

**NCEF PERSONAL TRAINING SPECIALIST
MODULE**



PROJECT TITLE

FIT FOR LIFE

**BY
YVONNE LYONS
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Introduction

The aim of this project is to provide me with the skills, knowledge and competencies required to provide one-to-one training to a variety of individuals with different abilities, needs and goals in a variety of environments. I will work with a client over a five week period for two one hour sessions per week to include health screening & exercise history & fitness assessment, program design & monitoring, fitness assessment retest & results, future direction & client feedback. At the end of the program I will be competent in the programming & communication skills required to be a Personal Training Specialist.

1. Initial Meeting with Client

The initial meeting with my client was to gain as much information needed to analyse her needs, set goals and design an effective & enjoyable training program. My client completed a Health Screening and Exercise History & Attitude Questionnaire which I explained were valuable tools required to prescribe a safe and effective training program for my client. We discussed the present state of health and exercise history of my client and I assured her that all information disclosed was in the strictest confidence.

1.1 Health Screening & Exercise History & Attitude Questionnaire

See Appendix 1 & 2.

1.2 Analysis of clients Health & Fitness

My client is a healthy 39 year old female and has no medical history that would affect her engaging in this exercise program. There is no history of cardiovascular disease in her immediate family and my client has no risk factors related to cardiovascular disease. She considers herself a light smoker, smoking 4- 8 cigarettes per day.

My client led a very active lifestyle during her teenage years at school playing hockey, basketball and athletics. She went onto third level education and did not participate in regular exercise for most of her college years due to study and socialising. This pattern continued into her working life and it was not until she reached her early thirties that she became more health aware. She realised how unhealthy and unfit she was so it was time to take action. My client started participating in exercise again doing circuit training, some jogging and walking twice a week. This exercise pattern has continued on and off to the present day.

More recently in the last 12 months my client joined a local golf club, received lessons and played inconsistently for most of the 2007 summer season. More recently she has joined the local tennis club and is determined to improve her fitness and skill levels enough to take part in the local inter firms tennis competition held every May. This has become one of her main goals. She has

also attended a circuit training class over the last 12 months on and off and continues to walk quite regularly.

My client does not consume large quantities of alcohol and eats a fairly balanced diet although it does not include enough fruit and vegetables. She does confess to having a sweet tooth and indulges in a chocolate binge at least once a week while sitting in front of the TV. Her weight tends to fluctuate up and down and she needs to work hard at keeping her weight constant. Today she weighs 10 stone 7 lbs and is 5' 7" in height and has a BMI of 23 which is considered normal for her height. **See Appendix 4.**

My client has an office based job which results in a lot of time spent at a computer or sitting in a car traveling to and from meetings. There is little or no exercise involved in her working day but my client has indicated that her job is quite flexible so we may be able to incorporate a few sessions into her working week.

1.3 Analysis of clients goals & preferences

First and foremost my client would like to reach a good level of fitness to improve her overall health and wellbeing. She wants to become more actively involved in sports and be able to compete in local competitions at a fairly competitive level. She has also indicated she would like to lose half a stone which I would see as achievable if she follows the programme designed for her.

My client has agreed to meet with me twice a week for a one hour one to one session. This will incorporate the following health related components of fitness, Cardiovascular Endurance, Flexibility and Muscular Strength/Endurance.

Clients Goals

- Compete in the local Interfirms Tennis competition held in May.
- Run the Flora Women's Mini Marathon (10km within the hour) in June.
- Lose half a stone (7lbs).

Clients Commitment

- Meet with PT twice per week for a one hour session.
- Attend one circuit training class one night per week.
- Go for a jog with a buddy one night per week.
- Walk at least one other night per week.

If my client plays a game of tennis one night this will count as one training session.

Clients Long Term Goals

- Participate in regular physical activity (4-5 times per week).
- Maintain a healthy diet.
- Quit smoking.

My client is fairly flexible with regard to the content of the fitness programme and venue and is open to suggestions. She would prefer to have a running buddy if

running on the road until she becomes more confident in her own ability. We will complete the muscular endurance session in my clients house as there will be no distractions there and she will feel more comfortable. The second weekly session will take place in the local tennis court where my client is a member.

2. Fitness Assessment

Below is a table showing the fitness tests I carried out on my client and the rationale for doing so. I explained to my client the component of fitness being tested and the reason for completing these tests. I, the trainer would measure her level of fitness and prescribe a safe and effective programme based on the results. I showed my client the results of the tests as she requested I do so and gave her positive feed back on the areas needing work rather than destroy her confidence.

