



# PT Case Study Help

Aiding students in the completion of their PT Progressive Case Study

## Programming personal training with clients Case Study (F/600/9052)



### Important Note\*

If you attended your advanced training practical assessment before the 31<sup>st</sup> October 2016 you are required to submit this assignment online.

If you attended/will attend your advanced training practical assessment after the 31<sup>st</sup> October 2016 you are required to print your completed assignment and take with you on your assessment day for marking. If this assignment is submitted online a fee will be charged.

### Client profile



Learner Name : \_\_\_\_\_ Date: \_\_\_\_\_

Client's name	Age	Gender
<b>Description of lifestyle, to include: family, occupation, hobbies etc.</b>		
<b>Description of exercise and physical activity levels. (apply FITT where appropriate)</b>		<b>Description of past exercise and physical activity levels. (apply FITT where appropriate)</b>
<b>Clients activity likes and dislikes</b>		
<b>Likes</b>	<b>Dislikes</b>	

Here provide a detailed description including things such as: -

- Home life, kids, sleep time/patterns
- Occupation – working hours, stress levels, activity whilst at work, how they commute
- Hobbies or interests that are active
- What they do in their spare time

We recommend you use the FITT acronym here but you can just write descriptions if you prefer as long as you cover **F**requency, **I**ntensity, **T**ime and **T**ype.

Provide at least two likes and dislikes here.

Client PAR-Q completed and informed consent explained: YES/NO	Did the client answer YES to any PAR-Q questions?
Analysis of PAR-Q responses and actions if applicable	
I	
Results from the test (physical measurements/assessments)	
Test	Results
Blood pressure	
Anthropometrics:	Results
height and weight	
BMI	
Waist circumference	
Waist to hip ratio	
Body composition:	Results
Callipers	
Bio-electrical impedance	
Cardiovascular fitness:	Results
Astrand bike test	
Rockport walking test	
Step test	
Cooper 12 min walk/run	
Range of movement:	Results
Sit and reach test	
Visual assessment	
Muscular fitness:	Results
Abdominal curl/sit up test	
Press-up test	
Estimation of 8-12 rep max	

State here whether or not your client has any medical/health issues and any actions needed as a result of information gathered from the consultation or the PARQ.

Here you must provide at least one result from each section – you don't need to explain what the result means at this stage.

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Results analysis – list any considerations for the programme based on the above

Functional ability – list any areas of functional fitness that need applying to the programme

Posture and alignment – list any postural/alignment issues your client might have and how these will be addressed in the programme

Client's needs

Clients readiness to participate (list the client's general feelings towards starting a programme of exercise and any possible obstacles)

Here explain what each of the results recorded on the previous page means e.g. for BMI give the classification and how it will affect your programme design – if they are obese how will it affect the intensity of sessions etc?

Here list a minimum of 1 exercise/movement to be analysed and how the result/outcome will impact on your programme design.

Give at least one posture or alignment observation for your client and explain how you will address these in the programme.

Clients needs should include any information from their lifestyle, fitness testing, posture, functional analysis etc **and** what the client wants to achieve from their programme.

This must include details of your clients motivation and perception of their exercise programme and a list of any possible barriers or obstacles that may affect their adherence or achieving goals.

### Goal setting

Learner Name : \_\_\_\_\_ Date: \_\_\_\_\_

Based on the information gathered from the client and the analysis of this information agree short, medium and long term SMART programme goals with the client.

+ SMART goals: Indicate below if another party other than the personal trainer and client is required for goal setting (please give reason for their involvement)	
Short-term	
Agreed review points:	
Medium-term	
Agreed review points:	
Long-term	
Agreed review points:	

Goals in this section need to be fitness related, not nutrition.

It's easiest to establish your long term goals first, then work backwards setting medium and short term goals that build towards them achieving their long term goal.

Make sure your goals are SMART – you don't have to use the acronym but still ensure they're SMART!

The agreed review point is a date you agree with your client to review the goal – this should be approximately midway towards the time set for the goal to be achieved.

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Barriers to achieving goals	Strategies to overcome barriers

In the first column write at least one barrier your client may face that might affect them achieving their goals – this could be something they've spoken to you about during their consultation.

In the second column give an idea of how to overcome the barrier e.g. support from family and friends, incentives etc.

