

## Ending exercise sessions



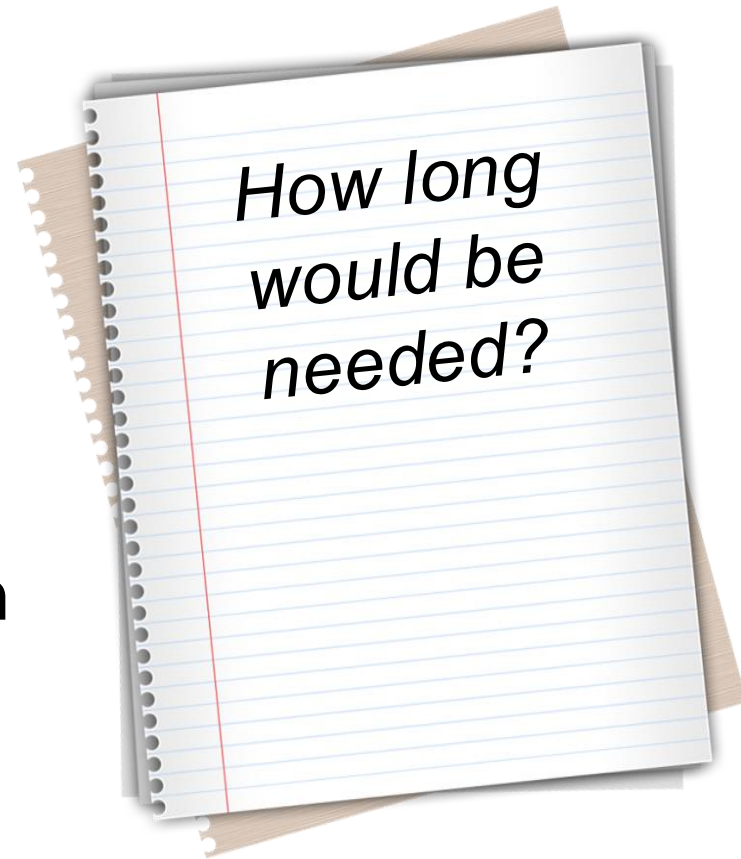
**Unit:** Instructing exercise with referred patients

# CONSIDER

What activities need to take place to bring an exercise referral session to an end?

## Ending activities

- Cool down component
- Opportunities for questions
- Opportunities for feedback
- Reflective practice
- Clear environment and leave in acceptable condition



# CONSIDER

What is the purpose and value of cool-down activities to patients

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What cool-down activities are appropriate?

# Purpose of the cool down

- Return body to non-exercise state
- Activities to:
  - Lower heart rate
  - Stretch muscles
  - Relax body and mind
  - Mobility



# Selecting cool down activities

- Correspond to the type and demands of the session completed
- Considerations:
  - Generally longer
  - More graduated
  - Less intense
  - More stable stretch positions
  - Ensure correct technique
- Condition considerations:
  - Relaxation techniques useful for some conditions
  - Breathing techniques useful for some conditions
  - Additional mobility and stretching

# CONSIDER

How would you provide clients with feedback and positive reinforcement?

AND

Why?

# Providing feedback and reinforcement

Why?

- So client leaves feeling motivated with a sense of accomplishment

How?

- Positive and constructive
- Descriptive and factual
- Identify areas to develop as new goals
- Linked to client goals



# Leaving the environment in a suitable condition

- Clear, clean, tidy
- Suitable for the next user
- Equipment packed away, e.g. Mats
- Lights off

# TASK

*Why is it important to review the outcome of the session?*

*&*

*Give examples of questions you might ask yourself (or the client) to gain information about the success of the session.*

# Reviewing outcomes

Questions to evaluate:

- What works
- What doesn't work
- What needs to change
- How to change it
- Create action plan for future sessions

# Considerations

How well the sessions met clients' goals

- Condition
- Exercise selection and structure
- How well they managed
- What did they like/dislike?

How effective and motivational the relationship was

- Engagement
- Rapport

How well the instructing styles matched clients' needs

- Any specific needs? E.g. Partial hearing, deaf etc
- Any confusion?
- Questions asked?

# Discussion

*Why is reflective practice important?  
&  
How can you improve personal practice?*

# Reflective practice

- Professional practice
- Identifies areas to develop
- Informs continued professional development
- Improves quality and effectiveness of work

# Improving personal practice

- Network with other professionals
- Meetings with other instructors to share experiences
- Read books and journals
- Additional courses and study
- Workshops
- In-house training

# Examples:

Finding out more about:

- a specific medical condition
- medications and the side effects
- strategies to help and support people with lifestyle changes

Learning to plan and instruct:

- a specialist population, e.g. Level 4 low back pain or mental health
- a new exercise format, e.g. Pilates, yoga or chair-based exercise
- a specific client groups, e.g. frail older adults

Studying for a new profession, e.g. occupational therapy, counselling