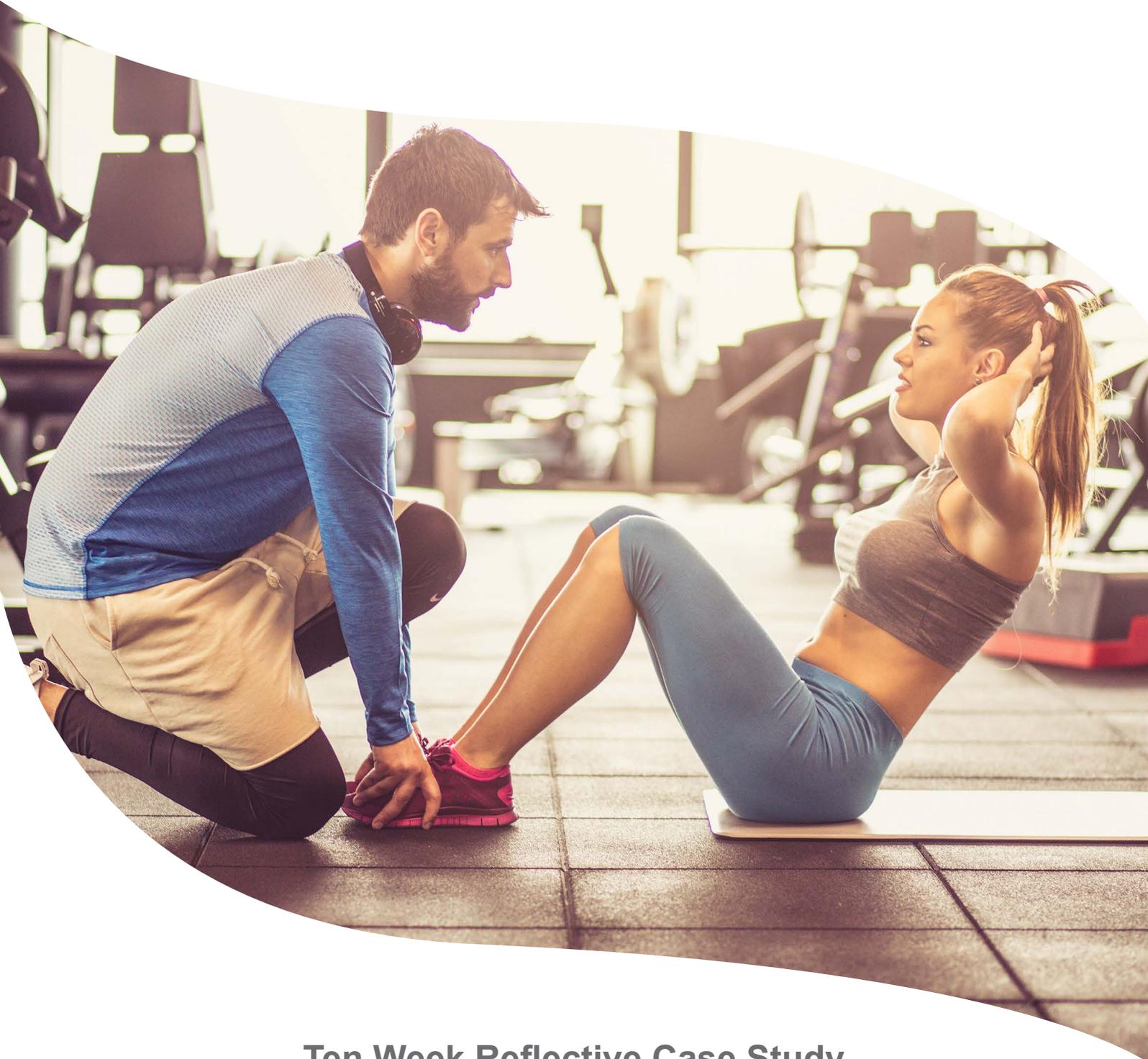




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LEVEL 3 PERSONAL TRAINING COURSE



Ten Week Reflective Case Study



Aim and purpose

Through this booklet you will need to select a friend or relative who is willing and able to commit to a ten-week training programme with you. This could be a complete novice or someone who is already training and have experience in health and exercise.

