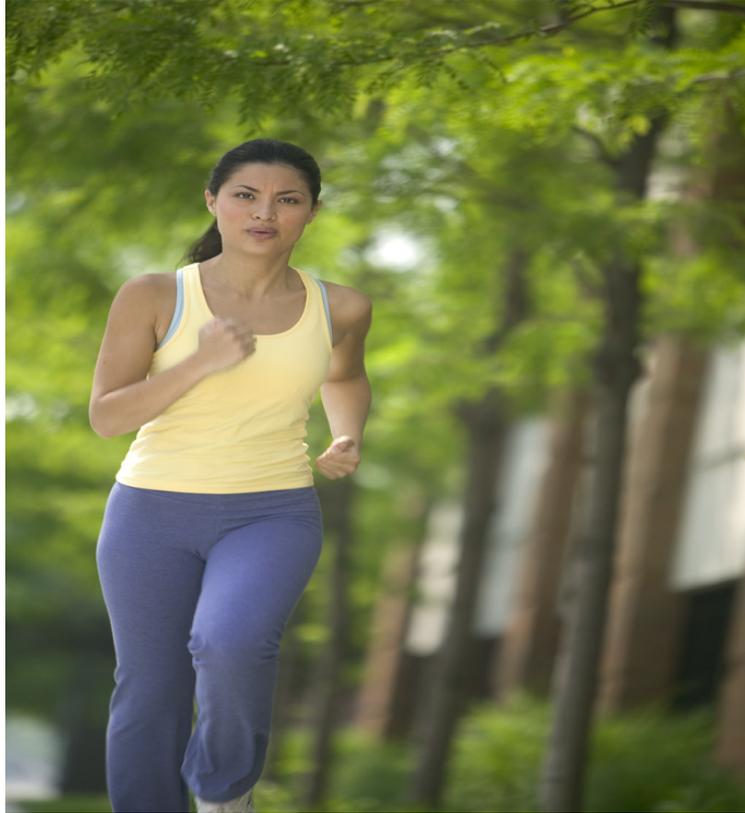


# NCEF Level 2 Personal Training Programme of Study



## Project Title

# “A Positive Lifestyle Change”

**Name:** Maeve Kavanagh

**Date:** Feb-April 2006

# Table of Contents

	<b>Page</b>
<b>Introduction</b>	<b>2</b>
<b>1. First Meeting with client</b>	
1.1 Health Screening and Exercise History & Attitude Questionnaire	<b>3</b>
1.2 Analysis of clients health/fitness	<b>3</b>
1.3 Analysis of clients goals and preferences	<b>3</b>
<b>2. Fitness Assessment</b>	
2.1 Tests chosen and rationale	<b>4</b>
2.2 Test results	<b>5</b>
2.3 Analysis of results	<b>6</b>
<b>3. Programme Design</b>	
3.1 Five-week training schedule	<b>7</b>
3.2 Detailed plan of programmes including progressions	<b>8</b>
3.3 Rationale for programmes	<b>12</b>
3.4 Training Log of 4 <sup>th</sup> Session with client	<b>13</b>
<b>4. Client Education and Support</b>	
4.1 Motivational Tools/strategies used to provide support and encouragement	<b>14</b>
4.2 Handouts and literature provided	<b>14</b>
<b>5. Fitness Assessment Retest</b>	
5.1 Test Results and analysis	<b>15</b>
5.2 Evaluation of the programme to date	<b>16</b>
<b>6. Future Direction of the Programme</b>	
6.1 Outline Plan	<b>16</b>
<b>7. Client Feedback</b>	
7.1 Clients evaluation of the service provided	<b>17</b>
7.2 Analysis of the evaluation	<b>17</b>
<b>8. Self Evaluation</b>	<b>17</b>
<b>9. Conclusion</b>	<b>18</b>
<b>10. Appendices</b>	<b>19</b>

## Introduction

The aim of this project was to provide me with the opportunity to work on a one to one basis with a client in order to improve and develop my knowledge, skills and attitudes necessary to become a confident and competent Personal Trainer and to help another individual make some positive choices towards achieving a healthier lifestyle. In order to achieve this aim, I had to work with a client over a five-week period for two one-hour sessions per week.

### First Meeting with client

**1.1** The purpose of this meeting was to complete the Health Screening and Exercise History & Attitude Questionnaires and she also completed an Active Living Quiz. I explained the purpose of these forms and informed her that the information gathered would be kept confidential at all times. These forms were essential and valuable tools to help me to prescribe a safe and effective training programme for my client. It is very important when working with a new client to open up the communications lines from the beginning and develop a positive rapport.

