Unit 2 Professional practice for exercise referral instructors Unit accreditation number: Y/503/7493

**Worksheet - Professional practice for exercise referral instructors**

**Learner name:**

**There are 49 marks available in this worksheet. You must score a minimum of 40 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. Please tick (or insert an X) the appropriate column to select the industry sector to which the roles of exercise referral most apply

|  |  |  |  |
| --- | --- | --- | --- |
| **The role of exercise referral** |  | **Fitness** | **Health** |
|  |  | **industry** | **sector** |
| To increase participation in physical activity and structured/supervised exercise, and develop the role of exercise professionals and the sector. | |  |  |
| To offer an intervention that can be used to assist with the prevention and management of health conditions and help to reduce the burden (current and future) of chronic health conditions on the NHS. |  |  |  |
|  |  |
|  |  |
|  |  |  |  |
|  | **2** | **marks** (minimum 1 mark) | |

1. Give examples of one benefit and one potential risk of exercise that would need to be weighed up before evaluating the general role of exercise in disease risk reduction and condition management.

|  |  |
| --- | --- |
| **Benefit** | **Risk** |
|  |  |

**2 marks** (minimum 1 mark)

1. Name one key health service document or government policy that has impacted on exercise referral and outline one key point from the document or policy that relates to exercise referral schemes.

|  |  |
| --- | --- |
| **Policy or document** | **Key point relating to exercise referral** |
|  |  |

**2 marks** (minimum 1 mark)

1. Outline two key points from the Professional and Operational Standards that guide practice for exercise referral.

|  |
| --- |
|  |
|  |

**2 marks** (minimum 1 mark)

1. Explain the roles (including scope of practice and boundaries) of the following professionals in an exercise referral scheme.

|  |  |  |
| --- | --- | --- |
| **Professional** | **Role** | **Scope of practice and boundaries** |
| **GP** |  |  |
| **Fitness/**  **Exercise**  **professionals** |  |  |

**4 marks** (minimum 3 marks)

1. Describe how you would deal with a patient who has a medical condition outside the scope of practice of the exercise referral instructor.
   1. **mark** (minimum 1 mark)
2. Explain how you would determine ‘inappropriate referrals’.
   1. **mark** (minimum 1 mark)
3. Why is it important not to accept a patient who has been declined a referral for exercise from their medical practitioner or health professional and how you would deal with them?

|  |
| --- |
| **Reason for not accepting:** |
| **Action to be taken:** |

**2 marks** (minimum 1 mark)

1. State one reason why effective inter-professional communication is important within exercise referral?
   1. **mark** (minimum 1 mark)
2. Clinical Commissioning Groups (CCGs) have been discontinued. Please identify what has replaced CCGs and briefly describe their role
   1. **mark** (minimum 1 mark)
3. Explain what happens at each of the following stages of the referral process including the role of any professionals involved and any information that needs to be transferred or gathered.

|  |  |  |
| --- | --- | --- |
| **Stage of referral process** | **What happens and professional roles** | **Information that needs to be gathered or transferred** |
| **Patient visits GP** | **roles** | **gathered or transferred** |
| **Scheme receives referral**  **Information** |  |  |
| **Initial consultation** |  |  |
| **Programme and**  **monitoring** |  |  |
| **Exit route** |  |  |

**10 marks** (minimum 8 marks)

1. Outline one medico legal requirement relevant to the exercise referral instructor job role.
   1. **mark** (minimum 1 mark)
2. Explain the concept of data protection and how to maintain patient confidentiality in exercise referral.

