Unit 6 Instructing exercise with referred patients Unit accreditation number: L/503/7491

**Worksheet - Instructing exercise with referred patients**

**There are 17 marks available in this worksheet. You must score a minimum of 14 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.**

1. Explain the importance of communication and give an example of how you would adapt verbal and non-verbal communication to meet patients’ needs.

**The importance of communication:**

**How would you adapt verbal and non-verbal communication to meet needs?**

**2 marks** (minimum 1 mark)

1. Evaluate two different methods of maintaining patients’ motivation, especially when patients are finding exercises difficult.

|  |  |  |
| --- | --- | --- |
| **Method** | **Strengths** | **Weaknesses** |
|  |  |  |
|  |  |  |

**6 marks** (minimum 4 marks)

3 Why is it important to correct patient technique?

**1 mark** (minimum 1 mark)

1. Explain why it is important to monitor individual progress if more than one patient is involved in the session.
   1. **mark** (minimum 1 mark)
2. Describe two different methods of monitoring patient progress during exercise, including groups of patients.

**2 marks** (minimum 1 mark)

* Give one example of when it may be necessary to adapt planned exercises to meet patients’ needs.

**1 mark** (minimum 1 mark)

* Explain why exercise referral instructors should give patients feedback on their performance during a session.
  1. **mark** (minimum 1 mark)

8 Explain why patients should be given the opportunity to ask questions and discuss their performance.

**1 mark** (minimum 1 mark)

* Explain why patients need to see their progress against goals.

**1 mark** (minimum 1 mark)

1. Explain why patients need information about future exercise and physical activity, both supervised and unsupervised.

|  |  |
| --- | --- |
|  |  |
|  | **1 mark** (minimum 1 mark) |

**Result total / 17 marks**

**(14 marks in total, with the minimum set marks achieved for each question required to pass)**

**Pass / Refer**

**Assessor Feedback**