**Case study – Younger Adult**

**Gym-based programme planning and preparation (D/616/7950)**

**Assessment element 6**

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| **Client’s name** | | **Age** | **Gender** |
| Tom Wilkinson | | 14 | Male |
| **Description of lifestyle, to include: family, occupation, hobbies etc** | |  |  |
| Tom is a keen rugby player who is looking to improve performance in his sport. He trains twice a week with his local youth team and has regular games at the weekends. His hobbies are listening to rock music (when he’s not playing rugby).  His parents and older brother are very supportive of him succeeding in his sport as he has been chosen for a local semi-professional team.  He wants his endurance and core strength and he is keen to learn resistance machine exercises. He also wants to improve flexibility in his hamstrings and quadriceps which become tight because of training and lack of stretching.  Tom is at school and his homework and rugby training take up a lot of time, however he believes he still has an hour or so a week that can spend in the gym. | | | |
| **Description of present exercise and physical activity levels (apply FITT where appropriate)** | **Description of past exercise and physical activity levels (apply FITT where appropriate)** | | |
| Frequency: rugby training x2 per week plus a rugby game once a week. Intensity: moderate to high  Time: 5–6 hours across the week  Type: Rugby drills, CV interval training | As now, however intensity has increased in the past 2 years | | |

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| **Client’s activity likes and dislikes** | |
| **Likes:** | **Dislikes:** |
| Rugby and running but keen on learning more about resistance training | Dancing Football |
| **Client PAR-Q/PAR-Q + completed and informed consent explained: YES** | **Did the client answer YES to any PAR-Q/PAR-Q + questions**? **NO** |
| Analysis of PAR-Q/PAR-Q + responses and actions if applicable No action required | |
| **Results from health assessments (conduct the physical measurements/assessments as appropriate to the client and goals)** | |
| **Test** | **Results** |
| Resting heart rate | 50 bpm |
| Blood pressure | 120/76 |
| Height and weight | 1.7m 67kg |
| BMI | 23.2 |
| Waist circumference | 80 cm |
| Waist to hip ratio |  |

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| **LEARNER TO COMPLETE** 1) Results analysis – list any considerations for the programme based on the above consultation form.  2) State whether you think the client should be referred to an appropriate professional prior to taking part in physical activity, giving your reasons for referral (you may also utilise risk analysis tools such as ACSM/Irwin and Morgan) |
| 1:  2: |

**Gym programme card**

**Gym-based programme planning and preparation (D/616/7950)**This blank card should be photocopied to provide further programmes for the range of clients in  
element 6, which includes a young person and an older adult.  
**Note**: All components may not be suitable for some clients.

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| Learner’s name: |
| Client’s name: Tom Wilkinson |
| Training goals: |
| Date: |

**Warm up – component length:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **Overview of content, including mobility, pulse raising (CV machine as needed) and component length** | **Equipment and duration** | **Level/speed** | **RPE/HR** | **Adaptations or alternatives** |
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| **Preparatory stretches – list static and/or dynamic stretches here** | | | | |
| List muscle groups to stretch dynamically here: | | | | |

**Resistance training component length:** ­­­­­­­­­­­­­­­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **Exercise/machine** | **Resistance** | **Reps** | **Sets** | **Rest** | **Adaptations or alternatives to suit client** |
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| **Body weight exercise (including any functional/motor skills exercises appropriate for the client)** | | | **Sets/reps/rest or duration of activity** | | |
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**Cardiovascular training (1 or more machine) – component length: ­­­­­­­­­­­­­­­­­­­**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **Equipment and approach** | **Programme timings** | **Level/speed** | **RPE/HR** | **Adaptations or alternatives to suit client** |
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**Cool down/flexibility – component length: ­­­­­­­­­­­­­­­­­**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **Cool down (if a re-warm or pulse lowering phase is required please detail in the space below)** | |
| **CV machine (as needed)** | **Time and intensity range** |
|  |  |
| **Post-workout stretches – indicate which stretches are maintenance (M) or developmental (D)** | |
| List additional stretches here: | |
| **Suggest other activities the client may be interested in within the fitness facility to complement their programme.** | |
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| **Programme review dates.** | |
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Programming for client and from case studies assessment record and feedback (Assessor)

Gym-based programme planning and preparation (D/616/7950)

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| Learner’s name: |  | | | Date: |  | | |
| Assessor’s name: | |  | IQA’s name: | | |  |

The learner needs to achieve Pr1 through Pr6 to gain an overall pass in this section. Questioning is not permitted to confirm competence of practical skill. If the learner fails to meet the requirements of this section in full, they will need to be reassessed on this component of the session.

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| **Programme** | | | |
| The learner demonstrated that they:  **Pr1: Interpreted client information from consultation and screening for 2 clients (older adult, younger person) to select appropriate gym-based exercises to develop components of fitness, to include:**   * **cardiovascular fitness** * **muscular fitness** * **flexibility** * **motor skills and functional ability**   **Pr2: Suggested some appropriate activities to complement the client’s programme according to their interests and goals.**  **Pr3: Planned realistic timings for each component within the programme.**  **Pr4: Planned safe and effective warm ups and cool downs including appropriate mobility/stretching.**  **Pr5: Identified methods of training suitable for the individual client for each component as appropriate**  **Pr6:** **Recorded programme plans in an appropriate format.** | | | |
| **Assessor name:** |  | **Assessor signature:** |  |
| **Young Person Outcome** | **PASS/REFER** | **Date** |  |
| **Assessment Element 6 Case Study Programme Cards Assessor feedback: Young Person** | | | |