**L3 Working in Sport and Fitness Industry**

**Unit 1: Exercise, Health and Lifestyle**

**Handbook**

**Learner name: …………………………………….**

**Learning outcome**

**The learner will:**

Produce and use a questionnaire to assess the lifestyle of a suitable individual.

**The learner must:**

* produce a lifestyle questionnaire.
* use the questionnaire with a suitable individual.

**The following is an example questionnaire to assess the lifestyle of a suitable individual and is aimed more as a guide. This is not to be used as learner evidence for LO2 as this requires the learner to produce their own lifestyle questionnaire.**









**Learning outcome**

**The learner will:**

Analyse the lifestyle of the selected individual based on the information collected in the lifestyle questionnaire.

**The learner must:**

* Provide lifestyle improvement strategies

**Lifestyle Improvement Strategies**

These changes could include:

* Ways to increase physical activity levels by walking, stair climbing, cycling
* Reducing the intake of alcohol by seeking alternatives, attending counselling and therapy, detoxification, self-help groups, alternative treatment and therapies
* Reducing or stopping smoking by acupuncture, NHS smoking helpline, NHS stop-smoking services, nicotine replacement therapy
* Helping to reduce stress by developing stress management techniques like assertiveness, goal setting, time management, physical activity, positive self-talk, relaxation, breathing
* Producing a diet plan that supports better timing of food intake, eating more or less of certain foods, food preparation.

Using the questionnaire from LO2, analyse the lifestyle of the selected individual and provide lifestyle improvement strategies in the below table. You must include;

* Improvement strategies
* Relate to current health recommendations and guidelines

|  |  |
| --- | --- |
| **Lifestyle factor** | **Improvement Strategy**  |
| **Exercise** |  |
| **Alcohol** |  |
| **Smoking** |  |
| **Stress**  |  |
| **Drugs** |  |
| **Diet** |  |
| **Mental Wellbeing** |  |
| **Social Wellbeing** |  |

In this section you need to do the following;

* Prioritise your recommended lifestyle improvement strategies using the table below (1 being the highest priority and 10 being the least priority)
* Clearly explain the order of prioritisation for each improvement strategy recommended

|  |  |
| --- | --- |
| **Lifestyle factor?** | **Explanation of the priority of the recommended Improvement Strategy**  |
| **1.** |  |
| **2.**  |  |
| **3.** |  |
| **4.** |  |
| **5.** |  |
| **6.** |  |
| **7.** |  |
| **8.** |  |
| **9.** |  |
| **10.** |  |

**Learning outcome**

**The learner will:**

Produce a health-related physical activity plan for the selected individual

**The learner must:**

* Produce a health-related physical activity plan for the selected individual based on the information gathered in LO3

**Principles of Training**

|  |
| --- |
| **‘SPORV’ Principles – Specific, Progression, Overload, Reversibility, Variation** |
| **Specific** |  |
| **Progression** |  |
| **Overload** |  |
| **Reversibility** |  |
| **Variation** |  |

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| **‘FITT’ Principles – Frequency, Intensity, Time, Type** |
| **Frequency** |  |
| **Intensity:****Rating of Perceived Exertion (RPE)** |  |
| **Time** |  |
| **Type** |  |

|  |
| --- |
| **Periodisation** |
| **Microcycle** |  |
| **Mesocycle** |  |
| **Macrocycle** |  |

**Health Training Programme Targets**

Aim of personal activity programme. Use SMART targets;

**Specific**

**Measurable**

**Achievable**

**Realistic**

**Time**

|  |
| --- |
| **SMART Targets** |
| **Short Term** |  |
| **Medium Term** |  |
| **Long Term** |  |

**Health-related physical activity plan**

Learners must plan a 6-week health-related physical activity plan for the individual, taking into account the information collected in the lifestyle questionnaire. For example their personal goals, lifestyle, medical history, physical activity history, attitudes and motivation.

The plan must:

* be tailored to the individual’s needs
* include appropriate activities for the individual
* include SMART (short, medium and long term) objectives
* include the principles of training (overload, specificity, progression, individual differences, variation, and reversibility).
* Include the FITT (frequency, intensity, time and type) principles.