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### Client testimony

Learner's name: \_\_\_\_\_

Client's name: \_\_\_\_\_

In signing this testimony you (the client) agree that the areas outlined in the checklist below have been fully explained/agreed between yourself and your personal trainer (the learner).

#### The personal trainer (learner):

CT1. Worked with you to agree short, medium and long-term goals appropriate to your needs

CT2. Agreed with you your needs and readiness to participate

CT3. Agreed with you the demands of the programme

CT4. Agreed with you a timetable of sessions

CT5. Agreed with you appropriate evaluation methods and review dates

CT6. Agreed with you how to maintain contact between sessions

Client's signature: \_\_\_\_\_ Date: \_\_\_\_\_

*\*an electronic signature is acceptable on this document*

Learner's signature: \_\_\_\_\_ Date: \_\_\_\_\_

*\*an electronic signature is acceptable on this document*

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**Programme card 1**

Client's name: \_\_\_\_\_ Goal stage this relates to: \_\_\_\_\_  
 Assessor's name: \_\_\_\_\_ Environment and resources: \_\_\_\_\_  
 Date: \_\_\_\_\_

Warm up					
Overview of content (including mobility, pulse raising and pre-stretch – where appropriate)	Equipment and duration	Level/speed	RPE/HR	Adaptations or alternatives	
Cardiovascular training					
Equipment and approach	Programme timings	Level/speed	RPE/HR	Adaptations or alternatives	
Resistance training					
Exercise/machine	Resistance (kg/body weight)	Reps	Sets : rest	Training system	Adaptation(s) or alternatives

**Related to all Programme cards (1- 4)**

\*\*\*All boxes must be completed in all components of the programme cards\*\*\*

Overview of content – provide a brief overview of the aim of the component

For all elements

**Adaptations** – how you could you adapt the exercise to increase or decrease intensity?

**Alternatives** – CV: an alternative exercise/machine that your client could also use to achieve the same affect

Resistance: an alternative exercise/machine that works the same muscle group

**Warm up and cool down** – warm up RPE/HR should show a gradual increase across the time given not just a flat intensity as this doesn't reflect how a warm up should be done. The same applies for the cool down with a gradual decrease in intensity.

**RPE/HR for CV training**

LSD: RPE/HR should reflect an aerobic curve

Fartlek: an average RPE/HR can be provided

Interval: Work and rest RPE/HR needs to be detailed

**Resistance training**

Training system is the method – e.g. supersets, drop sets etc





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Cardiovascular training 2 – incorporating pulse lowering				
Equipment and approach	Programme timings	Level/speed	RPE/HR	Adaptation(s) or alternatives
Core stability training				
Core exercise(s)	Position	Length of hold : rest	Adaptation(s) or alternatives	
Flexibility				
Muscles Stretched	Position	Type/Length of hold (static/dynamic/PNF)	Adaptation(s) or alternatives	

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### Evaluation form 1

Learner's name: \_\_\_\_\_

Client's name: \_\_\_\_\_

Session number: \_\_\_\_\_

You will need to complete the 4 session evaluation forms. You must evaluate each of the 4 sessions you carry out with your client. You will need to gain feedback from your client in order to complete some of the sections within this evaluation form. These evaluations will link directly to the review of the client's goals.

Client feedback	
The client found the following aspects of the personal training session effective/challenging:	
The client found the following aspects of the personal training session ineffective/less challenging:	
The client enjoyed the following:	The client did not enjoy the following:

## Related to all Evaluation forms (1-4)

You must complete all boxes on the evaluation form – give as much detail as possible.

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Based on the information received from the client and the visual/verbal feedback given during this session, I will change the clients programme in the following ways before the next session:

Exercise/activities:

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Environment and resources:

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Adaptations and alternatives:

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Other:

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I (the client) agree with the above changes to my next personal training session and agreed that they are appropriate to my need.

Client's signature: \_\_\_\_\_ Date: \_\_\_\_\_  
*\*an electronic signature is acceptable on this document*

Learner's signature: \_\_\_\_\_ Date: \_\_\_\_\_  
*\*an electronic signature is acceptable on this document*

Fill in all boxes. If your not making any changes in one section state why.