You will have to take your client through the personal training journey as if they are a new client to you. As part of this you will conduct a pre-exercise assessment, construct and action a ten-week training programme that is matched to your client's aims and objectives.

In this the booklet you will have to describe and analyse what has happened throughout the process, reflecting on your own and the client's progress, adapting to verbal and visual cues presented.

As you progress through the booklet, you will evidence the assessment, planning, tracking and monitoring of a client through a training programme.

Through one-to-one personal training, you will:

- Gain client informed consent
- Construct and use pre-exercise subjective and objective questionnaires
- Analyse and evaluate collected data
- Plan, construct and deliver personal training sessions
- Track & monitor personal training sessions
- Accommodate adaptations, variations & progressions for a variety of circumstances
- Reflect on overall performance and experience
- Set action plans for further development
- Summarise the initial consultation. Summarise conversation points surrounding training history, barriers to exercise, fitness ambitions, long term, and short-term goals
- Construct and completes Physical Activity Readiness Questionnaires (PARQ)
- Reflect on necessary interpersonal adaptations to accommodate a wide group of potential clients
- Create, complete, and analyse your own Health & Lifestyle questionnaire
- Identify and agree SMART training goals with the client
- Select, apply and justify client assessment
- Analyse assessment results
- Plan a training programme for the client
- Track and monitor client's progress
- Reflect on your clients progress each week
- Reflect on your own performance
- Attain client feedback
- Set an action plan for further development





Assessment Brief IQA by: Ian Spiby - Education Director (Wellbeing Fitness)	Date: 9.3.2021
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Assessment Brief sampled by Lead IQA: Ian Spiby - Education Director (Wellbeing Fitness)	Date: 9.3.2021
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Learner submission sampled by IQA: Name: <input type="text"/>	Date: <input type="text"/>
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Learner submission sampled by Lead IQA: Name: <input type="text"/>	Date: <input type="text"/>
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Participant Informed Consent Form

Thank you for agreeing to be a case study for .

The purpose of this assessment is so that the student can apply principles taught and attain live scenario training one on one in a safe environment to hone their skills and abilities.

By signing the declaration, you are agreeing to partake in a subjective and objective pre-assessment process. You are freely engaging and agree to continually engage in planned physical activity set by your trainer for a period of ten weeks. You are fully aware that your trainer is not yet formally qualified and partake fully out of your own choice. You are aware of all potential risks and benefits of partaking in regular physical activity and do so of your own free will. You are responsible for monitoring your own health and wellbeing and effectively communicating with your trainer. Please sign below confirming you give your full consent.

Participant Name:

Signed (Initials): Date:

During the personal training process please take the opportunity to capture photos and small videos whilst training with your client for evidence. Make sure you have consent from your client and make them aware you are doing this for the sole purpose of the assessment. These are not to be stored following completion of the training journey or used for any marketing and or uploaded to any social media platform.

Your tutor will request a small sample of these on completion of the booklet.



Client Consultation

In the box below please summarise the initial consultation you had with your client. Clearly detail questions asked and responses. Summarise conversation points surrounding training history, barriers to exercise, fitness ambitions, long term and short-term goals. This does not have to be a formal process.



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Physical Activity Readiness Questionnaires (PARQ) are a vital practice for personal trainers. These must be completed formally at the start of a training journey. Verbal checking of the client's wellbeing should be verified at the start of each session. The PARQ should be revisited every so often to see if any changes have occurred. You must construct your own if you intend to practise as an independent personal trainer.

Physical Activity Readiness Questionnaire

Here is the opportunity for you to create a PARQ and complete with your client's responses:

Question 1

Response

Question 2

Response



Question 3

Response

Question 4

Response





Question 5

Response

Question 6

Response





Question 7

Blank area for the question text.

Response

Blank area for the response text.

Question 8

Blank area for the question text.

Response

Blank area for the response text.





Question 9

Blank area for the question text.

Response

Blank area for the response text.

Question 10

Blank area for the question text.

Response

Blank area for the response text.





Suppose your client is extremely nervous or has not connected with you, offering information you can work with. It is important to establish rapport with your client but this cannot always be created at this point -nor should it be forced. How would you adjust your technique to accommodate this type of client and collect necessary information?

