



*Healthy lifestyle is your choice*

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## **Introduction**

I plan to compile a detailed project with my first client using one to one training with me as the personal trainer. The objectives of this project are to prepare me to be a competent Personal trainer in the fitness industry and give me an insight into all the skills, knowledge and attributes required. I have selected a client to work with with goals and targets which I will work with over a five week period spending minimum of two one hour sessions every week. In this time I will use the knowledge and skills I have gained to screen my client, fitness test, design suitable programme, motivate, observe, correct give positive feedback and retest my client in five weeks time. After the programme is complete my client will have hopefully achieved his short term goals and have the knowledge to how to go about reaching his long term goals. The main object for me is that I will now have the experience and knowledge to apply myself as a confident PT.

## **Initial meeting with client**

The initial meeting was to begin the first stage of the Client/Personal Trainer Relationship which was to make a good first impression and to build on this right through to make a good working relationship. I showed my professionalism using qualities of empathy, warmth and genuineness that immediately had positive impact on my client. I also used this meeting to get started on the paperwork required, screening form, and exercise history & attitude questionnaire. I carefully explained to my client these were vital and confidential information in which I could not progress to any further with my client till they had disclosed this information. My client fully understood and was happy to fill out all the details required. Overall the first meeting went smoothly and my client seemed happy and eager to get started.

## HEALTH SCREENING FORM

1) Do you suffer from any of the following?

Heart Condition	Y / <input checked="" type="radio"/> N	Chest Pains	Y / <input checked="" type="radio"/> N
High Blood Pressure	Y / <input checked="" type="radio"/> N	Diabetes	Y / <input checked="" type="radio"/> N
Epilepsy	Y / <input checked="" type="radio"/> N	Joint pain	Y / <input checked="" type="radio"/> N
Bone Disorders	Y / <input checked="" type="radio"/> N	Muscle pain	Y / <input checked="" type="radio"/> N
Back Pain	Y / <input checked="" type="radio"/> N	Asthma	Y / <input checked="" type="radio"/> N

2) Are you currently pregnant or have been in last 3 months? Y /  N

3) Have you had any operation recently? Y /  N

**If you have answered 'yes in the last two questions', please give details below so I can ensure your safety in regards to planning a fitness programme**

Participant's comments:

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I am about to participate in fitness programme designed by a personal trainer Fitness. I believe I am in good health and do not suffer from any medical conditions that may prevent me from exercising or taking part in this programme. **I understand that it is my own responsibility to inform the PT of any injuries or health problems that may affect my ability to participate in each session,**

NAME \_\_\_\_\_ SIGNED \_\_\_\_\_

Date \_\_\_\_\_

## **Analysis of clients Health & Fitness**

My client is a 39 year old male that in my opinion is living a healthy lifestyle with room for improvement. He has no medical history of cardiovascular disease with himself or in his family. There are no signs with his medical back ground to date except he had a drug addiction seven years ago in which he bravely addressed the issues that fuelled this particular time in his life. In the last seven years he has since been living a healthy productive lifestyle going back to education and physical activity. He has also been tested twice for any disease in which the drugs may have inflicted but is lucky to be still fit and healthy as the doctor told him he's overall health is good.

My client as a busy lifestyle in which he is very active, with playing football with a club, training in gym couple times a week, working part-time and in full time education. My client grew up always been very active and had a passion for all sports especially football. However my client had personal issues which lead him to drug abuse in his late teens and this hindered his progress and love for sports. In the last seven years since my client has been drug free he has slowly got back involved in sports and fitness. He realised from his years away from sport and fitness how unhealthy not to mention unfit he became but he's main goals were to get back active. He is back playing football couple of years now and in the last two years trains regularly in the gym doing a lot of heavy weights. He also mentioned that every summer he stops training in gym regularly and playing football for nearly two months gives his body and rest. During his football training session he does a lot running both aerobic anaerobic and his fitness levels are good for his age but is playing at hard level which requires more cardiovascular endurance. He also does some LME training with during his session and wants to improve on his muscular endurance levels which are already good. The reason behind this is he realise he can't play football for a club for well into his forties and is thinking about taken up boxing soon which will require this type of fitness.