**12 week programme overview**

**Warm up**

Client's name: \_\_\_\_\_

	Week 1	Week 6 – overview of changes	Week 12 – overview of changes
Frequency			
Intensity			
Time			
Type			
Any other information	Explain the reasons for the changes	Explain the reasons for the changes	

The purpose of the overview is to give a more detailed description of each phase of your clients programme and explain changes you've made and why.

Make sure you refer back to lifestyle information, fitness testing, likes/dislikes and goal setting or any other requirements your clients has to ensure your overview is tailored specifically to your client.

In the overview of each component you need to show a progression in line with the goals you have agreed with your client.

All changes made over the 12 weeks must be explained.

12 week programme overview

Cardiovascular training

Client's name: \_\_\_\_\_

	Week 1	Week 6 – overview of changes	Week 12 – overview of changes
Frequency			
Intensity			
Time			
Type			
Any other information	Explain the reasons for the changes	Explain the reasons for the changes	

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### 12 week programme overview

### Resistance training

Client's name: \_\_\_\_\_

	Week 1	Week 6 – overview of changes	Week 12 – overview of changes
Frequency			
Intensity			
Time			
Type			
Any other information	Explain the reasons for the changes	Explain the reasons for the changes	

12 week programme overview

Core Stability

Client's name: \_\_\_\_\_

	Week 1	Week 6 – overview of changes	Week 12 – overview of changes
Frequency			
Intensity			
Time			
Type			
Any other information	Explain the reasons for the changes	Explain the reasons for the changes	

12 week programme overview

Cool down and Flexibility

Client's name: \_\_\_\_\_

	Week 1	Week 6 – overview of changes	Week 12 – overview of changes
Frequency			
Intensity			
Time			
Type			
	Any other information	Explain the reasons for the changes	Explain the reasons for the changes



**12 week programme overview**

**Activities for daily living (ADL)**

Client's name: \_\_\_\_\_

Week 1	Week 6	Week 12

In this section you need to give daily activities your client can do to supplement they're exercise programme. These activities don't have to be exercise, just changes to lifestyle e.g. cycling to work instead of driving.

**12 week programme overview**      **Exercise in other environments**

Client's name: \_\_\_\_\_

Includes exercises that can be carried out in environments such as home, office or outdoors

Week 1	Week 6	Week 12

**12 week programme overview**

**Other comments:**

Please list any other details relating to the progression of the whole programme and how you will manage the programme

Here you need to give any exercises or additional aspects of the programme to be completed outside of the gym floor or studio. These should supplement the gym based programme. This could include things such as full workouts for your client to complete, recovery exercises or walking to work instead of driving etc.

Does your client have any other special needs or are there any things you need to do for this client e.g. if they're going on holiday in the middle of the programme and anything you'll advise they do while they're away.

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### Goal review

Learner's name: \_\_\_\_\_ Goal stage: Short-term

Client's name: \_\_\_\_\_

This document is to be completed with your client on the agreed short-term goals review date.

Client's view on their progress to date and any changes in the circumstances since goal setting

Feedback given to the client on their progress to date

Information here needs to relate to goals set and any specific achievements (or non-achievement) at the short term goal review date stage. Also include how they are feeling (energy/strength levels etc), what are they enjoying, what are they not enjoying, are any parts too easy or too hard etc?

Even if your client is hypothetical a detailed response should be given here.

This should include achievements so far e.g. fitness test results, physical measurements or increased loads/levels etc and how this has made the client feel. Also include how the programme has or hasn't changed as a result of this. Remember, your feedback here should be positive and constructive regardless of the outcome - if your clients progress is minimal then try to point out why is it less than expected but in a constructive way.

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Review of goals (based on outcome)	
Short-term	
Next review date:	
Summary of revised medium-term goals:	
Next review date:	
Summary of revised long-term goals:	

Here refer to the short term goals and comment on progress (or not) towards that goal.

First of all state whether the goals are going to be changed based on the short term review. If short term goal has been achieved early or no/little progress has been made then the medium and long term goals may have to be revised.

As above

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Next review date:	

I (the client) can confirm that the purposes of this review has been explained to me and I agree with the revised goals

Client's signature: \_\_\_\_\_ Date: \_\_\_\_\_  
*\*an electronic signature is acceptable on this document*

Learner's signature: \_\_\_\_\_ Date: \_\_\_\_\_  
*\*an electronic signature is acceptable on this document*

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