She is highly motivated and excited at the prospect of achieving her goals and I assured her I would help her in every way I could as long as she was willing to work hard. I explained that I would be performing the same fitness tests after our five week training programme and this gave her the motivation to get results.

The running and agility tests were performed at the Regional Sports Centre while the other tests took place in a local school sports hall. I needed minimal equipment and I chose tests which were specific to my client's goals.

2.1 Fitness Assessment Tests and Rationale for Selection

Components of Fitness	Tests	Rationale for Tests
Postural Evaluation	Posture Analysis	Unbalanced postural lines can cause excessive tension in muscle groups and produce joint strain. I needed to determine if my client had any problems which would effect her participation in this exercise program. I would also be able to educate her on how to create natural body alignment and maintain a healthy posture.
Body Composition	Body Mass Index Skinfold Measurement	This test uses weight and height to give an indication of client's body composition To determine the percentage body fat of my client
Cardiovascular	1 mile run Agility test	One client goal is to run in this years Flora mini marathon in June. I felt this was a good test to determine my client's aerobic fitness level and was appropriate to her goal. My client has recently taken up tennis and would like to become fit enough to play in this years interfirms tennis tournament in May. This test will determine clients speed, change of pace, balance etc. highlighting areas needing work.
LME	Modified Press Up Vertical Leg Jump Crunch Curl	This test determines body endurance of the pectorials major, anterior deltoids and triceps. This leg power measurement will determine if my client needs strength work on the major muscles of the legs thereby improving tennis performance. This test measures endurance of the abdominal muscles.
Flexibility & Muscle Length Analysis	Straight Leg Raise Shoulder Elevation Wall Test Hand behind Neck Hand behind Back Alternate HBB & HBN Modified Thomas Test Calf / Soleus	Tests flexibility of the hamstrings. As playing Tennis well is one of my clients goals I felt this test would determine flexibility of the shoulders. To highlight any lower back or hip flexor restrictions. Shoulder Flexibility Shoulder Flexibility Shoulder Flexibility Hip Flexor Calf Flexibility

2.2 Fitness Assessment Results – Test 1

Components of Fitness	Tests Performed	Results
Postural Evaluation	Posture Analysis (Analysis from Anterior, Lateral and Posterior view)	Anterior pelvic tilt showing increased lordotic curve. Tight hip flexors and erector spinae with weaker hamstrings and abdominals. Rounding of the shoulders indicating weak rotator cuffs and back muscles. There is also slight knock knee.
Body Composition	Weight Height Body Mass Index	10 stone 7 lbs 5' 7" 23
	Skinfold Measurement	60 mm
Cardiovascular	Resting Heart Rate (RHR)	77 BPM
	1 mile run	9.56 minutes
	Agility test	15.5 seconds
LME	Modified Press Up	27
	Vertical Leg Jump	24 cm
	Crunch Curl	30
Flexibility & Muscle Length Analysis	Straight Leg Raise	70% R 75% L
	Shoulder Elevation	32 cm Poor
	Wall Test	Large space
	Hand behind Neck	Good
	Hand behind Back	Good
	Alternate HBB & HBN	Good
Modified Thomas Test	Hip Flexors need work	
Calf / Soleus	Calves need work	

2.3 Analysis of Fitness Assessment Results

Components of Fitness	Analysis of Results
Postural Evaluation	As indicated by the posture analysis results above, my client has quite a number of problem areas with regard to posture. To help rectify this I will prescribe a PNF stretch for the hip flexors and quadriceps. Her rounded shoulders are probably as a result of lifestyle so I will add a PNF stretch for the chest muscles. We will need to strengthen the abdominals and back muscles. Abductor work will help balance knock knee posture.
Body Composition	The body mass index result showed normal although her percentage body fat result was quite high. My client carries most excess flab around the waist line. I will prescribe an aerobic and LME programme which will tone and help reduce body weight.
Cardiovascular	Aerobic fitness is average so I will prescribe a mixture of low intensity building up to hard along with agility training to increase speed and overall fitness. This will be geared towards achieving her goals.
LME	My client seems to have quite good strength as she scored quite well on these tests. The LME section of the programme will cover all areas of the body but will concentrate on lower body strength. Although she has done some running in the past we will also need to improve on agility and speed. My aim is to improve overall fitness but also help my client achieve her sports specific goals. We will include exercises to strengthen abdominal muscles.
Flexibility & Muscle Length Analysis	Flexibility results were quite poor overall and my client indicated that she has never worked on this component of fitness. I will include PNF stretches into the programme to help lengthen the tight muscles.