My client's fitness is good for his age but there is certainly room for progress, he is well use to training in the gym, lifting weights and would be at an advanced stage with this component. However this is not the problem as my client is only training once a week with his football team and is not doing enough cardiovascular endurance to increase his fitness, also every week when he plays a match, he is struggling to play 70 minutes. I have put together the programme to work well with his football training to increase his cardio vascular endurance so he can last the full match and work on the excess weight around the abdominal area.

My client does not consume any alcohol and doesn't smoke which are all benefits to his health and fitness. He's diet is ok in the sense he eats a lot of healthy and regular meals but tends to eat junk in between meals and late at night. I explained that in order for him to reach his goal of burning of the excess of fat around the abdominal area he needs to cut out the junk and especially late at night. My client has said he has always been over weight in recent years and struggles to overcome this issue. I weighed my client today and his was 101.3kg which has a BMI of 28 which is considered overweight in the BMI table for body composition.

## **Client's goals**

- Maintain his strength by spending less time lifting heavy weights
- Improve core by increasing muscle tone around this area
- Increase CV endurance and last 90 minutes in his match every week
- To burn of few pounds, tone up all over, especially the abdominal area

## **Client's commitments**

- Meet with PT twice a week for hour and half session in the gym
- Go the gym himself one night on his own strength training
- Train with football team and play one match a week
- Start walking more and use the car less

If my client's training or football match is cancelled he has agreed to train in the gym an extra night working on his CV or go for a long jog in the park.

## **Clients long term goals**

- My clients long term goals is to a loose a stone in weight
- To be able to play two matches a week for the Saturday and Sunday team.
- He wants to achieve a tight core and have a six pack
- Upper body be completely toned and improve his appearance
- Maintain healthy lifestyle, regular exercise and healthy diet

## Exercise history and health questionnaire

1. What type of sports activities do you like?

Football, boxing and mainly most  
Sports but especially Football

2. What type of exercise do you like?

I like weight training, skipping  
and circuit training

3. How hard do you like to be pushed when training?

A little bit

A good bit

As much as possible

4. What kind of motivation helps you train or does u think works for you?

I like listening to dance music and  
training with someone while training.

5. What type of training are you doing at present?

Weight training 3-4 times week,  
Train and play match once a week with Football  
team.

6. What are your main goals?

Maintain strength, burn off fat, tone  
up, improve core and play more Football

7. What do you expect from me as a personal trainer?

I expect good knowledge of fitness from you,  
I expect you to push and motivate me to my  
limits.

8. What type of commitments are you prepared to make to reach your goals?

Eat healthier, train regularly (5 times week)

Follow your guidance and instructions.

9. How often can you train and what's your time availability?

I can train twice a week with you for hour and half, and another session if needed.

10. Do you have a preference of training indoors or outdoors?

No

11. How do you feel about training in the gym?

I love it

12. What would you prefer to train for me to train with you or just guide you?

Train with me

13. What type of exercises do you not like and find very difficult to do?

I find exercises for my core very difficult and not happy with my cardio

14. What barriers would you have come across in the past that would off affect your training?

IF gets to hard I need to be motivated to push myself as I lose motivation

15. In the past have you ever had a bad experience with training or sports?

No never

## **Analysis of client's goals**

After meeting my client and discussing his goals, I feel they are very realistic and achievable if he stays committed to the programme. My client is sick of lifting heavy weights all week to keep up his strength and size. He feels very heavy when he is playing football with his team so I will design a one day programme to maintain his strength over 6-8 week period so I see this as achievable and giving more time to focus on the other components of fitness that entail his other goals. One of my client's goals is to feel lighter when playing football and be able to last the distance in a match every week, I see this as a realistic after putting together two days of CV to balance well with his two days of football and will also help to burn off extra weight he is carrying. My 5 week period will also improve his core and muscle tone all over making all his short term goals achievable. My client has agreed to meet me every week twice for an hour and half session each time and to engage in other activities and days in the gym.