Below is the opportunity to create your own Health & Lifestyle questionnaire. These are crucial to construct and use with your client. You need to attain information you will utilise to inform decisions surrounding the client's training programme:

Question 1

Response



Question 2

Empty text box for the question.

Response

Empty text box for the response.

Question 3

Empty text box for the question.

Response

Empty text box for the response.





Question 4

Blank area for the question text.

Response

Blank area for the response text.

Question 5

Blank area for the question text.

Response

Blank area for the response text.





Question 6

Empty text box for the question.

Response

Empty text box for the response.

Question 7

Empty text box for the question.

Response

Empty text box for the response.





Question 8

Blank area for the question text.

Response

Blank area for the response text.

Question 9

Blank area for the question text.

Response

Blank area for the response text.





Question 10

Response

What is the fitness ambition of your client? This does not have to be set and achieved in the ten-week window.



How will you assess your client to set a baseline fitness level and be able to review progress?
Can you justify your choices of assessment methods?

[Empty box for client assessment and justification]





How will you assess your client to set a baseline fitness level and be able to review progress?
Can you justify your choices of assessment methods?



Below is a space to plan your training programme in specific detail. Don't get bogged down with tables columns and rows. The best training plan template is a blank piece of paper. We have provided an optional table you may use on the following page. Please consider you need to provide enough detail that if you were not available another trainer could read your notes and train your client.



