

**Specification of Competency Standards**  
**for the Elderly Care Service Industry**  
**Unit of Competency**

Functional Area - Clinical Care

Title	Assist Elderly to Perform Aerobic Exercises
Code	106098L3
Range	This Unit of Competency is applicable to employees in the elderly care service industry who provide rehabilitation care services to elderlies. This competency should be applied under supervision. Employees are required to assist and guide elderlies to perform the aerobic exercises as prescribed by healthcare professionals, and monitor their conditions, so that elderlies can complete the exercises safely, improve their physical condition and cardiopulmonary functions
Level	3
Credit	2 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on aerobic exercises</p> <p style="padding-left: 40px;">Be able to</p> <ul style="list-style-type: none"> <li>• Understand the basic physiology and anatomy of bones, blood circulation system and respiratory system</li> <li>• Understand elderlies' physical conditions and level of mobility</li> <li>• Understand the benefits and objectives of aerobic exercises</li> <li>• Understand the aerobic exercises prescribed by healthcare professionals, such as: <ul style="list-style-type: none"> <li>○ Number of different exercises, and amount of physical activities.</li> <li>○ Safety and points to note</li> <li>○ Equipment required</li> </ul> </li> <li>• Understand the principles and safety precautions related to aerobic exercises, such as: <ul style="list-style-type: none"> <li>○ Full-body workout vs exercises for large muscle groups</li> <li>○ Safe heart rate while exercising</li> <li>○ Amount of physical activities (FIT: frequency, intensity, time)</li> </ul> </li> <li>• Understand aerobic exercises suitable for elderlies, such as: <ul style="list-style-type: none"> <li>○ Walking</li> <li>○ Jogging</li> <li>○ Cycling</li> <li>○ Aqua-fitness</li> </ul> </li> <li>• Understand the skills to guide elderlies to perform aerobic training</li> <li>• Understand methods to monitor elderlies' conditions when performing aerobic exercises <ul style="list-style-type: none"> <li>○ Observe how heavy their breathing is and their face complexion</li> <li>○ Measure their breathing rate and heart rate</li> <li>○ Observe the way they talk</li> <li>○ Use equipment such as polar watch, blood oxygen level monitor, blood pressure monitor or electrocardiogram machine</li> </ul> </li> <li>• Understand the techniques to document and report the training session clearly</li> </ul> <p>2. Assisting elderlies to perform aerobic exercises</p> <p style="padding-left: 40px;">Be able to</p> <ul style="list-style-type: none"> <li>• Inform elderlies in advance and explain the upcoming exercises to be performed so that they are more likely to comply</li> <li>• Understand elderlies' health conditions and ensure they are fit enough for the exercises, such as, <ul style="list-style-type: none"> <li>○ Any abnormalities in blood pressure and pulse</li> <li>○ Any fever or other symptoms of illness</li> </ul> </li> </ul>

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	<ul style="list-style-type: none"> <li>• Prepare sturdy furniture and handrails, tidy up the venue and ensure the environment is safe for elderlies to exercise</li> <li>• Assist elderlies to perform aerobic exercises as prescribed by healthcare professionals, such as: <ul style="list-style-type: none"> <li>○ Prepare the proper sports equipment, or arrange elderlies to use the appropriate machines</li> <li>○ Ensure the equipment and machines work properly, adjust them to appropriate positions and settings</li> <li>○ Explain the methods to perform the exercises and demonstrate the correct movements to elderlies</li> <li>○ Explain the aims and benefits of the exercises to elderlies</li> </ul> </li> <li>• Monitor elderlies' conditions when performing aerobic exercises, making sure they have performed the amount of physical activity as prescribed by healthcare professionals, such as: <ul style="list-style-type: none"> <li>○ take note of elderlies posture, breathing rate and face complexion</li> <li>○ Measure their breathing rate and heart rate</li> <li>○ Monitor their activities by using appropriate equipment as suggested by healthcare professionals</li> <li>○ Do not leave elderlies unattended, make sure they complete the exercises under supervision</li> </ul> </li> <li>• Adjust the intensity and pace of the aerobic exercises according to elderlies' conditions and abilities; terminate the exercise if they experience any discomfort and inform healthcare professionals immediately</li> <li>• Observe the effectiveness of the exercises and take note of elderlies' conditions upon finishing exercising; refer the cases to healthcare professionals for follow-up actions if needed, such as, <ul style="list-style-type: none"> <li>○ Elderlies are unable to complete the tasks</li> <li>○ Elderlies do not perform satisfactorily as required</li> <li>○ Elderlies refuse to participate</li> </ul> </li> <li>• Document all circumstances throughout the process when elderlies perform training and report to healthcare professionals, including <ul style="list-style-type: none"> <li>○ Heart rate when exercising</li> <li>○ Completed tasks and the adjustments made in the process</li> <li>○ elderlies' performance and others opinions, such as how satisfied they are</li> </ul> </li> </ul> <p>3. Exhibit professionalism</p> <p>Be able to</p> <ul style="list-style-type: none"> <li>• Provide clear instructions patiently when assisting elderlies to perform aerobic exercises</li> <li>• Monitor elderlies' conditions during exercises and ensure their safety</li> <li>• Give elderlies positive feedback, encourage them to complete the exercises and motivate them to partake in exercises continuously</li> </ul>
Assessment Criteria	<p>The integrated outcome requirements of this Unit of Competency are:</p> <ul style="list-style-type: none"> <li>• Ability to assist and guide elderlies to perform aerobic exercises as prescribed by healthcare professionals;</li> <li>• Ability to monitor the process as elderlies perform aerobic exercises and the effectiveness of those exercises; adjust the pace according to their abilities; and</li> <li>• Ability to document all incidents during the training session and report to healthcare professionals clearly.</li> </ul>
Remark	