## Tests chosen and rationale for choosing these tests

Component of fitness	Type test chosen	Rationale for test
<b>Postural Evaluation</b>	Postural Evaluation	I decided to do overall posture analysis to check my client's body alignment to make sure they weren't suffering from any tension or muscle imbalance that could affect the clients exercise programme.
<b>Cardiovascular Endurance</b>	Kasch step test	This type of test is suitable for clients with average to good fitness levels which my client fits into this category.
<b>Body composition (Body Fat)</b>	BMI scales	I choose this test which uses age, gender, height and weight to give overall reading of my percentage of body fat.
<b>Muscular Endurance</b>	Press Up Test Crunch Curl	These tests will assess my client's endurance and his ability to muscular contraction for a certain time period.
<b>Muscular strength</b>	1RM Bench Test	This test is suitable only for advanced clients to measure their maximum strength within 1RM.
<b>Flexibility and Muscle Length analysis</b>	Sit-and-Reach  Straight Leg Raise  Shoulder elevation  Wall test  HBN HBB HBB and HBN Pectorals/Latissimus dorsi Calf/Soleus	Tests the flexibility of the lower and hamstrings  Tests the flexibility of the hamstrings I done two tests as I suspected tight hamstrings from football. Test the flexibility of shoulders make sure all weight lifting hasn't decreased his ROM. To test see if my client is suffering from lordosis or has flat back. Shoulder Flexibility Shoulder Flexibility Shoulder Flexibility Chest and back flexibility Calf Flexibility

## Test Results

Component of Fitness	Type Test performed	Results
<b>Postural Evaluation</b>	Postural Analysis from anterior, posterior and side view.	Rounding of the shoulders which indicate client has been over benching and needs to strengthen up his back muscles and he's rotator cuffs. Overall the rest of my client's posture is good.
<b>Body Composition</b>	Age Gender Weight Height Body Mass Index	39 Male 101.3 kg 180cm 28
<b>Cardiovascular Endurance</b>	Resting Heart Rate Kasch step Test	67 93 (Fitness Category: good)
<b>Muscular Endurance</b>	Press Up Test  Crunch Curl	50 Standard (Excellent)  28 standard (good)
<b>Muscular Strength</b>	1RM Bench test	105KG
<b>Flexibility</b>	Straight Leg Raise Sit-and-Reach Shoulder Elevation  HBN HBB HBN & HBB Pectorals/ Latissmus dosi Calf/Soleus	75% left and right 28cm 40  Good Good Good Poor Calf's are tight

## **Analysis of Results**

I found after a variety of fitness assessments I learned so much about my client's fitness. I discovered all his weaknesses and strengths with each different component of fitness. It gave me a great insight into what programme I thought would work well with helping him achieve his goals. My client was in the top category some fitness tables, this alone shows already he has impressive levels of fitness in certain areas for his age group and is very dedicated to improving them. There were other areas where results showed areas needing to be targeted. I found his Cardiovascular Endurance was not far off good. The levels of body fat showed as in the overweight category and it is an area that also needs to be focused on to try decrease body fat to prevent any health related risks in the future as my client is aware he is overweight. My clients Muscular endurance fitness levels are very good for his age and also his Muscular Strength, he is very advanced with plenty of experience in weight lifting and resistance training. My clients Flexibility however is not as impressive as my client doesn't see this an important component and has never worked on his flexibility, however I feel this is area he needs to work on and will give him my professional advice round it.

## Programme design

### Week 1

Days	Type	Duration
Monday	Rest	NA
Tuesday	Programme A gym	90 mins
Wednesday	Football Training	90 mins
Thursday	Programme C gym	1 hr with PT
Friday	Rest	NA
Saturday	Programme B gym	70 mins with PT
Sunday	Football match	90 mins

### Week 2

Days	Type	Duration
Monday	Rest	NA
Tuesday	Programme A gym	90 mins
Wednesday	Football Training	90 mins
Thursday	Programme B gym	1 hr with PT
Friday	Rest	NA
Saturday	Programme C gym	70 mins with PT
Sunday	Football match	90 mins

### Week 3

<b>Days</b>	<b>Type</b>	<b>Duration</b>
<b>Monday</b>	<b>Rest</b>	<b>NA</b>
<b>Tuesday</b>	<b>Programme A gym</b>	<b>90 mins</b>
<b>Wednesday</b>	<b>Football Training</b>	<b>90 mins</b>
<b>Thursday</b>	<b>Programme B gym</b>	<b>1 hr With PT</b>
<b>Friday</b>	<b>Rest</b>	<b>NA</b>
<b>Saturday</b>	<b>Programme C gym</b>	<b>75 mins with PT</b>
<b>Sunday</b>	<b>Football match</b>	<b>90 mins</b>