1			
Equipment	Sets	Reps	Notes / adaptations / alterations
Exercise	Weight	Rest	

2			
Equipment	Sets	Reps	Notes / adaptations / alterations
Exercise	Weight	Rest	

3			
Equipment	Sets	Reps	Notes / adaptations / alterations
Exercise	Weight	Rest	

4			
Equipment	Sets	Reps	Notes / adaptations / alterations
Exercise	Weight	Rest	



5			
Equipment	Sets	Reps	Notes / adaptations / alterations
Exercise	Weight	Rest	

6			
Equipment	Sets	Reps	Notes / adaptations / alterations
Exercise	Weight	Rest	

7			
Equipment	Sets	Reps	Notes / adaptations / alterations
Exercise	Weight	Rest	

8			
Equipment	Sets	Reps	Notes / adaptations / alterations
Exercise	Weight	Rest	



9

9			
Equipment	Sets	Reps	Notes / adaptations / alterations
Exercise	Weight	Rest	

10

10			
Equipment	Sets	Reps	Notes / adaptations / alterations
Exercise	Weight	Rest	

11

11			
Equipment	Sets	Reps	Notes / adaptations / alterations
Exercise	Weight	Rest	

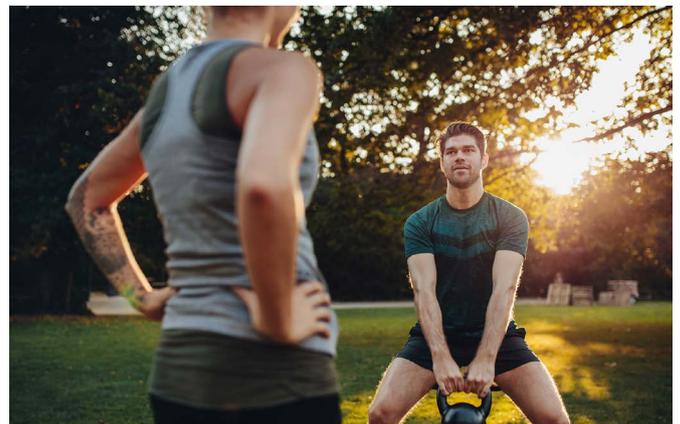
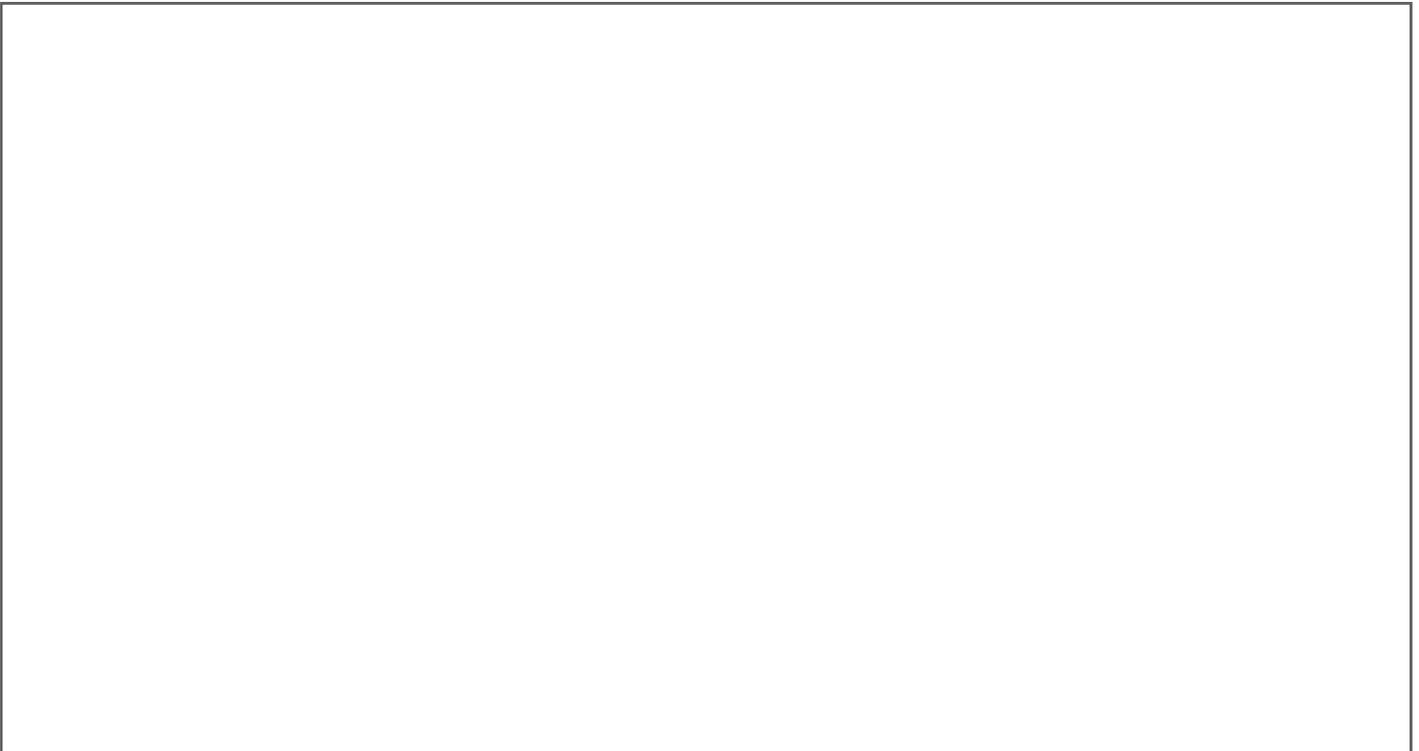
12

12			
Equipment	Sets	Reps	Notes / adaptations / alterations
Exercise	Weight	Rest	



Monitoring Of Your Client's Progress Through Their Training

How did they get on? Did they train every time as per your plan? Did you increase or decrease the training schedule over the ten week period? Training diaries and logs are just one way to track and monitor your client's progress. Think about how modern technology can support this. Within the next ten session plans you will be able to reflect on each session. Consider using subjective and objective means of assessment.





Session Plan & Reflection

Over the next few pages, you will have boxes to complete where you will set your individual session plan. You will need to provide specific detail such as exercises, intensity, time and duration sets and repetitions along with relevant coaching cues and physical cues you will be looking for.

The second box is for reflection. What went well and / or what adaptations were made from the original plan?

Week 1

Plan

Reflection



Adaptation Consideration

After each week you will have to answer an adaptation question. This is based on common issues faced by personal trainers in industry. Often these are presented with little or no notice. Your answer must demonstrate and reflect how you would professionally accommodate the client's needs, being resourceful and using initiative.

Think of a potential injury your client could attain through training with you. We aim to reduce risks and keep our clients safe but with physical training you cannot remove all risks. What type of injury could your client sustain?

