

## SFHCHS142

# Test individuals' abilities before planning exercise and physical activities



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### Overview

This standard covers testing individuals' potential ability to undertake exercise and physical activities within safe parameters. This will form part of planning a programme of exercise to improve mobility, functioning, health status or general well being.

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 ensure the environment in which the tests will take place complies with relevant guidelines
  - P2 obtain information on previous test results prior to commencing and take account of any factors which may influence the progress or process of the planned testing
  - P3 respect the individual's privacy, dignity, wishes and beliefs, minimising any unnecessary discomfort and obtain the individual's valid consent to the testing process
  - P4 identify any medication the individual may be using, the condition for which it is required, the frequency of use and the likely effect of medication on the testing process and results
  - P5 establish the individual's current level of physical activity and their goals for improvement
  - P6 encourage full participation of the individual by actively listening to the individual's concerns and checking current symptoms.
  - P7 assess the individual's ability to exercise using the appropriate tests
  - P8 respond to and report any limitations on the individual's level of physical activity such as joint or muscle weakness or co-morbidity
  - P9 monitor the individual closely and take relevant action where signs of distress, discomfort or pain indicate a required change in level of testing or other support
  - P10 determine the individual's baseline measures by agreed means
  - P11 record the individual's exercise capacity on completion of exercise tests to inform future plans for exercise programmes/regimes

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### Knowledge and understanding

*You need to know and understand:*

- K1 the current, relevant European and national legislation, national guidelines and local policies which affect your work practice and your responsibilities in relation to these
- K2 the processes used to assess potential risks associated with assessing individuals' abilities
- K3 why it is necessary to obtain consent prior to working with an individual and the methods used to achieve this where the individual is not able to give their consent directly
- K4 the importance of taking account of any previous assessments of the individual and identifying any medication the individual may be using before planning exercise and physical activities
- K5 the environmental conditions in which to carry out the assessment in terms of space, ventilation and temperature
- K6 how to ask questions, listen carefully and summarise in communication with individuals and their carers
- K7 how to adapt communication styles in ways which are appropriate to different cultures, language or special needs
- K8 cardiovascular anatomy
- K9 physiology and biochemistry in relation to testing physical abilities of individuals
- K10 musculo-skeletal anatomy
- K11 the bio-psycho-social model of health and its application to testing physical abilities of individuals
- K12 the range of motivations people may have for changing their behaviour and lifestyle, and how to discover their motivations
- K13 the methods and techniques that can be used to motivate individuals and encourage their participation
- K14 how to recognise and respond to any limitations on the individual's level of physical activity such as joint or muscle weakness, co-morbidity or other relevant symptoms
- K15 the appropriate tests used to assess the individual's ability to exercise
- K16 what is meant by the 'individual's Rating of Perceived Exertion (RPE)' and the method of establishing this
- K17 the range of exercise equipment that may be used to assist individuals to improve their mobility and functioning and the capabilities, limitations and risks associated with their use
- K18 record keeping practices and procedures in relation to diagnostic and therapeutic programmes/treatments

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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: HWB6 Assessment and treatment planning

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**Suite** Clinical Health Skills

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