### Week 4

<b>Days</b>	<b>Type</b>	<b>Duration</b>
<b>Monday</b>	<b>Rest</b>	<b>NA</b>
<b>Tuesday</b>	<b>Programme A gym</b>	<b>90 mins</b>
<b>Wednesday</b>	<b>Football Training</b>	<b>90 mins</b>
<b>Thursday</b>	<b>Programme B gym</b>	<b>1 hr with PT</b>
<b>Friday</b>	<b>Rest</b>	<b>NA</b>
<b>Saturday</b>	<b>Programme C gym</b>	<b>75 mins with PT</b>
<b>Sunday</b>	<b>Jog in the park</b>	<b>40 mins</b>

## Week 5

<b>Days</b>	<b>Type</b>	<b>Duration</b>
<b>Monday</b>	<b>Rest</b>	<b>NA</b>
<b>Tuesday</b>	<b>Programme A gym</b>	<b>90 mins</b>
<b>Wednesday</b>	<b>Football Training</b>	<b>90 mins</b>
<b>Thursday</b>	<b>Programme B gym</b>	<b>1 hr with PT</b>
<b>Friday</b>	<b>Rest</b>	<b>NA</b>
<b>Saturday</b>	<b>Programme C gym</b>	<b>80 mins with PT</b>
<b>Sunday</b>	<b>Match</b>	<b>90 mins</b>

**(Programme A)**

<b>Phase</b>	<b>Intensity</b>	<b>Time</b>	<b>Type</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>
<b>Warm up</b>	<b>Low to moderate</b>	<b>10 mins</b>	<b>Skipping</b>	<b>NA</b>	<b>NA</b>	<b>NA</b>
<b>Pre stretch</b>	<b>POT</b>	<b>5 to 10 secs</b>	<b>Calf's, hamstrings, chest, shoulders, upper &amp; lower back</b>			
<b>Main phase Muscular Strength</b>	<b>75% to 95%</b>	<b>As it long as it takes to do 6- 8 reps</b>	<b>Bench press Bend over row Incline dumbbells Supine fly Low seated row Prone fly Shoulder press Lat pull down Frontal and lateral raise (super set) Barbell Pull over Bicep curl Tricep pull over</b>	<b>95kg 65kg 30kg 12kg 60kg 10kg 30kg 65kg 6kg 30kg 30kg 30kg</b>	<b>3 3 3 3 3 3 3 3 3 3 3 3</b>	<b>6-8 6-8 6-8 6-8 6-8 6-8 6-8 6-8 6-8 6-8 6-8 6-8</b>
<b>Post stretch</b>	<b>POT</b>	<b>30-45 secs</b>	<b>Calf's, quads, upper &amp; lower back PNF chest, shoulders &amp; hamstrings</b>	<b>NA</b>	<b>NA</b>	<b>NA</b>

**Week 1 – 3:** No Progressions give the client time to adapt to the programme.

**Week 4:** Reps 8-10

**Week5:** Weight increased by 5 kg, reps goes back to 6-8

**(Programme B)**

<b>Frequency</b>	<b>Intensity</b>	<b>Time</b>	<b>Type</b>	<b>Weight</b>	<b>sets</b>	<b>reps</b>
(Warm up )	Low to Moderate	10 mins	(Warm up ) Cross –trainer	NA	NA	NA
(Pre stretch)	POT	5 to 10 secs	Calfs, quads, hamstrings, gluts, lower back, chest shoulders			
(Main phase) Muscular Endurance & Conditioning	65% to 85%	1 min (15 secs change exercise & repeat til 5 exercises complete) 90 secs rest 45secs 90 secs rest 30 secs	(Shoulder press Bicep curl squats Bench press Squat thrusts)	6kg 4kg 5kg 20kg	3	As many reps as possible in 1 min 45 secs 30 secs
Aerobic Anaerobic Aerobic Anaerobic Aerobic LME  Aerobic Anaerobic Aerobic Anaerobic Aerobic LME	65% to 85%	1.5 mins 30 seconds 1.5 mins 30 secs 1.5 mins 30 secs 30 secs rest 1.5 mins 30 secs 1.5 mins 30 secs 1.5 mins 30 secs	(Mini circuit) Skipping sprints skipping bench jumps skipping press up  skipping tuck jumps skipping knee raises skipping prone row	6 kg	NA	NA
Core work	65% to 85%	As long as it takes to do 15 to 30 reps	Ab curl with Swiss ball Reverse curl Oblique’s curl With medicine ball Core roll out  Back extensions	3kg Barbell	3 3 3 3 3	20 12 30 secs 8 10
(Post stretch)	POT	15 to 45 secs (For all stretching)  PNF	Calfs, quads Groin, gluts upper & lower back chest, shoulders & hamstrings	NA	NA	NA