Points to note:

- My client purchased new footwear and sportswear on my recommendation.
- I completed each training programme with my client to increase motivation.
- All sessions were completed in the afternoon or evening at my clients request as she performed better at these times.
- I educated my client on the importance of good posture and of stretching before and after each session.

3. Programme Design

3.1 Five Week Training Schedule

Week	Day	Programme	Duration
1	Monday	Programme A	1 hour with PT
	Tuesday	Rest	Rest day
	Wednesday	Programme B	1 hour with PT
	Thursday	Circuit Training	1 hour class
	Friday	Rest	Rest day
	Saturday	Walk	30 min with buddy
	Sunday	Rest	Rest day
2	Monday	Programme A	1 hour with PT
	Tuesday	Walk	30 min with buddy
	Wednesday	Programme B	1 hour with PT
	Thursday	Circuit Training	1 hour class
	Friday	Rest	Rest day
	Saturday	Run	20 min jog/walk
	Sunday	Rest	Rest day
3	Monday	Programme A	1 hour with PT
	Tuesday	Walk	30 min with buddy
	Wednesday	Programme B	1 hour with PT
	Thursday	Circuit Training	1 hour class
	Friday	Rest	Rest day
	Saturday	Run	20 min jog/walk
	Sunday	Rest	Rest day
4	Monday	Programme A	1 hour with PT
	Tuesday	Circuit Training	1 hour class
	Wednesday	Programme B	1 hour with PT
	Thursday	Rest	Rest day
	Friday	Tennis	1 hour practice
	Saturday	Rest	Rest day
	Sunday	Walk	40 min with buddy
5	Monday	Programme A	1 hour with PT
	Tuesday	Walk	30 min with buddy
	Wednesday	Programme B	1 hour with PT
	Thursday	Circuit Training	1 hour class
	Friday	Rest day	Rest day
	Saturday	Tennis	1 hour practice
	Sunday	Rest	Rest day

3.2 Detailed Plan of Programmes Programme A

Phase	Duration	Intensity	Exercise	Sets	Reps
Warm Up	5 minutes	RPE Scale 7-9	Brisk Walk	NA	NA
Pre stretch standing	8-10 seconds per exercise	To point of tension	Calves Hamstring Quadriceps Groin Lower Back Chest Shoulders	NA	NA
Aerobic	20 minutes	RPE Scale 12-14	Jog 5 minutes Brisk Walk 5 minutes Jog 5 minutes Brisk Walk 5 minutes	NA	NA
LME	20 minutes	Moderate 2.5 kg Allow 10 seconds rest between exercises	Shoulder Press Ab curls on stability ball Tricep Dip Back Extension stability ball Lateral Raise Hip Extensions R Hip Extensions L Supine Fly Abductors R L Adductors R L Prone Fly Modified Press ups	2 2 2 2 2 2 2 2 2 2 2 2	12 12 12 12 12 20 20 12 20 20 12 12
Flexibility	20-60 seconds per exercise	To point of tension	PNF stretch for Anterior Deltoids, Pectorials PNF stretch for Hip Flexors & Quadriceps		
Post Stretch on mat	15-30 seconds per exercise	To point of tension	Calves Hamstring Quadriceps Groin Lower Back Chest Shoulders		

Progressions to Programme A

Week 2

- Warm up: Increased brisk walk to jog.
- Aerobic: Increased length of continuous jog to 8 minutes reducing brisk walk to 2 minutes giving total jog time of 16 minutes and brisk walk time of 4 minutes.
- LME: Increased reps to 15 as client found 12 quite easy.
- Flexibility: Continued to work on chest and hip flexors monitoring progress.

Week 3

- Aerobic: Increased length of continuous jog to 10 minutes, brisk walk 5 minutes, jog 5 minutes giving total jog time of 15 minutes and walk time of 5 minutes.
- LME: Kept reps at 15 and weight at 2.5 kg, increase leg exercise reps to 25 each leg.
- Flexibility: Continued to work on chest and hip flexors monitoring progress.

Week 4

- Aerobic: Increased length of continuous jog to 15 minutes, brisk walk 5 minutes giving total jog time of 15 minutes and brisk walk time of 5 minutes.
- LME: Kept reps at 15 and increased weight to 3.0 kg.
- Flexibility: Continued to work on chest and hip flexors monitoring progress.

Week 5

- Aerobic: Increased length of continuous jog to 20 minutes.
- LME: Increase reps to 18 and weight at 3.0 kg, leg exercise reps to 30 each leg.
- Flexibility: Continued to work on chest and hip flexors monitoring progress.

