activity options

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Additional Information

External Links

This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004):

Dimension: HWB4 Enablement to address health and wellbeing needs

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Developed by Skills for Health

Version number 1

Date approved June 2010

Indicative review date June 2012

Validity Current

Status Original

Originating organisation Skills for Health

Original URN CHD HA10

Relevant occupations Health, Public Services and Care; Health Professionals; Healthcare and Related Personal Services

Suite Coronary Heart Disease

Key words coronary heart disease