**Week 1-2:**

No progressions give client time to adapt to the programme

**Week 3: Muscular endurance and conditioning:**

Duration went from 30 seconds to 45 seconds on last set.

**Mini Circuit:**

Aerobic phase increased duration from 1.5 minutes to 1 min 45 seconds

**Core exercises:**

Reps increased by 3-5

**Week 4:**

No progressions since week 3

**Week 5: Mini Circuit:** Anaerobic phase increased duration from 30 seconds to 45 seconds.

**Core exercises:** Reps increased by 5-8

**(Programme C)**

<b>Phase</b>	<b>Intensity</b>	<b>Time</b>	<b>Type</b>	<b>Weight</b>	<b>Sets</b>	<b>reps</b>
<b>(Warm up)</b>	<b>Low to moderate</b>	<b>10 mins</b>	<b>Skipping</b>	<b>NA</b>	<b>NA</b>	<b>NA</b>
<b>(Pre stretch)</b>	<b>POT</b>	<b>5 to 10 secs</b>	<b>Calf's, quads hamstrings, groin, upper &amp; lower back, gluts, chest shoulders</b>			
<b>(Main phase)</b>	<b>65% to 85%</b>	<b>30 secs station (15 secs to change safely to next station) 30 SECS 30 SECS</b>	<b>Mixed circuit 12 stations x 2 Anaerobic/aerobic /LME 1.Pyramid sprints 2.Jumping jacks 3.Press up 4.Tuck jumps 5.Shuttle run 6.Prone fly 7.Foot fire 8. Leg curls 9.Shoulder press 10.bench jumps 11.Skipping 12.BOSAR</b>	<b>NA NA NA NA NA 4KG NA NA 5KG NA NA 5KG</b>	<b>2</b>	<b>minimum 12-15 reps Only on LME exercises</b>
<b>Cardio-vascular</b>	<b>65% to 85 %</b>	<b>(30 mins)</b>	<b>Treadmill (Interval training)</b>	<b>NA</b>	<b>NA</b>	<b>NA</b>
	<b>10 kph 13 kph 10 kph 13 kph 10 kph 13 kph 10 kph 13 kph 10 kph 13 kph 10 kph 13 kph 8 kph</b>	<b>3.5 mins 1.5 mins 3.5 mins 1.5 mins 3.5 mins 1.5 mins 3.5 mins 1.5 mins 3.5 mins 1.5 mins 3.5 mins 1.5 mins (3 -4 min cool down)</b>				

<b>Core work</b>	<b>65% to 85%</b>	<b>As long as it takes to do 15 to 30 reps</b>	<b>Ab curl with Swiss ball Reverse curl Oblique's curl With medicine ball Core roll out Back extensions</b>	<b>5kg Barbell</b>	<b>3 3 3 3 3</b>	<b>30 15 30 secs 8 10</b>
<b>Post stretch</b>	<b>POT</b>	<b>15 to 45 secs (For all stretching)  PNF</b>	<b>Calf's, quads Groin, gluts, lower &amp; upper back  Chest, shoulders &amp; hamstrings</b>	<b>NA</b>	<b>NA</b>	<b>NA</b>