Programme B

Phase	Duration	Intensity	Exercise	Sets	Reps
Warm Up	5 minutes	RPE Scale 7-9	Brisk Walk	NA	NA
Pre Stretch Standing	8-10 seconds per exercise	To point of tension	Calves Hamstring Quadriceps Groin Lower Back Chest Shoulders	NA	NA
Aerobic	15 minutes	RPE Scale 12-14	Jog 5 minutes Brisk Walk 5 minutes Jog 5 minutes 2 minute stretch	NA	NA
Agility (on tennis court)	15 minutes	RPE Scale 12-14	Pyramid run Jog / walk around court Sprint to retrieve balls Jog / walk around court Ladder drills Jog / walk around court	2 2 2 2 2 2	1 1 1 1 1 1
LME	10 minutes	RPE Scale 12-14 Allow 10-15 seconds rest between exercises	Lunge Walk Hip Extensions R Hip Extensions L Wall Squat Alternate Squat Trusts Abductors R L Adductors R L Squat Jumps	2 2 2 2 2 2 2 2	1 20 20 30secs 12 20 each leg 20 each leg 12
Flexibility	20-60 seconds per exercise	To point of tension	PNF stretch for Anterior Deltoids, Pectorials PNF stretch for Hip Flexors & Quadriceps		
Post Stretch on mat	15-30 seconds per exercise	To point of tension	Calves Hamstring Quadriceps Groin Lower Back Chest Shoulders		

Progressions to Programme B

Week 2

- Warm up: Increased brisk walk to jog.
- Aerobic: Increased length of continuous jog to 8 minutes, brisk walk to 2 minutes jog 5 minutes giving total jog time of 13 minutes and brisk walk time of 2 minutes.
- Agility: Continued as week one as needed to build up this component of fitness slowly.
- LME: Continued as week one.
- Flexibility: Continued to work on chest and hip flexors monitoring progress.

Week 3

- Aerobic: Increase length of continuous jog to 10 minutes and brisk walk 5 minutes
- Agility: Increase pyramid run to 2 sets of 2 reps (Jog/walk around court x 2).
- LME: Increased alternate squat trusts and squat jumps to 2 sets of 15 reps.
- .
- Flexibility: Continued to work on chest and hip flexors monitoring progress.

Week 4

- Aerobic: Increase length of continuous jog to 12 minutes and brisk walk 3 minutes.
- Agility: Increase sprint to retrieve balls to 2 sets of 2 reps (Jog/walk around court x 2).
- LME: Increase lunge walk to 2 sets of 2 reps.
- Flexibility: Continued to work on chest and hip flexors monitoring progress.

Week 5

- Aerobic: Increase length of continuous jog to 15 minutes.
- Agility: Increase ladder drill to 2 sets of 2 reps (Jog/walk around court x 2).
- LME: Increase hip extensions, abductors and adductor reps to 25.
- Flexibility: Continued to work on chest and hip flexors monitoring progress.

3.3 Rationale for Programmes

Below are the components of fitness I included in my clients training programme. I applied the FITT principle and explained this to my client so that she could understand the logic used in each programme.

Each session commenced with a warm up and pre stretch, which I explained to my client, would help prevent against injury.

Component	Frequency	Intensity	Time	Type
Cardiovascular - Aerobic	3-5 days per week	Aerobic 60-85% MHR	20-60 minutes	Jogging, Tennis, Aerobic.
Anaerobic	2-3 days per week	Anaerobic 75-85% MHR		Pyramid sprints, shuttles, quick feet etc.
LME	3-5 days per week	50-70% 1RM	Up to 60 minutes	Circuit Training
Flexibility	3+ days per week	Point of Tension	20-60 seconds per exercise	PNF

Cardiovascular: This component of fitness is the ability of the heart and lungs to perform strenuous exercise for an extended period of time. In keeping with my clients goals I set out to improve the length of time she could jog without stopping. In both programme A & B we started slowly and increased the jogging time at each session. Her target is to be able to run for 20 minutes without stopping at the end of the five-week period. My client also needed to improve her anaerobic fitness so I incorporated speed and agility drills into programme B. I used the RPE scale to monitor my client's heart rate so that she worked hard but felt comfortable.

LME: This component of fitness is the ability of the muscles to apply a repeated muscular contraction for a certain period of time. In programme A I prescribed moderate weights to help tone and strengthen the upper body muscles to improve posture and help improve her tennis performance. Programme A also included some lower body floor / ball based body conditioning exercises. Programme B concentrated on the lower body and as the session was outdoors I did not prescribe weights but had a mixture of exercises to improve strength & endurance of the compound muscles of the legs.