**Refer to Appendix 1 for completed forms.**

### 1.2 Analysis of Client's state of Health & Fitness

My client is 28 years of age and has no medical history that would affect her engaging in this exercise programme. There was no history of cardiovascular disease or medical problems in her immediate family/relatives. She had no risk factors related to cardiovascular disease. She was a light smoker but gave up 2 years ago.

She has not led an active lifestyle since her college years. During her teenage years she was very active and participated in school sports, mainly hockey. Once she started college she continued with the sport for another year but then study and work took over. She has a huge interest in all types of sports but watches them on TV instead of engaging in any form of regular physical activity.

She has a demanding job and works long hours, but her work does involve walking around the shop floor quite a lot. By the time she gets home, she has no energy to exercise and sits in front of the TV. She doesn't enjoy exercising on her own as she finds it boring and dislikes the gym because she finds it intimidating. She has trouble sleeping at times and finds that this affects her stress levels at work.

In October'05 she started playing indoor soccer one evening per week in the local school hall and really enjoys it. However, she doesn't feel fit enough to keep going for the full hour and is exhausted by the end of the game. Her co ordination and soccer skills are very good but her lack of aerobic fitness prevents her from performing at her best. She feels stiff the next day and it normally takes her a few days to loosen up.

She is not very weight conscious but would like to lose some weight as she feels it affects her energy levels. She is 11 stone, 5 ft 6"and is of medium frame. According to the weight height tables (**Refer to Appendix 2 for tables**) her ideal weight should be approx 130-144 lbs (8st 9 lb – 10 st 4 lb). Her body mass index is 24.82 Kg per m, which means she is bordering on the overweight category (**Refer to Appendix 2 for BMI Categories**).

She has only been on a diet once (Weight Watchers), but gave up after two weeks. Her diet is fairly balanced but does not include much dairy or fruit and she would choose white bread, rice and pasta over wholegrain and wholewheat. She finds the evening times the worse time of day for grazing on salty and high fat foods.

### **1.3 Analysis of client's goals and preferences**

From a lengthy discussion with my client and a review of the questionnaires my client's long-term goal is to improve her overall lifestyle. She wasn't surprised at how inactive she was especially when she completed the Active Living Quiz (**Refer to Appendix 1**).

Goals provide direction, monitor progress and facilitate achievement. However, these goals must be realistic, obtainable and quantifiable. I informed my client that no programme would deliver instant results; it's the short-term goals that will keep her motivated throughout the five-week period. It's important that we record and refer to her goals before each session to ensure we are working towards them.

The following goals were recorded.

**For the purpose of this project we identified the following goals:**

- 1. To meet trainer twice per week for one-to-one session for 1 hour.**
- 2. To complete two sessions on her own during the week.**
- 3. To be able to jog approx 20 minutes without stopping.**
- 4. To tone up and lose 3lbs in weight.**

**Three Months time:**

- 1. To be exercising at least 4-5 times per week and enjoy doing so.**
- 2. To lose one stone in weight through physical activity and a balanced diet.**
- 3. To be able to jog 10km**

My client is open to all suggestions regarding activities, however, as she is not comfortable going to a gym, we have decided to complete any weight training sessions in my house. She is apprehensive about jogging outdoors on her own, so I will incorporate running into our one to one sessions. As she plays soccer on a Tues evening, we will meet before the game to warm up and stretch and we will stay behind after to complete a cooldown and stretching.

## 2 Fitness Assessment:

2.1 Below is a summary of the tests and a rationale for selection of each test. I asked her to avoid alcohol the night before and not to eat a heavy meal at least 2 hours prior to the assessment. By completing these tests, I was able to see what level of fitness she was at. The results enabled me to prescribe an effective programme. It also acted as a motivational tool for my client knowing that I was going to re-test her in 5 weeks time. Before each test was performed, I informed my client of the component of fitness being tested and why? I went through each test in detailed and got her to practice stepping up and down on the step and I went through the techniques for the LME Tests.

