Professionalism and customer care for fitness instructors
Unit Accreditation Number: K/616/7501

Conducting client consultations to support positive behaviour change
Unit Accreditation Number: A/616/7504

Planning and instructing gym-based exercise
Unit Accreditation Number: F/616/7505

Individual client session planning and instruction

Guidance for selecting a client

Your client must be:

- A real person, with specific and legitimate goals agreed with you, the learner, which will also form part of the summative assessment.
- Apparently healthy and have no medical conditions which would be considered out of a gym instructor's or personal trainer's scope of practice and able to take part in the planned session.

In the event of an unforeseen circumstance that means the client cannot participate in your summative observed session, another person can take their place; however the following criteria must be met:

The replacement client must be:

- Apparently healthy and have no medical conditions which would be considered out of a gym instructor's or personal trainer's scope of practice and able to take part in the planned session, or able to take part following reasonable adaptations.

When using a replacement client you must make any planning adaptations prior to the summative observed session and be prepared to adapt the actual session as it progresses.

All observed summative exercise sessions must take place within an environment appropriate for the client and planned session.

Modular summative and summative observation guidance

A modular summative observation is a flexible assessment format which allows the completion of an assessment on one or more occasions. For example, the consultation assessment may involve your assessor observing the whole consultation with your client in one session, or they may observe each section during different parts of the course.

A summative observation is where the assessment takes place on one occasion. For example, the programme delivery will be observed and assessed in one session.