Flexibility: This component of fitness is the ability to move or stretch through a large range of motion around a joint. The fitness assessment results highlighted tightness in the hip flexors and chest muscles. I prescribed stretches to lengthen the chest and shoulder muscles to help push back her rounded shoulders. I also included a stretch for the hip flexors, which would help, increase the flexibility of the lower back.

3.4 Training log of fourth session with client

WEEKLY TRAINING LOG – 4th SESSION

Date: _____ Time: _____

Client Diary

Did you enjoy the previous session? Yes ___ No ___
 Were you feeling Tired or Energetic _____?
 Were you feeling sore? Yes ___ No ___
 How long did soreness last? _____
 How many hours sleep did you have last night? _____
 What did you eat today? _____

Programme B

Phase	Type	Time	RPE	Comments
Warm up	Jog / Stretch	10 Minutes	7 – 9	Feeling good
Aerobic	Jog / Walk	15 Minutes	12 – 14	Breathing Improved
	Stretch	2 Minutes		
	Agility	15 Minutes	12 – 14	Legs Tired at end

LME	Sets	Reps	Comments
Lunge Walk	2	1	Found tough but good
Hip Extensions R L	2	20 each leg	Good
Wall Squat	2	30 seconds	Good
Alternate Squat Trusts	2	12	Found tough but good
Abductors R L	2	20 each leg	Good
Adductors R L	2	20 each leg	Good
Squat Jumps	2	12	Found tough but good

Flexibility	Muscle	Time	Comments
PNF	Hip Flexors	20-60 seconds	Good stretch
PNF	Chest (Pecs, Dels)	20-60 seconds	Good stretch
Post Stretch	All majors	15-30 seconds	Good stretch

Personal Trainers Notes:

___ Legs tired at end of session but client enjoyed the variety and different aspect to training she had not experienced before. She can already feel an improvement in her breathing and can jog for longer even at this early stage. She is very motivated and looking forward to the next session _____.

4. Client Education and Support

Although my client had set specific goals at the start of this programme her main priority was to reach a good level of fitness to improve her overall health and wellbeing. I educated her on achieving and maintaining a well-balanced lifestyle. This included advise on correct posture, maintaining a well balanced diet, participating in a safe and effective exercise programme, wearing the correct footwear/clothing and most important how to keep motivated when you feel like packing it all in. We worked together as a team to help make small positive changes that would enhance her overall lifestyle and wellbeing.

4.1 Motivational Tools & Strategies for Support & Encouragement

My client has been participating in various exercise classes / sports on and off since her teens. She has never stuck to one exercise regime due to boredom and the monotony of doing the same thing over and over. Down through the years she has been a member of various gyms but got bored with them. She enjoys exercising in a team situation or as a group where she can interact with other people and become more competitive.

In order to make the five weeks programme as enjoyable and motivational as possible for my client I decided to participate in each session with her. This gave her the competitive edge and took her mind off the actual hard work associated with training. She was determined to keep up with me in the jogging, and beat me in the sprints as long as she was comfortable and not over doing it.

The days she was not training with me she went to a circuit training class, which acted as a social outing as well as a good exercise workout. She either played a game of tennis and jogged or walked with a buddy on other days.

The motivation here was she never trained alone, she trained with different people for each session and caught up with her social chit chat while getting fit.

I asked her to log her food/drink intake for two separate weeks. My client had indicated that she has a fairly good diet when she is based at home. However, when she is away with work her diet becomes very unhealthy. I stuck the two diets on her fridge to remind her of the good, the bad and if the bad outweighed the good, the ugly. **See Appendix 3.**

Overall I praised my client before, during and after each training session to let her know that I was genuinely pleased to see her, to encourage her to keep going even when she was tired and to thank her for coming and giving it all she had. At the end of each week I encouraged her to reward herself over the weekend before the following week's session.

4.2 Handouts & Literature Provided

I gave my client a number of handouts to help encourage and motivate her to achieve her goals. I gave her a copy of the food pyramid to help her maintain a healthy diet even when she was away from home. I gave her a brochure from the Irish Heart Foundation, which covered numerous tips on maintaining a healthy heart. These included the food pyramid explained, how to stop smoking, becoming more physically active every day and knowing your blood pressure and cholesterol levels.