### Fitness Assessment Tests and Rationale for Selection

Component of Fitness	Tests	Rationale for tests
<b>Postural Evaluation</b>	Posture Analysis (Analysis from side view, rear view and front view)	To determine if client has any problems that might be affected by specific exercises and to educate client on how to create natural body alignment and maintain a healthy posture.
<b>Body Composition</b>	Girth Measurement (Chest, upper arm, waist, hips, thigh, calf).	Used as a baseline for improvement.
	Body Mass Index	It uses an individuals weight and height to give an indication of body comp.
	Waist to Hip Ratio	It uses an individual's waist & hip measurement to see if the individual is in a high-risk category for CHD i.e. excess fat around the middle & hips. Middle being higher risk.
<b>Cardiovascular</b>	Queens College Step Test	To determine VO <sup>2</sup> max. This test is suitable for clients with average to good levels of fitness. My client has no knee or balance problems and as she is young and has been playing indoor soccer for the last few weeks, I felt it was an appropriate test to use. I will use the result as baseline for improvement.
<b>LME</b>	Crunch Curl	To determine abdominal endurance as a baseline for improvement.
	Modified Press Up	To determine body endurance of the pectoralis major, anterior deltoid and triceps as a baseline for improvement.
<b>Flexibility &amp; Muscle Length Analysis</b>	Straight leg raise - <i>Hamstrings</i>	Depending on result might need work
	Back Extension – <i>Hip Flexors and Abdominals</i>	Depending on result might need work
	Shoulder Elevation – <i>Shoulders</i>	Depending on result might need work
	Hand behind neck	Depending on result might need work
	Hand behind back	Depending on result might need work
	Wall test	Depending on result might need work
	Thomas Test - Hip Flexors	Depending on result might need work
	Calf/Soleus	Depending on result might need work

The battery of tests above required minimal equipment and each test was specific to my clients' goals. As my client is not familiar with weight training, I did not perform any Muscular Strength tests. It would be a good idea to determine her 1RM in order to select appropriate weights for LME, however, we will use the result of her endurance tests as a baseline for improvement and when she has improved her technique and endurance after the 5-week period we can discuss further testing.

**Fitness Assessment Results (1<sup>st</sup> Testing)**

<b>Component of Fitness</b>	<b>Tests Performed</b>	<b>Result</b>
<b>Postural Evaluation</b>	Posture Analysis (Analysis from side view, rear view and front view)	Shoulders were slightly rounded.
<b>Body Composition</b>	Weight	154 lb (11stone)
	Height	5ft6"
	Body Mass Index	24.82 kg per m <sup>2</sup>
	Girth Measurement (Chest, upper arm, waist, hips, thigh, calf).	Chest: 37 inch Arm (Upper right): 12.5 Waist: 36.5 inch Hips: 42.5 Thigh (Right): 22 inch Calf (Right): 16.5
	Waist to Hip Ratio	0.85
<b>Cardiovascular</b>	Resting Heart Rate (RHR)	78BPM
	Queens College Step	36.2 ml/kg/min
<b>LME</b>	Crunch Curl	26 curl ups
	Modified Press Up	16
<b>Flexibility</b>	Straight leg raise - <i>Hamstrings</i>	85°
	Back Extension – <i>Hip Flexors and Abdominals</i>	10 cm
	Shoulder Elevation – <i>Shoulders</i>	47 cm
	Hand behind neck	Left side = poor
	Hand behind back	Left side = poor
	Wall test	Large space
	Thomas Test - Hip Flexors	Good
	Calf/Soleus	Poor

**\* Refer to Appendix 3 for hard copy of results.**

<b>Component of Fitness</b>	<b>Analysis of Fitness Assessment Result</b>
<b>Postural Evaluation</b>	She had quite good overall posture; however her shoulders were slightly rounded, so I prescribed compound exercises to strengthen her upper back muscles. And I also gave her stretching exercises to develop the flexibility of the anterior muscles.
<b>Body Composition</b>	The girth measurements were taken only to monitor improvement. Her Waist to Hip Ratio was borderline $>0.85$ = greater risk of heart disease in women. According to the weight height tables her ideal weight is approx 10 stone and according to her BMI result she is just a fraction under the overweight category. I prescribed an aerobic & LME programme to reduce her bodyweight and for overall toning.
<b>Cardiovascular</b>	Her aerobic fitness was average. We started out with low intensity RPE 6-7 (65% - 70%MHR) and progressed gradually. Interval training was incorporated to slowly increase her aerobic capacity.
<b>LME</b>	Curl up - endurance was marginal. For females under 35 yrs of age (25) is marginal, (40) is good & (50) is excellent. Modified Press up – endurance was average, (for females 20-29 yrs (17-33) is average & (34-48) is good. I prescribed an LME programme concentrating on high repetitions and compound exercises to improve muscle tone and endurance in the muscles. I also took into consideration the nature of her job and what her body has to do functionally everyday
<b>Flexibility</b>	All tests performed were completed to monitor improvement. Her shoulder flexibility was average at 75cm. The range of movement of her lower back was poor at 10cm and as there was space between the wall & her lower back when I performed the Wall Test, I prescribed exercises for her hip flexors to improve flexibility. The other main area that needed work on was increasing the flexibility of the calves. For this I included PNF stretching in her programme.

