

Question 5

Using practical examples, explain how a personal trainer might reduce the risk of injury to a participant when delivering a training session in a fitness centre. (6)

A personal trainer could reduce the chances of injury through producing a risk assessment of the equipment to ensure all issues have been foreseen. A good example could be checking the treadmill before the training session as if it is too close to other equipment, it could lead to an injury.

Another way a personal trainer could reduce the chance of injury could be monitoring the hazards around the gym facility. If the floor is wet and slippery, this could lead to a participant slipping over during a skipping session, it would therefore be important for the personal trainer to wipe the floor clean prior to starting activity.

Getting participants to undertake a PAR-Q at the start of the training programme would be another way to reduce the risk of pushing them too hard. If the PT finds out a performer has breathing issues such as asthma, they may limit the intensity or amount of time they perform cardiovascular activities so they do not push them past their boundaries, thus reducing potential injuries.

This links with checking the overall health and wellbeing of a client which a PAR Q can help with. Finding out that a client is unhealthy in the first instance due to their poor levels of fitness or poor diet can aid a PT in designing a training programme that is fit for purpose. Due to this, a PT would have to be aware that a large amount of exercise could cause further injury and should design their sessions to reduce that chance.

A further point to this poor health and or wellbeing could lead the participant to low levels of motivation as they don't feel they will ever get fitter. Due to this, they may not listen to instructions as they have lost interest and focus which could lead to them undertaking a squat, for example, incorrectly thus causing injury. A PT would need to maintain high levels of enthusiasm and set challenging but achievable targets that are agreed with the participant to maintain motivation levels.