

Reviewing exercise sessions



Unit: Instructing exercise with referred patients

CONSIDER...

Why is it important to give clients feedback on their performance during sessions?

AND

How should feedback be given?

Importance of feedback

- Correct technique
- Improve performance
- Motivate and encourage
- Improve knowledge and understanding
- Promote adherence
- Sense of achievement
- Can see progress

How?

Feedback should be:

- Immediate
- Honest & respectful
- Informative & descriptive
- Positive
- Constructive



Positive feedback statement

‘Great effort during that set – well done. Let’s see if you can reach those last three repetitions in the next set. If you keep focusing on keeping your chest lifted and your knees moving in line with your toes, you’ll perform a lot better’



Poorly worded statement

‘You didn’t manage to get the last 3 repetitions needed for that set. You lost neutral spine and your knee was rolling inwards towards the last few repetitions. Try and concentrate and make the next set count’

CONSIDER ...

Why is it important to give clients the opportunity to ask questions and discuss their performance?

Client questions and discussions

- Two-way communication is essential
- Check understanding
- Increase knowledge
- Maintain motivation
- Promote exercise adherence
- Increase responsibility
- Reinforce programme expectations
- Their questions may centre on:
 - Specific exercises (e.g. selection, technique, purpose)
 - Client progress and goals

Thought storm

Why is it important for clients to see their progress against goals

Importance of seeing progress:

- To see that their actions work & make a difference!
- Maintain motivation and adherence
- Promote sustained change
- Identify next steps and programme developments
 - Home exercise programme
 - Activities of daily living
 - Exit strategies
 - New additions, e.g. Relaxation
- Identify additional checks or support needed
- Signpost to GP, dietician etc

CONSIDER ...

Why is it important for clients to be provided with information about future exercise and physical activity, both supervised and unsupervised

Providing information on future exercise

- To support long-term behaviour change
 - Continued encouragement and motivation via support group meetings
- To add variety
 - Additional sessions
 - Different types of session, e.g. yoga
- To increase effectiveness
 - Home-based programmes
 - Activities of daily living
- Exit strategies
 - Sign-posting to local exercise opportunities
 - Reduced rates to continue with the referral scheme
 - Availability of 'graduate' group exercise classes