## Programme Design

3.1

### Overall Five-Week Training Schedule

Week	DAY	Programme	Duration
1	Monday	<b>Programme A</b>	1 hour with trainer
	Tuesday	<b>Indoor Soccer</b>	1 hour (15 min with trainer)
	Wednesday	Rest Day	Rest Day
	Thursday	<b>Programme B</b>	1 hour with trainer
	Friday	Rest Day	Rest Day
	Saturday	<b>Walk</b>	45 min
	Sunday	Rest Day	Rest Day
2	Monday	<b>Programme A</b>	1 hour with trainer
	Tuesday	<b>Indoor Soccer</b>	1 hour 15 min with trainer
	Wednesday	Rest Day	Rest Day
	Thursday	<b>Programme B</b>	1 hour with trainer
	Friday	<b>Walk</b>	1 hour with friend
	Saturday	Rest Day	Rest Day
	Sunday	Rest Day	Rest Day
<b><i>*We had a break between week 2 &amp; 3 as client was unavailable</i></b>			
3	Monday	<b>Programme A</b>	1 hour with trainer
	Tuesday	Rest Day	Rest Day
	Wednesday	Rest Day	Rest Day
	Thursday	<b>Programme B</b>	1 hour with trainer
	Friday	Rest Day	Rest Day
	Saturday	<b>Walk</b>	1 hour with friend
	Sunday	Rest Day	Rest Day
4	Monday	<b>Programme A</b>	1 hour with trainer
	Tuesday	<b>Indoor Soccer</b>	1 hour (15 min with trainer)
	Wednesday	Rest Day	Rest Day
	Thursday	Rest Day	Rest Day
	Friday	<b>Programme B</b>	1 hour with trainer
	Saturday	Rest Day	Rest Day
	Sunday	<b>Walk</b>	30 min on her own
5	Monday	<b>Programme A</b>	1 hour with trainer
	Tuesday	<b>Indoor Soccer</b>	1 hour (15 min with trainer)
	Wednesday	Rest Day	Rest Day
	Thursday	<b>Programme B</b>	1 hour with trainer
	Friday	<b>Walk</b>	1 hour with friend
	Saturday	Rest Day	Rest Day
	Sunday	Rest Day	Rest Day

Week 1

Phase	Duration	Intensity	Exercise	Sets	Reps
Warm-up	5 mins	RPE Scale = 4	Brisk walk	N/A	N/A
Pre-Stretches (Standing)	Hold stretch for 8-10 Sec	To the point of tension	Quadriceps Hamstrings Calves	N/A	N/A
Aerobic	27 mins	RPE during fast walk = 6  RPE during jog = 7-8	<b>Interval Training</b> <ul style="list-style-type: none"> <li>• 10 min fast walk</li> <li>• 2min jog</li> <li>• 3 min fast walk</li> <li>• 2 min jog</li> <li>• 3 min fast walk</li> <li>• 2 min jog</li> <li>• 5 min brisk walk</li> </ul>	N/A	N/A
Cooldown	3 mins	RPE = 3-4	Light Walk	N/A	N/A
LME	15 mins	Light to moderate  <b>Note: 20 seconds rest between each set</b>	Chest press with dumbbells x <b>4kg</b> Seated Row with dyna band Shoulder Press with dumbbells x <b>3kg</b> Squat with stability ball BOSR x <b>4 kg</b> Tricep kickback x <b>2 kg</b> Bicep curl x <b>3kg</b> AB Curl on stability ball Back Extension on stability ball	12 12 12 12 12 12 12 12	1 2 2 2 2 2 2 2
Post Stretch (On mat)	Hold stretch for 20-30 sec  Assisted Stretch	To the point of tension	<b>Quadriceps, Hamstrings, Lower Back, Abductors, Adductors, Hip Flexors, Chest, Back, Shoulders, Triceps</b>  <b>PNF Stretch on Calf and Chest</b>	N/A	N/A

Notes:

- I ensured my client had the proper footwear for jogging.
- I educated her on technique and breathing when jogging.
- The LME Phase of the programme was completed in my own home. We had plenty of space to perform all the exercises safely.
- All the exercises were performed in the order as they appear.
- I sometimes performed some of the LME exercises with my client for motivation.
- I emphasised safety at all times particularly when using the weights and going up and down the stairs.
- All core work and floor based exercises were performed after the cooldown.
- A towel and water was provided.

Week 2:

**Aerobic:** Increased length of jog to **3 min** and decreased length of brisk walk. (**Total jogging time = 9 minutes**)

**LME:** Included the oblique curl to the LME section.

**Flexibility:** Continue to work on overall flexibility – monitor progress on increase in flexibility in calf muscles.

Week 3

**Aerobic:** Increased length of jog to **4 min** and decreased length of brisk walk (**Total jogging time = 12 minutes**)

**LME:** Added the stability ball to the following exercises – Shoulder Press & Bicep Curl  
Included the following floor exercises – Abductor & Adductor Raises (**12x2**) and added the Reverse Curl exercise for the abdominals (**10x2**) lower reps as client found it hard.