The plan could include practical information for the individual in regards to exercise intensity eg

* rate of perceived exertion (RPE)
* maximum heart rate
* maximum heart rate reserve

The learner could provide rationale for the choices and recommendations they have made

**Health-related physical activity plan**

**Week 1**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Day** | **Rest Day** | **Muscular Endurance****Exercises** | **Muscular Strength Exercises** | **Lifestyle Strategies** | **Targets (Link to short, medium or long term)** |
| **Monday:**  |  |  |  |  |  |
| **Tuesday:** |  |  |  |  |  |
| **Wednesday:**  |  |  |  |  |  |
| **Thursday:**  |  |  |  |  |  |
| **Friday:**  |  |  |  |  |  |
| **Saturday:**  |  |  |  |  |  |
| **Sunday:**  |  |  |  |  |  |

**Health-related physical activity plan**

**Week 2**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Day** | **Rest Day** | **Muscular Endurance****Exercises** | **Muscular Strength Exercises** | **Lifestyle Strategies** | **Targets (Link to short, medium or long term)** |
| **Monday:**  |  |  |  |  |  |
| **Tuesday:** |  |  |  |  |  |
| **Wednesday:**  |  |  |  |  |  |
| **Thursday:**  |  |  |  |  |  |
| **Friday:**  |  |  |  |  |  |
| **Saturday:**  |  |  |  |  |  |
| **Sunday:**  |  |  |  |  |  |

**Health-related physical activity plan**

**Week 3**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Day** | **Rest Day** | **Muscular Endurance****Exercises** | **Muscular Strength Exercises** | **Lifestyle Strategies** | **Targets (Link to short, medium or long term)** |
| **Monday:**  |  |  |  |  |  |
| **Tuesday:** |  |  |  |  |  |
| **Wednesday:**  |  |  |  |  |  |
| **Thursday:**  |  |  |  |  |  |
| **Friday:**  |  |  |  |  |  |
| **Saturday:**  |  |  |  |  |  |
| **Sunday:**  |  |  |  |  |  |

**Health-related physical activity plan**

**Week 4**

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| --- | --- | --- | --- | --- | --- |
| **Day** | **Rest Day** | **Muscular Endurance****Exercises** | **Muscular Strength Exercises** | **Lifestyle Strategies** | **Targets (Link to short, medium or long term)** |
| **Monday:**  |  |  |  |  |  |
| **Tuesday:** |  |  |  |  |  |
| **Wednesday:**  |  |  |  |  |  |
| **Thursday:**  |  |  |  |  |  |
| **Friday:**  |  |  |  |  |  |
| **Saturday:**  |  |  |  |  |  |
| **Sunday:**  |  |  |  |  |  |

**Health-related physical activity plan**

**Week 5**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Day** | **Rest Day** | **Muscular Endurance****Exercises** | **Muscular Strength Exercises** | **Lifestyle Strategies** | **Targets (Link to short, medium or long term)** |
| **Monday:**  |  |  |  |  |  |
| **Tuesday:** |  |  |  |  |  |
| **Wednesday:**  |  |  |  |  |  |
| **Thursday:**  |  |  |  |  |  |
| **Friday:**  |  |  |  |  |  |
| **Saturday:**  |  |  |  |  |  |
| **Sunday:**  |  |  |  |  |  |

**Health-related physical activity plan**

**Week 6**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Day** | **Rest Day** | **Muscular Endurance****Exercises** | **Muscular Strength Exercises** | **Lifestyle Strategies** | **Targets (Link to short, medium or long term)** |
| **Monday:**  |  |  |  |  |  |
| **Tuesday:** |  |  |  |  |  |
| **Wednesday:**  |  |  |  |  |  |
| **Thursday:**  |  |  |  |  |  |
| **Friday:**  |  |  |  |  |  |
| **Saturday:**  |  |  |  |  |  |
| **Sunday:**  |  |  |  |  |  |

**Health-related physical activity plan**

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| --- | --- | --- |
| **Weeks** | **Rationale for choices / recommendations:** | **Targets (Link to short, medium or long term)** |
| **Week 1** |  |  |
| **Week 2** |  |  |
| **Week 3** |  |  |
| **Week 4** |  |  |
| **Week 5** |  |  |
| **Week 6** |  |  |

**Reference Page**