

LECTURE 3

Exercise Considerations

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Exercise Considerations

We discuss exercise selection at length in the planning lectures but from a safety standpoint you need to make many choices around a client's exercise selection.

In a previous lecture we have discussed performing a PAR-Q but there are more things to consider when it comes to exercise selection. You must take these into account to keep your clients safe.

Considerations

When considering what exercises to assign to your clients you need to think about...

- Medical status, risk category, prior surgeries, injuries and screening results.
- Body types and exercises that will suit.
- Occupation and lifestyle.
- Special population considerations.
- Likes / dislikes and enjoyment.

Medical Status - if a client has a medical condition you need to consider how you will deal with this - whether you should refer them to their doctor or another healthcare professional, and what exercise contraindications you have to be aware of. The client might have had surgeries, injuries or issues in the past that will play a role in determining which exercises should or shouldn't be included in their programmes.

Body Type

Understanding the types of exercise they will each respond to will assist in your programming to ensure it is the most efficient and effective planning for your client. There are 3 types:

Ectomorph



An ectomorph is typically slim and relatively lean. They will have a harder time adding weight and are naturally more suited to endurance training and Type 1 recruitment

Endomorph



Muscular and powerful build with a higher likelihood to hold body fat. It is easy to assume a lower fitness level is likely but there are lots of examples of exercise and sporting events that suit endomorphs really well, such as rugby, weight-lifting and shot-put - events that require strength and power.

Mesomorph



Muscular and lean, athletic and strong, mesomorphs tend to be well-built and hold lower body fat. This body type will be well suited to many athletic pursuits and they have a tendency to gain and lose mass fairly easily.

Other Considerations

Occupation

Another consideration in exercise prescription is a person's job - and all that that entails. Long hours, high stress, lots of travel and the potential of adaptive postural issues are all things you need to take into account when planning exercise for a desk-based population. Equally if you have a client who is very active at work, it is important to supplement this with the right type of exercise.

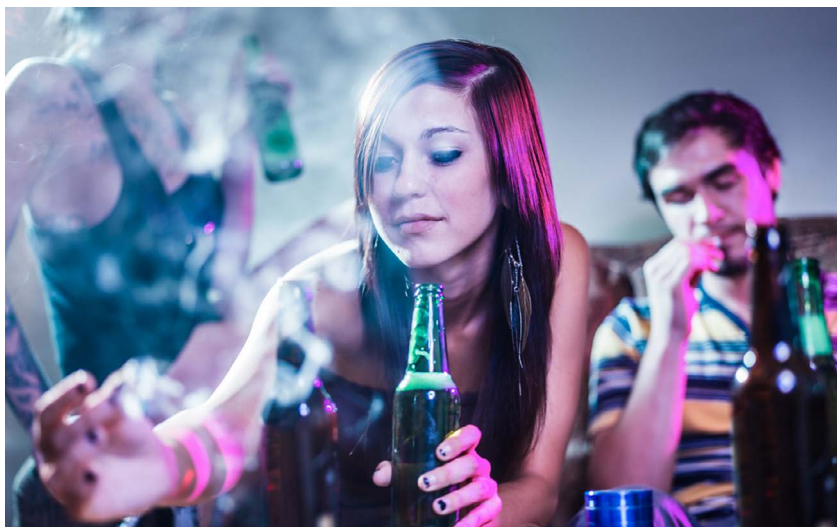
Lifestyle



Lifestyle is another factor. There are many aspects to this in terms of diet, activity, habits, drinking, smoking, family commitments and social life.

Let's have a little look below...

Social Choices



Drinking, smoking, late nights and accumulative fatigue will all factor into your conversation with clients around lifestyle and will influence the advice you give to them.

Sleep Habits



This is often an overlooked factor when it comes to health but adequate sleep and all the restorative properties it can provide are vital to a healthy lifestyle.

Nutrition



Nutrition plays an enormous part when it comes to our health. Fitness relies on training stress and recovery, and nutrition goes hand in hand in making sure we are well fuelled for training and can recover adequately afterwards.

Special Population Considerations

If you are training a client who falls into one of the special populations – pre/post-natal, older adult, adolescent or disabled client - you will need to make exercise selections based on the guidelines and advice on offer.

It is important that you don't work with anyone you don't feel appropriately qualified to work with - it is worth referring them to a more qualified colleague if that is the case.



Exercise Choices

There are so many ways in which you could choose to train your clients. There are lots of different disciplines to choose from and many different variables to manipulate. The skill of being a great instructor is to factor in all the considerations, take into account the client's other commitments, think about their likes/dislikes and preferences, and also be aware of their limitations.

Once you have considered all these areas, you will be in a position to offer them the best type of programme specifically for them.



Every exercise programme you write, and the exercises included are the product of an exercise **risk assessment** of sorts. All the information you gain from your client can help you to create the best possible exercise prescription to maximise the rewards and minimise the risks of exercise for the client.