**Flexibility:** Continue to work on overall flexibility – monitor progress on increase in flexibility in calf muscles.

Week 4

**Aerobic:** Increased length of jog by **5 min** (**Total jogging time = 15 minutes**)

**LME:** Increased all reps to 15. Added the Hamstring curl using the stability ball (**12x2**). Added 3kg weights to the squat.

**Flexibility:** Continue to work on overall flexibility – monitor progress on increase in flexibility in calf muscles.

Week 5

**Aerobic:** Increased length of jog to **6 min** (**Total jogging time = 18 minutes**)

**LME:** Added one extra set to each exercise and kept the reps at 15.

**Flexibility:** Continue to work on overall flexibility – monitor progress on increase in flexibility in calf muscles.

Week 1

Phase	Duration	Intensity	Exercise	Sets	Reps
Warm-up (Outside)	10 Mins	RPE Scale = 6	Brisk walk	N/A	N/A
Pre-Stretches (Standing)	Hold stretch for 8-10 Sec	To the point of tension	Quadriceps Hamstrings Calves	N/A	N/A
Workout – (Indoor Mini-Circuit)	30 Mins	RPE Scale = 7-8 and gradually bringing it down to 5-6 towards end of phase.  Weights light to Moderate	Chest press with dumbbells x <b>4kg</b> <b>Run up the stairs – walk down</b> Seated Row with dyna band <b>Run up the stairs – walk down</b> Shoulder Press with dumbbells x <b>3kg</b> <b>Run up the stairs – walk down</b> Squat with stability ball <b>Run up the stairs – walk down</b> <b>BOSR x 4 kg</b> <b>Run up the stairs – walk down</b> Tricep kickback x <b>2 kg</b> <b>Run up the stairs – walk down</b> Bicep curl x <b>3kg</b> <b>Run up the stairs – walk down</b>  AB Curl on stability ball Back Extension on stability ball	12 12 12 12 12 12 12 12 12 12 12 12	1 2 2 2 2 2 2 2 2 2 2 2
Cooldown	5 mins	RPE = 3-4	Light walk outside	N/A	N/A
Post Stretch (On the mat)	Hold stretch for 20-30 sec  Assisted Stretch	To the point of tension	Quadriceps, Hamstrings, Lower Back Abductors, Adductors, Hip Flexors Chest, Back, Shoulders, Triceps  PNF Stretch on – Calf and chest muscles	N/A	N/A

Notes:

- The LME Phase of the programme was completed in my own home. We had plenty of space to perform all the exercises safely.
- All the exercises were performed in the order as they appear.
- I sometimes performed some of the LME exercises with my client for motivation.
- I emphasised safety at all times particularly when using the weights and going up and down the stairs – 14 steps in total.
- All core work and floor based exercises were performed after the cooldown
- A towel and water was provided.

Week 2:

**Aerobic:** No changes were made.

**LME:** Included the oblique curl and to the LME section **12 x 2**.

**Flexibility:** Continue to work on overall flexibility – monitor progress on increase in flexibility in calf muscles.

Week 3

**Aerobic:** After she completed the run up the stairs. She completed a shuttle run outside. I measured out a 20m lane and she ran from one point to the other.

**LME:** Added the stability ball to the following exercises – Shoulder Press & Bicep Curl  
Included the following floor exercises – Abductor & Adductor Raises (**12 x 2**) and added the Reverse Curl exercise for the abdominals (**10x2**) lower reps as client found it hard.

**Flexibility:** Continue to work on overall flexibility – monitor progress on increase in flexibility in calf muscles.

Week 4

**Aerobic:** The same as week 3 except I added a second marker at the 10 metre line so she had to run to this point and back to the start then run to the 20m mark and back.

**LME:** Increased all reps to 15. Added the Hamstring curl using the stability ball (**12x2**). Added 3kg weights to the squat.

**Flexibility:** Continue to work on overall flexibility – monitor progress on increase in flexibility in calf muscles.

Week 5

**Aerobic:** The same as week 4.

**LME:** Added one extra set to each exercise and kept the reps at 15.

**Flexibility:** Continue to work on overall flexibility – monitor progress on increase in flexibility in calf muscles.

At our first meeting my client agreed to meet with me twice a week on Mon and Thursday. I requested that she train two other days by herself. She played indoor soccer on Tues evening. I agreed to meet her 20 minutes beforehand to complete a warm-up and stretches. In order to add variety to the sessions and to keep my client motivated I decided to vary the two programmes. I kept the LME training the same for both days, but I changed the aerobic training.

