

Step four – Modular summative observation – Consultation

During the course your assessor will observe you conducting a consultation with your client. You may be assessed on one or more than one occasion.

Prior to the assessment you must prepare the environment and resources required.

During the consultation you must:

- Screen and risk stratify your client using a recognised approach.
- Collect data that will help to inform exercise programmes and be meaningful to your client.
- Collect and record relevant personal, physical activity, nutritional and lifestyle information from the client.
- Gain informed consent at appropriate points of the consultation.
- Perform client-appropriate health measurements (e.g. weight, height, waist circumference, body composition, resting heart rate, resting blood pressure).
- Identify and explain client-appropriate fitness assessments that will provide meaningful data to inform exercise programming.

You must include a copy of the consultation records within your portfolio.