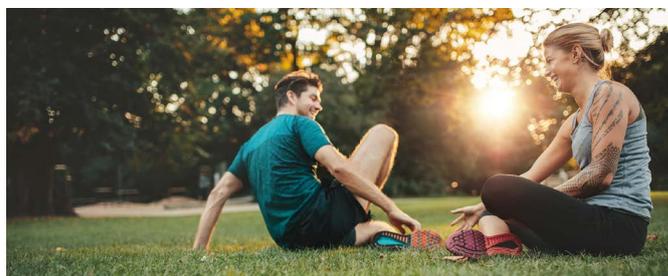
What would be the causing factor? It is common that clients go from doing very little physical activity over a long period of time to lots of activity in a short period of time resulting in injuries. How does your plan above avoid these?



Week 2

Plan

Reflection





Suppose your client cannot complete push and pull actions with any upper body joints. How will this affect your training schedule? How would you adjust?



Week 3

Plan

Reflection





Suppose your client is not able to train as per your proposed schedule. They have lifestyle commitments that will prevent them from training as regularly as instructed. How will you support and adjust your approach? The client is not a member of a gym and does not want to train at home and does not have equipment to train when at home.



Week 4

Plan

Reflection





Suppose your client recently got a promotion at work and is now required to travel more with overnight stays. Sometimes their work will take them abroad.

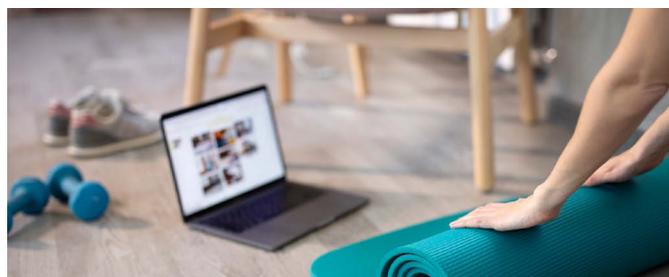
What would you do for this client?



Week 5

Plan

Reflection





Suppose your client is experiencing extreme DOMS, (Delayed Onset of Muscle Soreness) following your training. Why would this be happening? What would your response be?



Week 6

Plan

Reflection





Suppose your client has been reading up on nutritional supplements. Now they are training more regularly they want to know what they can take.

How would you answer your client?



Week 7

Plan

Reflection





Suppose your client has missed two training sessions with you and tells you they have lost motivation and find training boring.

How would you respond to this?



Week 8

Plan

Reflection





Suppose your client tells you they cannot afford to train with you on a regular basis. How would you respond to this?



Week 9

Plan

Reflection





Suppose that, following a recent heart attack scare your client has a fear of participating in any exercise routine that involves cardiovascular endurance. They think any activity that lasts beyond three minutes will put them at risk of having a full heart attack.

How would you manage this situation?



Week 10

Plan

Reflection





How did you track and monitor your client? Please present evidence below of your initial and continued tracking and monitoring of them: both objective and subjective assessments.



Self-Reflection. How did it go? What went well? What would have been even better? What actions moving forward could you apply to further enhance your personal training skills and abilities?



Client feedback. Please ask your client for feedback over the total journey and experience.
This can be typed directly into the box below or gathered via email.



Assessment Feedback

Tutor Name:

Student Name:

First submission date:

Feedback:

Tutor signed:

Date:

Resubmission...

Resubmission date:

Feedback:

Tutor signed:

Date:



Assessor - Please put an 'X' in the relevant box.

Pg. 3	PASS: <input type="checkbox"/>	REFER: <input type="checkbox"/>
Pg. 4	PASS: <input type="checkbox"/>	REFER: <input type="checkbox"/>
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Pg. 27	PASS: <input type="checkbox"/>	REFER: <input type="checkbox"/>
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Pg. 31	PASS: <input type="checkbox"/>	REFER: <input type="checkbox"/>
Pg. 32	PASS: <input type="checkbox"/>	REFER: <input type="checkbox"/>
Pg. 33	PASS: <input type="checkbox"/>	REFER: <input type="checkbox"/>
Pg. 34	PASS: <input type="checkbox"/>	REFER: <input type="checkbox"/>



Pg. 35	PASS: <input type="checkbox"/>	REFER: <input type="checkbox"/>
Pg. 36	PASS: <input type="checkbox"/>	REFER: <input type="checkbox"/>
Pg. 37	PASS: <input type="checkbox"/>	REFER: <input type="checkbox"/>
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