

# SPECIALIST AREA: ADAPTING AND DEVELOPING EXERCISE

## SUB AREAS:

(Linked to L3 Personal trainer [ST0302](#))

- *Adapting exercise for antenatal and post-natal clients*
- *Adapting exercise for independently active, older people*

NB. The following duties are indicative and not exhaustive.

## SPECIALIST DUTIES: ADAPTING EXERCISE FOR ANTENATAL AND POST-NATAL CLIENTS

- considers the physical changes which take place during the antenatal and post-natal periods
- promotes the benefits of exercise/physical activity for antenatal and post-natal women
- supports antenatal and post-natal clients' exercise
- considers contraindications to exercise for antenatal and post-natal clients
- manages risks in antenatal and post-natal exercise sessions
- promotes the nutritional requirements for antenatal and post-natal period
- collects information to plan an exercise programme for antenatal and post-natal clients
- screens antenatal and post-natal clients prior to planning an exercise programme
- plans exercise programmes for antenatal and post-natal clients

## SPECIALIST DUTIES: ADAPTING EXERCISE FOR INDEPENDENTLY ACTIVE, OLDER PEOPLE

- considers the ageing process and demographics when planning activities

- makes special considerations when programming and delivering exercise for independently active older people
- promotes the benefits of physical activity and exercise for independently active, older people
- supports and motivates the independently active older people in exercise
- plans and delivers safe exercise for independently active older people
- plans and conducts pre-exercise consultation with independently active older people
- plans and adapts exercise for independently active older people
- plans a progressive programme of exercise for independently active older people
- manages risks for independently active older people in exercise sessions