I also gave her a handout on various activities she could participate in to keep her motivated for longer periods. ***See attached appendices.***

5. Fitness Assessment Retest

5.1 Test Results

Components of Fitness	Tests Performed	1 st Result	2 nd Result
Postural Evaluation	Posture Analysis (Analysis from Anterior, Lateral and Posterior view)	Increased lordotic curve. Tight hip flexors and erector spinae. Weak hamstrings and abdominals. Rounding of the shoulders Slight knock knee.	Visible posture improvement. Reduced lordotic curve, more posture aware with shoulders back, knock knee still visible.
Body Composition	Weight Height Body Mass Index Skinfold Measurement	10 stone 7 lbs 5' 7" 23 60 mm	10 stone 1 lb 5' 7" 22 55 mm
Cardiovascular	Resting Heart Rate (RHR) 1 mile run Agility test	77 BPM 9.56 Mins 15.5 seconds	73 BPM 8.19 Mins 13.4 seconds
LME	Modified Press Up Vertical Leg Jump Crunch Curl	27 24 cm 30	28 25 cm 45
Flexibility & Muscle Length Analysis	Straight Leg Raise Shoulder Elevation Wall Test Hand behind Neck Hand behind Back Alternate HBB & HBN Modified Thomas Test Calf / Soleus	70% R 75% L 32 cm Large space Good Good Good Hip Flexors need work Calves need work	75% R 80% L 33.3 cm 50% improved Good Good Good Continue PNF stretch Add PNF stretch

5.2 Test Analysis

Components of Fitness	Analysis of Results
Postural Evaluation	There was a significant improvement in overall posture. My client is much more aware of how she carries herself during exercise and in her everyday life. This can be seen by the noticeably reduced lordotic curve and rounded shoulders due to a combination of self awareness and exercise.
Body Composition	My client lost 6 lbs during the five week programme thereby reducing her BMI from 23 to 22 which is normal for her height. Skinfold measurement showed a reduction of 5mm of body fat over the period and her body shape was more defined.
Cardiovascular	Prior to commencing the programme her aerobic fitness was average but she can now run for 20 minutes without stopping. She improved her one mile run by an impressive one and a half minutes and her breathing is much more controlled. Her speed and agility has also improved.
LME	My client has quite good strength as she scored well on these tests. Her abdominal muscles are stronger which will have contributed to her reduced lumbar curve. She feels a lot more toned and said her body shape is much more defined.
Flexibility & Muscle Length Analysis	My client needs to continue her flexibility exercises for the hip flexors, chest muscles and calves.

5.3 Evaluation of the Programme to date

The programme has been very successful to date. At the start of the five-week programme my client committed to:

1. Meet with PT twice per week for a one hour session.
2. Attend one circuit training class one night per week.
3. Go for a jog with a buddy one night per week.
4. Walk at least one other night per week.

If my client plays a game of tennis one night this will count as one training session.

Over the five-week period my client met with me for ten one hour sessions. She always came on time and full of enthusiasm for the session ahead. She completed every programme as specified even when I had increased the jogging time, number of reps, weight etc. There was never a complaint and she adapted to each new session with relative ease.

She can now run quite comfortably for 20 minutes nonstop and I explained that if she continues with the programme she will achieve her short term goals of:

1. Competing in the local Interfirms Tennis competition.
2. Run the Flora Women's Mini Marathon.
3. Lose half a stone.

Following on from this she will achieve her long term goals as she will be highly motivated and exercise will have become part of her everyday life.

6. Future Direction of the Clients Programme

Components of Fitness	Future Direction
Cardiovascular	I would gradually increase the length of the cardiovascular phase to one hour as this is approximately the length of time it should take her to run the 10k mini marathon. I would alternate her training session between road and beach so that she does not become bored. I would time her runs and try to improve her speed so that she does not get complacent at running at the same pace all the time. I would vary the anaerobic phase of the programme to include different types of sprints, sports specific exercises, etc. I would encourage the use of a tennis racket and balls where possible to add variety and enjoyment. I would constantly strive to give her targets to keep her motivated at all times.
LME	I would introduce new exercises at different stages while also increasing the reps and weight over a period of time. I would prescribe use of weights only when training indoors and use no weights when outdoors. This would not only vary the training programme but result in minimal equipment being therefore increasing time spent doing other things. I would vary the training venue between clients home, local regional sports centre and local school facilities.
Flexibility	I would retest her flexibility every 6-8 weeks and continue to monitor her progress. I would prescribe alternate flexibility exercises to balance her overall body posture and continue to educate her on the importance of maintaining good posture.
Nutrition	I would ask my client to keep a food diary and review it with her every 4-6 weeks. I would continue educating her on the importance of good diet and provide handouts to help keep her focused. I would ask her to attend a diet and nutrition seminar to get advice from the professionals.
Conclusion	I would strive to keep my client motivated at all times by listening, communicating, monitoring progress, give constant feedback, programme variety, encouragement & confidentiality. See attached handouts.