### **Week 1-2:**

No progressions give client time to adapt to the programme

### **Week 3: Circuit**

Increased duration from 30 seconds to 35 seconds on each station

#### **Core exercises:**

Reps increased by 3-5

#### **CV endurance:**

Increased duration from 30 minutes to 35 minutes on treadmill

**Week 4:** No progressions since week 3

### **Week 5: Circuit:**

Increased duration from 35 seconds to 40 seconds on each station

#### **CV endurance:**

Increased duration from 35 minutes to 40 minutes on treadmill

**Core exercises:** Increased reps

## **Rationale for programme**

I put together strength programme designed to maintain strength over 6-8 week period which is less time consuming and what my client requests. I focused on all major muscle groups of the upper body which was his goals. I used agonist and antagonists to provide muscles balance. I designed two days programmes of CV training to balance well with his other CV fitness with his team. The objective was to increase his anaerobic fitness to make him sharper and able to run quicker over short periods and to burn off fat for longer during post exercise. The aerobic fitness was designed to help my client become aerobically fitter so he can run more over much longer periods, increase his VO2 max and stroke volume by been able to last 90 minutes in a match every week. The LME was designed to help increase my clients muscle tone and his muscular endurance. As my client was Targeting to burn off excess fat the LME with help tone and condition his body giving his physique a good shape. My client wished to develop his core so I decided to put a lot of core exercises to help improve and tone this area. The flexibility was to prevent any stiffness and restriction to ROM, certain areas had poor flexibility and needed to be targeted to try improving their ROM.

## Detailed session of 4<sup>th</sup> log with Client (Week 2 Programme B)

**Date:** \_\_\_\_\_

**Number of Session:** \_\_\_\_\_

**Client feedback:**

Do you feel sore after the workout? \_\_\_\_\_

If yes how would you rate the pain from scale 1-10? \_\_\_\_\_

Are you Tired or Energetic after workout? \_\_\_\_\_

How do you feel the session went? \_\_\_\_\_

Do you feel there is anything more I could of done to help you in the session? \_\_\_\_\_

Component	Type	Intensity	Time	Comments
<b>Warm up</b>	Skipping	8-10 minutes	Low to moderate	Good technique, really enjoys skipping
<b>Pre stretch</b>	Hamstrings, Calves, quadriceps, Groin, gluts, upper & lower back, chest shoulders  (Static)	5-10 seconds		Stretch was good nice light stretch without too much tension
<b>Aerobic (main Phase)</b>	Treadmill	65% to 85 %  10 Kph 13 kph 10 kph 13 kph 10 kph 13 kph 10 kph 13 kph	(3omins)  3.5 mins 1.5 mins 3.5 mins 1.5 mins 3.5 mins 1.5 mins 3.5 mins 1.5 mins 3.5 mins	Nice comfortable pace, breathing was controlled  Breathing becomes laboured as intensity increases

		10 kph 13 kph 10 kph 13 kph  8 kph	1.5 mins 3.5 mins 1.5 mins  (3 -4 min cool down)	Breathing gradually returns to controlled after intensity is dropped  Finds it difficult towards the end
<b>Anaerobic Aerobic LME</b>	Mixed circuit 12 stations x 2 Anaerobic/aerobic/LME  1.Pyramid sprints 2.Jumping jacks 3.Press up 4.Tuck jumps 5.Shuttle run 6.Prone fly 7.Foot fire 8. Leg curls 9.Shoulder press 10.bench jumps 11.Skipping  12.BOSAR		30 secs station (15 secs to change safely to next station)  30 SECS 30 SECS	Struggled with some anaerobic exercises, such as foot fire and tuck jumps, gave client adaptations  Aerobic exercises went well client breathe was laboured after anaerobic but still able to exercise and recover  Kept the intensity well  Completed 12 -15 reps

				<p>on all LME exercises</p> <p>Fitness levels good, completely out of breath after circuit</p>
<b>Muscular strength/Endurance (Core)</b>	<p>Ab curl with Swiss ball</p> <p>Reverse curl</p> <p>Oblique's curl</p> <p>With medicine ball</p> <p>Core roll out</p> <p>Back extensions</p>	<p>As long as it takes to do 15 to 30 reps</p>	<p>50% to 70%</p>	<p>Found all core exercises difficult, really had to push himself to complete reps</p> <p>Struggled with core roll out to pull himself back up, had to adapt going down little bit less than full ROM</p>
<b>Flexibility</b>	<p>Chest, shoulders upper &amp; lower back, hamstrings, calf Groin, gluts</p>	<p>30 to 60 secs</p>	<p>POT</p>	<p>Flexibility needs improved certain areas, nice deep stretch without over too much tension</p>

## **Client Education and support**

My client didn't realise flexibility was a fitness component and never seen it as that important in regards to training. I educated him to how important flexibility was and explained how it can affect each joint and your posture. I emphasised that if my client wishes to reach his weight loss goal exercise alone will not only work and he needs to watch what he eats. I also discussed the food pyramid with him explaining it could be used as a good guide line for balanced diet but if he was willing to take serious steps around he's diet I would recommend a food diary and explained how it could work with short and long term goals.

