Unit 5 Planning exercise referral programmes with patients Unit accreditation number: D/503/7494

**Worksheet - Planning exercise referral programmes with patients**

**There are 14 marks available in this worksheet. You must score a minimum of 12 marks in total to achieve a pass. In addition to achieving the total pass mark, you must also score at least the minimum marks set for each question to achieve an overall pass.**

* Explain how you would work in environments that are not specifically designed for exercise / physical activity.

**1 mark** (minimum 1 mark)

* Why is it important for patients to understand the health benefits of structured exercise referral programmes?

**1 mark** (minimum 1 mark)

1. Why is it important for an exercise referral instructor to work together with patients to agree goals, objectives, programmes and adaptations?
   1. **mark** (minimum 1 mark)

4Explain the importance of long-term behaviour change in developing patient’s health and fitness.

**1 mark** (minimum 1 mark)

5 How do you encourage patients to commit themselves to long-term change?

**1 mark** (minimum 1 mark)

1. What is informed consent and why should this be obtained before collecting information from a patient?

**Informed consent is:**

**Purpose:**

**2 marks** (minimum 1 mark)

* How would you select the most appropriate method of collecting patient information?

**1 mark** (minimum 1 mark)

1. How would you interpret the information collected from the patient in order to identify their needs and goals (short, medium and long term)?

**1 mark** (minimum 1 mark)

* Explain how you would use specific, measurable, achievable, realistic and time bound (SMART) objectives in an exercise referral programme.

**1 mark** (minimum 1 mark)

10 When might you involve others, apart from the patient in goal setting?

**1 mark** (minimum 1 mark)

11 State one legal and ethical implication of collecting patient information.

**1 mark** (minimum 1 mark)

1. Why is it important to keep accurate records of changes including the reasons for change?

**1 mark** (minimum 1 mark)

1. When might it be appropriate to share any changes made to exercise referral programmes with other professionals?
   1. **mark** (minimum 1 mark)

**Result total** **/ 14 marks** (12 marks in total, with the minimum set marks achieved for each question

required to pass)

**Pass / Refer**

**Assessor’s feedback**