7. Client Feedback

7.1 Clients evaluation of the services provided

See Appendix 7.

7.2 Analysis of the evaluation

I designed this client feedback form so that I could get an honest and effective response of the service I provided. Overall I was happy with the feedback as I could see the areas needing improvement. My client went away happy with the results she achieved in the five weeks and will continue, with my help to achieve her long term goals. Although my client felt fitter and healthier she was extremely happy with the fitness retest results as she could see the improvements in black and white.

She is well on the way to achieving her short term goals and her motivation and determination to do so has increased as a result of this programme. She has achieved a better level of fitness and a sense of wellbeing. She is more confident and knowledgeable and her lifestyle has changed for the better. Her long term goal is to maintain it. Good luck!

8. Self Evaluation

Overall I enjoyed the time spent with my client. It was educational and beneficial towards my future career in this field. My client is well on the way to achieving her goals having lost 6 lbs in weight, signed up for the Woman's Flora mini marathon and has posted her application for the local tennis tournament in May.

At first I was apprehensive and unsure of where to start. I was unsure about what fitness tests to perform on my client as there are so many to choose from. Once I had my initial meeting with my client and she completed the Health Screening and Exercise History & Attitude Questionnaire everything started to fall into place. I learned that the initial meeting between the personal trainer and client is probably the most important meeting in determining if there will be success or not. The information gathered at this stage maps out the relationship between personal trainer and client.

Once I had established my client goals and previous exercise history I was able to choose fitness tests which would enable her to reach these goals. I designed a programme which was realistic and had variety. I found that taking part in the sessions with my client helped keep her motivated and focused.

I also learned that there is a lot more to being a personal trainer than being fit and looking good. I have a lot of improvements to make with regards to administration as there is a constant need to plan, document everything and keep a data base for every client.

My time keeping needs to improve as I found it hard to meet timelines between work and family commitments. This worked both ways so it is important to highlight at the start of a trainer/client relationship the importance of good time keeping.

I enjoyed the one to one sessions and found that my client really looked up to me for support. The trainer / client relationship is the most important aspect of this business. Happy clients make for happy personal trainers.

Positives

Achieved short term goals
Healthier and happier
Motivated to Maintain
More Confident
Spread the word

Needs Improvements

Time keeping
Administration
Planning

9. Conclusion

This has been a very rewarding and tiring experience. There is so much to learn to be a competent and confident personal trainer. Previously I had only experienced being a fitness instructor in a class situation and one programme covers all. I now feel confident that I could design a suitable programme for any individual who approached me. I got a great sense of satisfaction seeing my client achieve her goals and improve her lifestyle. I am a better person from this experience as I now feel I can improve the lifestyles of so many more. Trust, confidentiality and professionalism will be important tools in becoming a highly respected personal trainer.

10. Appendices

- 1. Health Screening**
- 2. Exercise History & Attitude Questionnaire**
- 3. Food Dairy**
- 4. Body Mass Index Table**
- 5. RPE Scale**
- 6. Fuel for Sports**
- 7. Client Feedback Form**
- 8. Miscellaneous Educational / Health related handouts.**

**PERSONAL TRAINING
CLIENT FEEDBACK**

Client's Name _____

Please review the Personal Trainer performance

RATING SCALE

1 unsatisfactory 2 marginal 3 satisfactory 4 good 5 excellent

Criteria	Rating	Comments
Presentation (grooming, dress, attitude, behaviour)		
Punctuality & Reliability (on time, followed through)		
Commitment (sought information & feedback, willingness to be involved)		
Administration (organised, controlled)		
Knowledge (confident with information, contributed useful ideas)		
Communication (interaction on an interpersonal basis)		
Programming (suitability, flexibility, problem solving)		
Confidentiality		
Overall performance		

General Comment's

Signed (client) _____ Date _____

Thank you for your time

PRE-EXERCISE SCREENING FORM.

Name: Doctor:

Address: Emergency Contact:
.....
.....

Age: Tel Mobile:

All information given is totally confidential and is only used to prescribe a safe and effective training programme for you.

Do you have now or have you had within the past year any of the following?

- | | | |
|------------------------------------|---|---|
| 1. Diabetes | Y | N |
| 2. Stress or High Blood Pressure | Y | N |
| 3. Asthma or Respiratory Illness | Y | N |
| 4. Heart or Chest Pains | Y | N |
| 5. Epilepsy, Fainting or Dizziness | Y | N |
| 6. Arthritis | Y | N |
| 7. Neck or Back Pain | Y | N |
| 8. Any other muscle or joint pain | Y | N |
| 9. High Blood Cholesterol | Y | N |
| 10. Disability | Y | N |
| 11. Surgery | Y | N |
| 12. Overweight | Y | N |

If Yes please
specify.....
.....
.....
.....

