

## 4.2 Advisor / Manager of the Patient/Client

The sports physiotherapist's role as Advisor is linked with their role as a Manager of the Patient/Client and relates to the provision of professional guidance, advice, and encouragement. This may occur in direct interactions with clients, or may be used to educate and influence practices or policy development at organisational, national and even international levels. The following competency has been designed to outline requirements of a sports physiotherapist in their advisory role:

### 5 Promotion of a Safe, Active Lifestyle

**Note:**

advice specific to the application or use of interventions and equipment is described as contributing to Competency 3: Rehabilitation.

**5**

## **Promotion of a Safe, Active Lifestyle**

**Sports physiotherapists collaborate with other professionals to promote safe participation in sports and activity for individuals of all abilities; they provide evidence-based advice regarding the optimal activity or sport for specific individuals and the ways in which they can minimise risk of injury and promote health**

### **Context:**

- advice and encouragement are given in direct interactions with individuals in any situation where the promotion of safe participation in physical activity is appropriate, and where guidance is sought directly.
- Influence is exerted at service delivery and policy development levels to advocate strategies and policies that promote safe participation in physical activity.

### **Behaviours:**

- encouragement to live more actively is provided in any relevant context, where it is ethical to do so.
- specific advice is provided:
  - in relation to optimal activities for specific individuals and groups, requiring analysis of their current level of participation and any factors that might influence their enjoyment and safety,
  - to facilitate safe, enjoyable progression of participation, and
  - regarding the availability of relevant organisations and facilities.
- continual revision of advice to incorporate up-to-date research evidence and innovations.
- Integration of knowledge from several fields into advice given and communications strategies used, including:
  - optimal activities for different individuals and population groups,
  - health promotion principles,
  - understanding of behaviour change, and
  - physical, psychological and social influences on activity participation.
- promotion of adherence to sports-related laws, regulations, and principles of fair play

### **Specific National Interpretations –**

This competency is strongly emphasised in Norway.

<b>Standards Relating to Competency 5: Promotion of a Safe, Active Lifestyle</b>	
<b>A foundational knowledge</b>	
The sports physiotherapist demonstrates the ability to:	
5A: 1	explore health promotion principles, including awareness of epidemiological trends in physical activity and exercise behaviours, guidelines for optimal participation, influences on participation, and behaviour change strategies.
5A: 2	analyse the physical and psychological benefits of different types of physical activity and exercise in specific individuals with varying needs, for example, of different genders, ages, and abilities
5A: 3	specify contraindications to specific types of movement and exercise that relate to specific individuals and population groups, such as individuals with chronic conditions
5A: 4	identify organisations and facilities which encourage and cater for specific types of sport and exercise for individuals of all ages and abilities
5A: 5	identify individuals and agencies that develop and influence policies and guidelines that affect the promotion of physical activity, exercise and sport
<b>B critique and synthesis</b>	
The sports physiotherapist demonstrates the ability to:	
5B: 1	critically analyse different types of physical activity and exercise measurement, enabling judgements of the credibility of epidemiological research
5B: 2	critically synthesise current research into physical activity and exercise behaviour change theories and intervention strategies
5B: 3	continually critique and synthesise research into the effects of movement and exercise on the physical and psychological health of specific population groups
<b>C information collection</b>	
The sports physiotherapist demonstrates the ability to:	
5C: 3	ask questions that relate to preference and personality, allowing suggestions about the most enjoyable types of activity for different individuals
5C: 1	collect relevant subjective and physical data to assess the individual's ability to participate in physical activity and exercise, identifying potential risks
5C: 2	determine an appropriate level of participation in physical activity or exercise, and identify any contraindication, using appropriate tests or referral to another professional
<b>D information processing</b>	
The sports physiotherapist demonstrates the ability to:	
5D: 1	analyse and estimate an individual's strengths, weaknesses, and preferences in relation to movement and physical activity
5D: 2	estimate safe and optimal progression of participation in different types of activity, integrating knowledge about the individual with consideration of exercise training principles
<b>E action / intervention</b>	
The sports physiotherapist demonstrates the ability to:	
5E: 1	provide effective advice and encouragement to promote safe and healthy participation in physical activity, exercise and sport
5E: 2	take actions that aim to influence the promotion of safe and healthy participation in physical activity, exercise and sport, at service delivery and policy development levels
<b>F evaluation and modification</b>	
The sports physiotherapist demonstrates the ability to:	
5F: 1	monitor an individual's participation, obtain feedback on motivation and adherence, and modify advice if required
<b>G specific national standards</b>	
5G: 1	