

# Reflecting on delivering gym-based exercise sessions

Level 2 Gym-based programme  
delivery and professional  
instruction

## Learning outcomes

By the end of this session you will be able to:

- Review the outcomes of working with clients' taking into consideration client feedback
- Identify:
  - how well the exercises met client needs
  - the effectiveness of session structure and equipment for meeting client needs
  - how effective and motivational the relationship with the client was

## Learning outcomes

By the end of this session you will be able to:

- Identify:
  - how well the instruction and communication style matched client needs
  - the safety and effectiveness of programme and exercises
  - things that went well as well as things to improve
- Identify how to improve personal practice

## Reflecting on the session

Consider:

- How well the exercises met client needs
- The effectiveness of session structure and equipment for meeting client needs
- How effective and motivational the relationship with the client was
- How well the instruction and communication style matched client needs
- The safety and effectiveness of programme and exercises
- Things that went well as well as things to improve

## Reflecting on the session

- Gather feedback from clients in verbal or written formats
- Accept feedback objectively
- Identify specific improvements to instructional skills and communication to inform personal practice
- Identify ways to improve session content for meeting client needs

## The value of reflective practice

- Improve own performance and clients' performance
- Retain clients
- Aids personal development
- Meet clients' expectations
- Ensuring programmes are safe and effective