Are you pregnant? Y N
If yes, what Trimester.....

Have you had a baby in the last 6 months? Y N
Do you smoke? Y N
If YES, how may per day.....

Has your doctor ever advised you against any form of exercise? Y N

If YES, please
explain.....
.....

Are you presently taking any medication on a regular basis? Y N

If YES, please state what the medication is and the condition it
treats.....

.....
.....
Are you currently on a specific diet? Y N

If YES, please give details
.....
.....

Are you aware of any injury, past or present, which may be aggravated by any form of exercise? Y N

If YES, please explain.....
.....

Do you have any other information in relation to your general health and fitness that may prevent / hinder you from participating in this Exercise Program?
If yes please explain.....
.....
.....

Informed Consent

I _____ acknowledge and understand that while participating in this Exercise Program I may suffer injury. I am aware that with all types of exercise there is an inherent risk of heart attack, light headedness, fainting, cramp, muscle / joint injury etc. I acknowledge that my choice to participate in this exercise program brings with it the assumption by me of those risks, and understand that I am free to withdraw from this exercise at any time or modify my exercise program at any time. I agree to disclose any physical limitations or disabilities which may affect my ability to participate in this exercise program. I assume full responsibility during and after my participation and I hereby give consent to participate in said program.

I agree that I have read, understood and agree to the contents of this informed consent agreement in its entirety.

I certify that the above information is correct

Participant's signature.....Date.....

Witness signature.....Date.....

Exercise History and Attitude Questionnaire

Please complete this questionnaire as accurately as possible. Please ask your trainer if you need any assistance. This information is purely for the purpose of prescribing an exercise program suitable to your needs and is totally confidential.

Name _____ Date _____

1. Please rate your exercise level on a scale of 1 to 5 (5 indicating very strenuous) for each age range through to your present age

15-20 _____ 21-30 _____ 31-40 _____ 41-50+ _____

2. Did you take part in sport / exercise in school / college? **Yes / No**

If yes, please specify _____

3. Do you have any negative feelings toward or have you had any bad experience with physical activity programs? **Yes / No**

If yes, please specify _____

4. Do you have any negative feelings toward or have you had any bad experience with fitness testing and evaluation? **Yes / No**

If yes, please specify _____

5. Rate yourself on a scale of 1 to 5 (1 indicating the lowest value and 5 the highest).

- Characterise your present athletic ability: _____
- Characterise your present aerobic fitness level: _____
- Characterise your present muscular capacity: _____
- Characterise your present flexibility capacity: _____

6. Do you start exercise programs but then find yourself unable to stick with them? **Yes / No**

State main reason why _____

7. How much time are you willing to devote to an exercise program?

- Minutes/day _____
- Days/week _____

8. Are you currently involved in any type of regular exercise?

Yes / No

- If yes, specify the type of exercise(s) / Sport _____

- Minutes/day _____
- Days/week _____

9. Rate your perception of the exertion of this exercise / sport (please tick):

1. Light_____ 2. Fairly light_____ 3. Somewhat hard_____ 4. Hard_____

10. State most recently how long you been exercising regularly?

• Years _____ Months _____

11. What other exercise, sport, or recreational activities have you participated in?

• In the past 6 months? _____

• In the past 5 years? _____

12. Can you exercise during your work day? **Yes / No**

13. Would an exercise program interfere with your job? **Yes / No**

14. Would an exercise program benefit your job? **Yes / No**

15. What types of exercise interest you?

- Walking
- Jogging
- Swimming
- Cycling
- Tennis
- Dance exercise
- Other aerobic activity _____
- Strength training
- Flexibility

16. Rank your goals in undertaking exercise: Use the following scale to rate each goal separately (*1 being the most important, 9 being the least important*).

1 2 3 4 5 6 7 8 9 10
Extremely Important Somewhat Important Not at all important

- Improve aerobic fitness _____
- Body-fat weight loss _____
- Reshape or tone my body _____
- Improve performance for a specific sport _____
- Improve well being _____
- Improve flexibility _____
- Increase strength _____
- Increase energy level _____
- Feel better _____
- Enjoyment _____
- Other _____

17. By how much would you like to change your current weight?
(+)_____lbs (-)_____lbs

18. What objectives would you like to achieve through our training time together?

- Objective 1 _____
- Objective 2 _____
- Objective 3 _____