## **Motivational strategies**

The first motivational strategy I used was bringing up my clients awareness about a healthy lifestyle and reinforcing it every time we met so it stuck in he's head. This included diet, exercise, sleeping pattern, stress management, socialising and how to get the right balance. I gave him copies of food pyramid and other healthy diets by nutritionists to put up on his fridge as extra motivation around his diet. I choose to train with my client every session we met as it helps to push him and get the best out of him. This meant my client was never training on his own as he explained in our health and fitness questionnaire when he does he loses interest. I set friendly contests between us and landmarks to reach between each session. My client has competitive streak in him so this strategy worked well. I send my client regular texts on days he was training without me to make sure he was staying consistent and to show him I m really taking an interest in his process to change and reach his goals. After really hard sessions and when my client was making progress I was shown recognition for his achievement, given him positive strokes and emphasising how good he was doing. I also rewarded him fitness T-shirt and his own stability ball for core exercise at home. After he had a good week in terms of diet and exercise I would also suggested he treated himself. I used some dance and house music which my client loves and really helped him train. It seemed he always had a smile on his face when training with this and really helped enjoy his training which is so important to maintaining his fitness and reaching his goals.

## **Handouts and Literature**

I gave my client some magazines, different additions of men's fitness and health with healthy diets with plenty of variety so my client had a lot to choose from, it also had different versions of core exercises he could try at home after I gave him his fit ball. I gave him a copy of food diary and handouts from the internet of healthy and balanced diets. I also gave other hand outs on importance of healthy lifestyle and self motivation.

## Retest Results

Component of Fitness	Type Test performed	Results
<b>Posture evaluation</b>	Postural Analysis from anterior, posterior and side view.	There was improvement in the rounded shoulders, making his posture visibly better but still needs small bit work
<b>Body Composition</b>	Age Gender Weight Height Body Mass Index	39 Male 99.0 kg 180cm 27
<b>Cardiovascular Endurance</b>	Resting Heart Rate Kasch step Test	60 85 (Fitness Category: good)
<b>Muscular Endurance</b>	Press Up Test  Crunch Curl	56 Standard (Excellent)  40 standard (Excellent)
<b>Muscular Strength</b>	1RM Bench test	115KG
<b>Flexibility</b>	Straight Leg Raise Sit-and-Reach Shoulder Elevation  HBN HBB HBN & HBB Pectorals/ latissmus dosi  Calf/Soleus	80% left and right 30cm 42  average average average Improved (still needs bit work) Good

## Results analysis

Components of Fitness	Analysis of results
<b>Posture Evaluation</b>	There was improvement in the rounded shoulders, making his posture visibly better but still needs small bit work
<b>Body Composition</b>	My client lost 2.3kg over a 5 week period which is good in terms of loosing body weight over this short period. He's BMI is gone from 28 down to 27. Although he still fits into the overweight category he still needs to lose more but is making progress on the there is big improvement..
<b>Cardiovascular Endurance</b>	My clients CV fitness has improved he is still in the good category but his RHR has dropped by 5 BPM and is now lasting a full match with his team and is running for longer on the treadmill.
<b>Muscular Endurance</b>	His ability to repeat reps over time has improved, he's muscular endurance is excellent for his age group. He's core is stronger and tighter, overall feels more toned.
<b>Muscular Strength</b>	He's strength has improved a little bit which is good because my client was happy just to maintain but is happy with the results.
<b>Flexibility</b>	My client needs to continue to work on he's pecks, shoulders, hamstrings.

## **Evaluation to programme to date**

After completing a 5 week programme with my client I feel we have made good progress towards he's goals. My client has maintained his strength without spending couple of days lifting heavy weights; he has a much stronger core and is last the full 90 minutes in his match every week. He said overall he feels lighter on his feet when playing football, has lost weight and feels he's more toned. This is credit to him staying consistent with his commitments, as he completed every programme designed and even when he found the progressions slightly difficult he pushed himself and is starting to see rewards for his efforts.