**Cardiovascular Training:** Aerobic training was prescribed to raise the heart rate, condition the heart and lungs, burn fat and to improve overall cardiovascular fitness. The FITT principle was applied. We established realistic time goals and set goals to increase the time at each session. I monitored my client's heart rate by using the RPE Scale & Talk Test. How to use the RPE scale was explained in detail – **Refer to appendix 4**. The programme concentrated on interval training but at a very low level.

My client at the beginning was not able to maintain more than 5 mins slow jogging at a constant pace, so in **Programme A**, I started her off with two minutes of slow jogging and gradually increased the length of time each week. This kept her motivated and I was able to give her great praise and encouragement when she completed the extra time each week. Each week we were getting closer to her goal of being able to jog 20 minutes.

In **Programme B** the emphasis was on more on developing a cross-training effect between aerobic and LME. It was performed similar to a mixed circuit plan. I kept rest intervals short in order to keep the HR elevated. All floor work exercises were performed at the end, as I did not want the HR to decrease and lose the aerobic affect.

**Resistance Training (LME):** Weights were prescribed, to help tone and strengthen the muscles of the body thereby increasing metabolic rate and to improve posture (rounded shoulders). The FITT principle was applied. My client had not done resistance training before, so I wanted to first help her to develop her own sense of body awareness by teaching her proper stance, gait and activation of her core muscles. I also wanted the exercises to be functional to her everyday activity. I concentrated on the larger muscles of the body using compound exercises, because these muscles require the most oxygen and store the greatest amount of glycogen. Each was sequenced to balance agonist and antagonist muscle groups. We worked the larger muscles first using a lightweight with high reps – this was increased in week 3. I started with six basic compound moves and progressed by adding new exercises and equipment each week. As she had slightly rounded shoulders, I prescribed strengthening exercises for the upper back muscles. I still gave her an exercise to work her chest muscles using a ration of 2:1.

**Flexibility Training:** Flexibility exercises were prescribed to prevent injury, increase mobility in the joints and muscles and improve posture. I gave her stretches to lengthen the chest and shoulder muscles in order to work on her rounded shoulders. I did stretches with her to improve the flexibility of her hip flexors and thus increase the flexibility of her lower back. I performed PNF stretching on her calf muscles & chest muscles to improve her range of movement.

# WEEKLY TRAINING LOG - 4<sup>th</sup> Session

3.4

Date: \_\_\_\_\_ Time: \_\_\_\_\_

## Diary

Did you enjoy our last session? Yes  NO

Were your muscles sore the following day? Yes  NO

How many hours sleep did you have last night? \_\_\_\_\_ hours

Did you eat breakfast & lunch today? Yes  NO

How are you feeling? Tired  Energetic

## Programme B

Aerobic	Time	Type	RPE	Note
Warm – up				
Main phase				
Cooldown				

LME	Weight	Reps	Set
Chest Press with dumbbells			
Seated Row with dynaband			
Shoulder Press with dumbbells			
Squat with stability ball			
BOSR Row			
Tricep Kickback			
Bicep Curl			
Ab curl on stability ball			
Back extension on stability ball			

**Progressions for next session**

Trainers Notes:

---



---



---



---

## 4. Client Education and Support

One of my main priorities at the start of this five-week programme was to help my client set realistic and achievable goals and to monitor her progress throughout to ensure we were heading in the right direction. It involved education, motivation, support and encouragement all the way. My aim was to educate her on the whole area of adopting a healthier lifestyle – it's not just about losing weight and getting fit, it's about making small positive changes that will enhance her overall sense of well-being

### 4.1 Motivational Tools & Strategies

When I first interviewed my client she said that the reason she was not exercising was due to her work hours and lack of energy when she got home. I explained to her that exercise would give her more energy. We decided that the days she was scheduled to train with me, she would bring her gear to work and meet me straight after. That way she didn't go home and the couch & TV were not as tempting. The days when she was not training with me, I asked her to make an arrangement to meet another friend for a walk that way she wouldn't want to disappoint her by not showing up. I also gave her a text each morning to remind her about our training sessions.

Once we established her short-term goals for the five-week period, I printed them off in large font and displayed this at our training sessions. I kept a training diary, where I recorded how she was feeling each day. This let me know if I needed to adapt or progress the programme slightly. If she hadn't slept well the night before and didn't eat much throughout the day then she was not going to have much energy to train. I informed her that self confidence is important. You have to believe in yourself, this is crucial in achieving any goal and keeping motivated.

I spoke to her about visualization. It is important to visualise yourself achieving your goal, if you believe in it enough will materialize.