**2 marks** (minimum 1 mark)

1. Give an example of how verbal and nonverbal­ communication including appearance and body language can influence patient perception.

|  |  |
| --- | --- |
| **Verbal communication** | **Non-verbal communication** |
|  |  |

**2 marks** (minimum 1 mark)

1. Describe how you would use the following consulting skills.

Open questions:

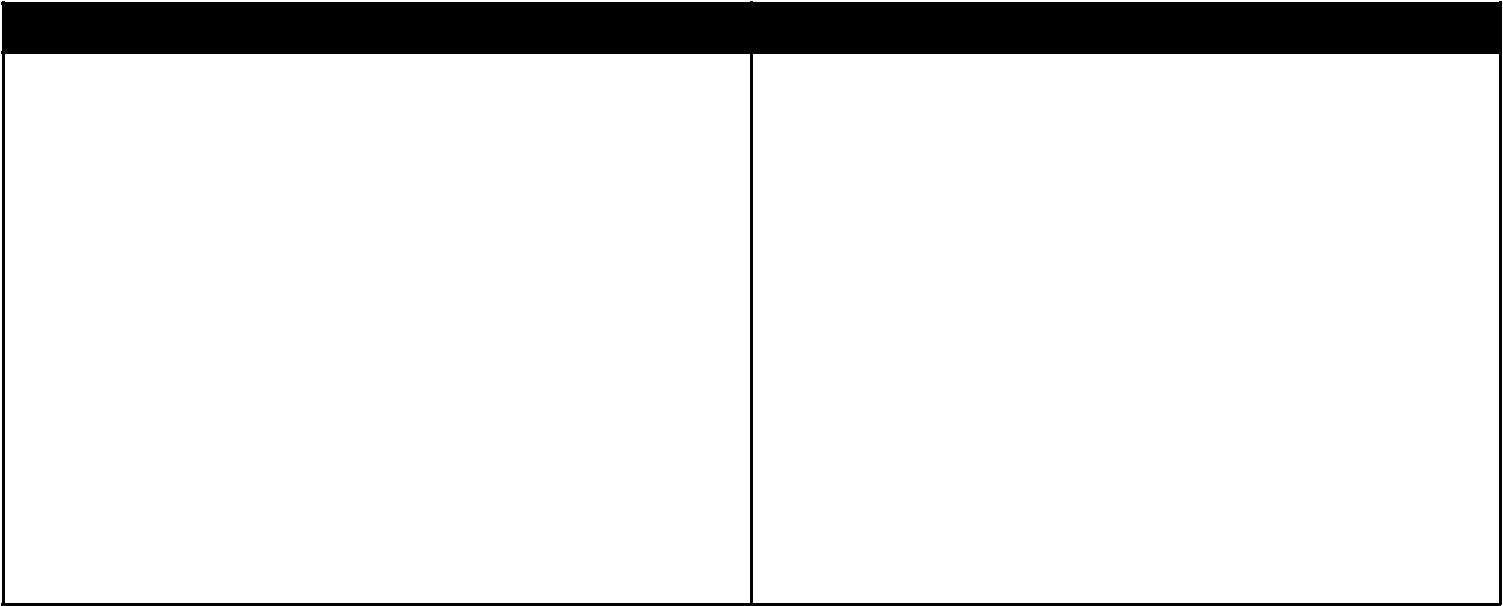
Active listening:

**2 marks** (minimum 1 mark)

1. Explain the term ‘health behaviours’.

**1 mark** (minimum 1 mark)

17. Explain internal and external locus of control.



|  |  |
| --- | --- |
| **Internal** | **External** |
|  |  |

**2 marks** (minimum 1 mark)

1. State why it is important to collect data and monitor and evaluate the success of exercise referral schemes and give an example of an indicator that could be used to monitor the patient and the scheme success.

**The importance of collecting data:**

**The importance of monitoring and evaluation:**

**An example of a data collection indicator to evidence patient success**

**An example of a data collection indicator to evidence the scheme success:**

**4 marks** (minimum 3 marks)

1. Define the terms validity and reliability and explain how these can be applied to evaluate the quality and reliability of evidence.

|  |  |
| --- | --- |
| **Validity** | **Reliability:** |
| **Quality and reliability of evidence:** | |

**4 marks** (minimum 3 marks)

1. State the purpose of risk stratification and name two risk stratification tools that have been used in exercise referral.

**Purpose:**

**Tool 1:**

**Tool 2:**

**3 marks (minimum 2 marks)**

**Result total / 49 marks**

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

**Pass / Refer**

**Assessor’s feedback:**