**Level 3 Sports Massage Mapping Toolkit**

**Competencies for the principles of exercise, fitness and health**

This toolkit covers knowledge an instructor needs to programme safe and effective exercise for a range of clients, the health benefits of physical activity and the importance of healthy eating.

Guided Learning Hours: 28 (content mapped to this unit should not be delivered in less than 28 hours).

**How to use this Mapping Toolkit**

Using the righthand column, indicate where in your training materials the evaluator can see the relevant criteria evidenced.

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| **Content:** | **Mapping** | |
| **1. Understand the effects of exercise on the body** | | |
| * 1. Describe cardiovascular and respiratory adaptations to endurance/aerobic training | |  |
| * 1. Identify the short and long term effects of exercise on blood pressure | |  |
| * 1. Describe the “blood pooling” effect following exercise | |  |
| * 1. Describe the effects of exercise on bones and joints including the significance of weight bearing exercise | |  |
| * 1. Describe delayed onset of muscle soreness (DOMS) | |  |
| * 1. Identify exercises or techniques likely to cause delayed onset of muscle soreness | |  |
| * 1. Describe the short and long term effects of different types of exercise on muscle | |  |
| 1.8 Describe different exercises that can improve posture | |  |
| **2. Understand the components of fitness** | | |
| 2.1 Define the components of health related fitness | |  |
| 2.2 Define the components of skill related fitness | |  |
| 2.3 Identify the factors that affect health and skill related fitness | |  |
| **3. Understand how to apply the principles and variables of fitness to an exercise programme** | | |
| 3.1 Describe the physiological implications of:  • specificity  • progressive overload  • reversibility  • adaptability  • individuality  • recovery time | |  |
| 3.2 Explain the principles of FITT (Frequency, Intensity, Time and Type) | |  |
| 3.3 Explain the principles of a progressive training programme in developing components of fitness | |  |
| 3.4 Explain how to recognise when and how to regress a training programme | |  |
| 3.5 Explain the principles of adaptation, modification and progression for each component of FITT (Frequency, Intensity, Time and Type) | |  |
| 3.6 Describe the effect of speed on posture, alignment and intensity | |  |
| 3.7 Describe the effect of levers, gravity and resistance on exercise | |  |
| 3.8 Describe the differences between programming exercise for physical fitness and for health benefits | |  |
| **4. Understand the Exercise contraindications and key safety guidelines for special populations** | | |
| 4.1 Describe the exercise contraindications and key safety guidelines for working with older people (50 plus) | |  |
| 4.2 Describe the exercise contraindications and key safety guidelines for working with antenatal and postnatal clients | |  |
| 4.3 Describe the exercise contraindications and key safety guidelines for working with young people (14-16) | |  |
| 4.4 Describe the key safety considerations for working with disabled people | |  |
| **5. Understand how to safely monitor exercise intensity** | | |
| 5.1 Describe the benefits and limitations of different methods of monitoring exercise intensity including:  • the talk test  • Rate of Perceived Exertion (RPE)  • heart rate monitoring and the use of different heart rate zones | |  |
| **6. Understand the health benefits of physical activity** | |  |
| 6.1 Describe the health benefits of physical activity | |  |
| 6.2 Describe the effect of physical activity on the causes of certain diseases including:  a. Coronary Heart Disease  b. Some cancers  c. Type 2 Diabetes  d. Hypertension  e. Obesity  f. Osteoporosis | |  |
| **7. Understand the importance of healthy eating** | |  |
| 7.1 Describe the national food model/guide | |  |
| 7.2 Describe key healthy eating advice that underpins a healthy diet | |  |
| 7.3 Explain the importance of adequate hydration | |  |
| 7.4 Explain professional role boundaries in relation to offering nutritional advice | |  |
| 7.5 Explain the dietary role of the key nutrients | |  |
| 7.6 Identify the common dietary sources of the key nutrients | |  |
| 7.7 Describe the energy balance equation | |  |
| 7.8 Explain the health risks of poor nutrition | |  |