I constantly praised her and when she had a good week. I encouraged her to reward herself with an incentive e.g., a new pair of shoes or booking a weekend away.

### 4.2 Client Handouts

One of my client's goals was to lose weight. I explained to her to achieve weight loss she would need to combine exercise with a healthy diet. I gave her a copy of the food pyramid and guidelines for keeping a food diary to record what she was eating everyday. I explained the importance of filling it in correctly and how healthy eating and exercise combined will help her to see results. I explained how to use the food pyramid and that she would need to watch her portion sizes. I gave her handouts on healthy eating – Food labels, Glycaemic Index, Tips for eating out. As her dairy intake was not good, I gave her a handout on the importance of having 3 servings of dairy products a day. **(Refer to appendix 6 & 7 for all handouts).**

I also educated my client on how to engage her core muscles. I informed her that this was the strongest part of her body and is involved when doing all types of activity. It is responsible for stabilizing the pelvis in any activity including sitting down. The core muscles hold the spine erect and balanced, and help move the legs. I asked her to be aware of this when she was walking, or sitting in the car, and sitting at the desk at work.

## 5 Fitness Assessment Retest

### 5.1 Fitness Assessment Results (2<sup>nd</sup> Testing)

Component of Fitness	Tests Performed	First Result	Second Result
<b>Postural Evaluation</b>	Posture Analysis (Analysis from side view, rear view and front view)	Shoulders were slightly rounded.	Still noticeable but a definite improvement.
<b>Body Composition</b>	Weight	154 lbs (11stone)	151.5 lbs
	Height	5ft6"	Same
	Body Mass Index	24.82 kg per m <sup>2</sup>	24.39 kg per m <sup>2</sup>
	Girth Measurement (Chest, upper arm, waist, hips, thigh, calf).	Chest: 37 inch Arm (Upper right): 12.5 Waist: 36.5 inch Hips: 42.5 Thigh (Right): 22 inch Calf (Right): 16.5	Chest: 36.1 inch Arm (Upper right): 11.5 Waist: 34.6 inch Hips: 41.6 Thigh (Right): 21 inch Calf (Right): Same
	Waist to Hip Ratio	0.85	0.84
<b>Cardiovascular</b>	Resting Heart Rate (RHR)	78BPM	75BPM
	Queens College Step	36.3 ml.kg <sup>-1</sup> .min <sup>-1</sup>	38.5 ml.kg <sup>-1</sup> .min <sup>-1</sup>
<b>LME</b>	Crunch Curl	26 curl ups	40 curl ups
	Modified Press Up	16	28
<b>Flexibility</b>	Straight leg raise - <i>Hamstrings</i>	85°	90°
	Back Extension – <i>Hip Flexors and Abdominals</i>	10 cm	10 cm
	Shoulder Elevation – <i>Shoulders</i>	47 cm	50.8 cm
	Hand behind neck	Left side = poor	Improved
	Hand behind back	Left side = poor	Improved
	Wall test	Large space	Same
	Thomas Test - Hip Flexors	Good	Same
	Calf/Soleus	Poor	Improved

\* Refer to Appendix 5 for hard copy of results.

### Analysis of Second Fitness Assessment Results

Component of Fitness	Analysis of Fitness Assessment Result
<b>Postural Evaluation</b>	Her overall posture has improved. She is more aware herself of what good posture should be and I have noticed this when she is doing the weights.
<b>Body Composition</b>	She has lost 2.5 lbs in the five weeks. Her goal for the five weeks was to lose 3 lbs so this is a good result based on her goal. Her BMI is still on the borderline category for overweight and her Waist to Hip Ratio is still borderline, however her girth measurements have lowered and she has indicated that her jeans are starting to feel looser.
<b>Cardiovascular</b>	Her aerobic fitness has increased. For females aged 15-30 years >40 is good and she is not far off achieving that standard.
<b>LME</b>	Her muscular endurance has greatly improved She informed me that she feels a lot stronger and toned up.
<b>Flexibility</b>	Her flexibility still needs improvement in her shoulders and lower back. The range of movement in her calf muscles has improved.

## 5.2 Evaluation of Programme to date

To date the programme has been effective. In relation to the test results there has been a lot of improvement and my client has accomplished the goals we set at the beginning:

Goal	Achieved
To meet trainer twice per week for one-to-one session for 1 hour	Yes
To complete two sessions on her own during the week.	Most of the time
To be able to jog approx 20 minutes without stopping.	Yes
To tone up and lose 3lbs in weight.	2.5 Lbs lost

If she continues with the programme as she has been doing to date, she will achieve her long-term goals. The variety of the programme and the on-going progressions has helped her to stick with it and she has enjoyed the whole experience. My client and I must now review the programme and see what changes we will make.

