**Supporting behaviour change and healthy lifestyles**

**Unit accreditation number: Y/617/1110**

**Worksheet – Supporting clients**

**There are 24 marks available in this worksheet. You must score a minimum of 20 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. Describe how you would screen and gather information from group training participants.

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**2 marks** (minimum 1 mark)

1. How would you record and store participant information, ensuring confidentiality and data protection?

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**1 mark** (minimum 1 mark)

1. Identify one risk stratification model and explain how it can be used to assess risk.

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| **Risk stratification model** | **How it can be used to assess risk** |
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**2 marks** (minimum 1 mark)

1. Describe three common barriers that stop people changing their exercise behaviour and outline strategies to overcome these barriers.

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| **Barrier** | **Strategy to overcome the barrier** |
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**6 marks** (minimum 4 marks)

1. Identify two other professionals to whom an instructor might need to refer or signpost a client. Give an example of when it might be necessary to refer/signpost to each professional, and how it could take place.

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| **Other professionals** | **When referral/signposting might be necessary**  | **How referral/signposting could take place** |
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**6 marks** (minimum 4 marks)

1. What communication styles should you adopt with participants in the following stages of changing exercise behaviour?

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| **Contemplation:** |
| **Preparation:** |
| **Action:** |

**3 marks** (minimum 2 marks)

1. Identify two different approaches to support participants with changing their exercise behaviour.

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**2 marks** (minimum 1 mark)

1. How can SMART goals be used to help support clients to change their exercise behaviour?

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**1 mark** (minimum 1 mark)

1. What is the difference between a process and an outcome goal?

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**1 mark** (minimum 1 mark)

**Results total         /24 marks** (20 marks in total, with the minimum set marks achieved for each question required to pass)

**Pass/Refer**