

Why Does a “One Size Fits All” Approach NOT Work?

Individuals have a variety of needs, abilities and interests. It is thought that if everyone in a group performed the same exercise at the same speed, then some individuals in that group would be over training while others would be under training.

In many instances, routines or tightly choreographed movements are not only difficult to perform, but may also be non-productive. Some of the reasons are:

- Each participant has different lever lengths in terms of height and body proportions
- Working positions provide different impact and intensity levels. Not everyone is capable of, or enjoys all of the working positions.
- In the water, individuals have different preferences for working depth. Some feel more comfortable in shallow, others enjoy non-impact or deep water, and still others like to submerge their chest in transitional depth. (NOTE: Deep water training may be inadvisable for PD.)
- only changes balance, but may also change intensity and impact.
- In a group, there may be all levels of experience. One participant may have been exercising 3 times a week for 10 years while another may be a new participant who has never exercised. Hence, the skill level provides a dramatic difference in understanding and level of performance.
- In each group, there will be participants who need little encouragement or feedback while others will need motivation and goal setting.
- In each group, there will always be a preference for exercise “favourites”. Some will enjoy partner work, others will prefer active cardiovascular sets, and others will love muscle-strengthening work. Know what the group enjoys and requires for improvement, and provide a balanced and enjoyable program.



- Individuals have unique body proportions and range of motion potential, which may be different in each joint. Some people have greater upper body mobility while others have better lower body mobility.
- Individuals have different strength and power abilities depending on their muscle fiber type and rate of fatigue.
- Individuals have differences in body composition (ratio of lean muscle mass to body fat) and the location of muscle or fat on the body. This not

Therefore, offering a variety of movement speeds, equipment choices, fitness goals and work preferences will dictate how each participant chooses to move.

The goal of any program is to offer a variety of exercises tailored to the objectives of the program or the individual. An instructor should be able to understand clearly “why” specific exercises have been chosen and decide how they may be performed safely and effectively.

Being able to critically understand the exercise choices for each condition or population is imperative for the participants’ success and benefit. The instructor should be able to answer the following questions when developing exercise design.