## Future direction of clients programme

Components of fitness	Future direction of programme
Cardiovascular	I would increase the duration on interval training until reached 50 mins den gradually increase anaerobic and aerobic intensity so my client does not become stagnated running at same intensity. I would increase duration of each station ask my client use progression phases as much as possible in the circuit exercises and bring in some new circuit exercises . I would add greater intensity and time to skipping.
LME and Conditioning	I would bring in new exercises but still focus on all major muscles groups as body adapts to each exercise. I would increase weight on certain exercises depending how the client adapts. I would increase time and reps on different exercises. I would target other muscle groups not been used with compound exercises.
Strength	I would ask the client to try get to the gym a extra day to do strength training, as one day a week with strength training will only maintain for 6-8 weeks before a slight decline. I would ask the client to focus on same muscle groups but different exercises and techniques to stop the body adapting. Can increase the weight if body physically able.
Flexibility	I would continue to target the same muscle groups, pecks, shoulders, hamstrings and lower back, retesting every 6 weeks, increasing stretches to 45-60 seconds.

## Client Feedback Form

**Clients Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

Rate: (1-5) 1: Poor 2: unsatisfactory 3: satisfactory 4: good 5: excellent

Overall appearance	Rate:	Comments:
Appropriate clothing and hygienic	5	Always had appropriate clothing
<b>Knowledge and motivation of Personal Trainer</b> Educate, adapt, enthusiasm, lead by example, help reach your max	4	Great motivator, gave me plenty of knowledge, helped adapt certain exercise, had great music
<b>Attitude and response</b> Positive, reasonable, show warmth, empathy and genuine-ness, help meet a need	5	Always acted positive, very understanding, helped provide good service
<b>Communication</b> Clear, effective, clarification, correction skills	5	easy to understand, very clear, verbally and practically
<b>Commitment and involvement</b> did the PT take part in the sessions; did PT stick to his commitments?	5	Stuck to all commitments, always got involved in sessions, training along with me
<b>Programming:</b> Suitable adaptable, target your goals, enjoyable	4	very enjoyable, some exercise's were hard met my goals
<b>Time keeping:</b> Always on time, late occasionally, very good time keeper	5	Always on time
<b>Overall Analysis of PT</b>	5	Very happy, would not hesitate using trainer again. very helpful, great service.

## **Analysis of results**

I felt the client gave me an overall excellent evaluation of the programme to date. I felt this was a reflection of how well I worked with my client and shows the confidence I will get from this experience. There were maybe areas like the programming I was good rather than excellent but I have improved and it was just round certain areas I made programme difficult and should of gave more adaptations but my client is very competitive so wanted to use this as motivational technique. I realise the client was very happy with all other aspects of my skills and abilities,

## **Student Self Evaluation:**

### **What I did well:**

- I planned certain exercises in the programme well like skipping and circuits, that my client really enjoyed this aspect.
- I trained every session with my client to be involved as much as possible and give a little bit extra motivation
- My communication skills were good, I was clear effective with my knowledge
- I was always punctual and on time with a positive attitude

### **What you would change:**

- Maybe encourage more adaptations at the start my client was struggling in first couple of sessions with circuit training
- Expand my knowledge and educate my client further
- I would perhaps change the interval jogging to outdoors

### **What you learned:**

- I learned how important it is to gather information, fitness test and plan before putting a suitable programme together.
- I learned how important putting across a positive outlook and professionalism affects a client's performance.
- I learned many different motivational strategies
- I realised how important confidentiality is with client/trainer as the client real confine in you with so much personal details
- I learned how important it is for to build the four stages of client/trainer relationship and the fact you both work so close together it's important you get on well.

## **Conclusions**

It was my first official client and chance to work with a client one on one. I feel it went really well and I have gained so much knowledge from this experience. I feel it reinforced knowledge I knew but I was able to put it into action and learned more from doing it. My communication skills really developed out of this project and has giving me great confidence to apply myself as a PT. I feel my programming planning and motivational techniques have also improved and looking forward to designing applying these skills with new clients in the near future.