## 6 Future Direction of Clients Programme

Component of Fitness	Plan
<b>Cardiovascular</b>	I would increase the length of time, so that my client is able to run for 30 minutes at a comfortable pace. I would add some Fartlek training and look at entering her into a local 5k run to get her prepared for taking part in a 10k (her long-term goal). The increase in CV work at a higher intensity would achieve a higher caloric burn during and post exercise. I would change the circuit format at home and include more aerobic drills that relate to indoor soccer so that her skills can improve.
<b>LME</b>	I would increase the weight at week 7 and bring the reps back to 12. I would then gradually introduce some new exercises and increase the frequency and intensity. I would take pictures of the LME exercises and give them to her take home, so that she could perform some of the exercises by herself if we could not meet up. The pictures would have all the teaching & safety points beside them.
<b>Flexibility</b>	I would continue to work on improving her flexibility and continue to educate her on the importance of maintaining good posture.
<b>Nutrition</b>	I would spend more time educating her on a balanced diet. I would get her to fill in a food diary each week (only did one week for this project). Her goal was to lose 3lbs and she lost 2.5lbs – I feel that further education on nutrition will help her and she will be able to reach her long-term goal in losing 1 stone.
<b>Overall</b>	I would compile performance graphs so we could see improvements and it would aid as a good motivation tool for her. I would design report cards so that my client could see her progress. I would design a contract for the client to make with herself i.e. Activity Contract, Stress Management Contract etc. These are great motivational tools to keep a client motivated.

## **7 Client Feedback**

**7.1** I compiled a feedback form for my client to fill in at the end of the 5-weeks (**Refer to Appendix 8**).

**7.2** My aim was to create an effective and responsive feedback form so that I could see if my client was satisfied with the Personal Training service and to see if I met her needs and goals. Overall, I am happy to relate that my client was very happy with the service she received. I had met all her needs and goals and she felt she had learnt a lot about fitness and most importantly she felt her overall lifestyle had improved. She felt better about herself and had a lot more energy. Her stress levels at work also decreased and she felt she was being a lot more productive at work. She would like to have done more skill work for soccer and perhaps I should have introduced the ball into her workouts. I will do some research into this area and incorporate some drills into the second half of her programme.

## **8 Self Evaluation**

Overall, I felt the work with my client from start to finish was very positive and educational. I felt I conducted a good interview from the beginning and identified exactly what she wanted to achieve over the five-weeks. Once I established what her long-term goals were, we worked together on defining short-term realistic and attainable goals. We identified any barriers that might prevent her from adhering to the programme and put tactics in place to ensure she adhered to the plan.

It was a very good learning experience and it was a good to have to design the screening forms, exercise questionnaires etc, which are very important to have right. It also opened my eyes to the amount of planning and administration work that a Personal Trainer has to do.

I found the testing area a little tricky. You sometimes feel like you should be completing a lot more tests, yet this is very untrue as it depends on the client's needs/goals and previous exercise history. Every client is different and so each test and programme will be different.

I enjoyed the one to one sessions and I felt I was approachable as a trainer and my client felt comfortable in asking me questions. The client/trainer relationship is so important and must be established from the very start and continue throughout each session.

### **What I did well?**

1. Added a positive change to my clients lifestyle
2. Designed a programme that my client enjoyed.
3. Helped my client achieve her goals through motivation and education.

### **What I would change?**

1. Time Management – some sessions ran over the hour, which is not good for business.
2. I should have researched into the sports she enjoys (soccer, rugby) and perhaps have incorporated some drills into the sessions.
3. Maybe provide more nutritional information from the start and I should have asked her to complete a weekly food diary.

## **What did I learn?**

1. You have to plan each session carefully.
2. You must be extremely organised.
3. It is not an easy & glamorous job.

## **9 Conclusion**

This has been a positive learning and rewarding experience for me. It allowed me to apply a lot of what I learned in class with the client. I received a great sense of satisfaction knowing that I helped a client make some positive changes to her lifestyle. I learnt that from day one you must portray a positive and professional image through how you communicate, the clothes you wear, the standard of equipment you use, the feedback you give and how you give it and the way you show your clients you care all create an impression of what you provide as a trainer.

A client trusts you to provide a high quality service to meet their needs, so as a professional you must provide this service to the highest possible standard.

## **10. Appendices**

1. Health Screening, Exercise History & Attitude Questionnaire, Activity Living Quiz
2. Weight/Height Table & BMI Table
3. Fitness Assessment Results (Start of Programme)
4. RPE Scale
5. Fitness Assessment Results (End of Programme)
6. Educational Handouts – Exercise Related
7. Educational Handouts - Nutritional
8. Client Feedback Form