

Meeting and greeting a client

Met client and established rapport

Adapted Instructional skills to suit the personality of the client

Trainers style of delivery, tone and speed reflected the clients

Trainer gave an overview of the session and purpose

Established clients understanding of the process and obtained clients consent

Conduct a detailed and relevant Health Questionnaire

Established client goals using open ended questions

Conduct Health Screen including:

- Health History
- Injury History
- Dietary Information
- Needs Analysis
- Goal Setting
- Establish client exercise history / background

Establish any factors that may adversely affect the clients adherence to exercise in the future

Recognition of limitations and referred to an allied health professional if applicable

Conduct a Fitness Assessment (Blood pressure, skinfolds, girth measurements)

Blood Pressure test

Conduct Health Screen including:

- Explained the application of the cuff
- Placement of the stethoscope
- Inflation of the cuff with description
- Deflation of the cuff with explanation
- Reading and explanation of what the result.
- Explanation of systolic and diastolic blood pressure

Girth measurement

Choose **two** of the following sites and complete an accurate girth measurement.

Chest, Waist, Hips, Thigh, Calf, Upper arm

Clearly show:

- Gaining client consent
- How to find the correct location of the site
- Placement and reading of the tape
- Accurate explanation of the test

Did the Student display competency in the following skills:	C	NYC	Comments
<p>Body Composition</p> <p>Choose three of the following skin fold sites and complete the Body fat assessment.</p> <p>Bicep / Tricep / Mid-abodiminal / Supraspinale / Mid-calf</p> <p>Clearly show:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Gaining client consent <input type="checkbox"/> The correct location of the site and EXPLAIN how to find that location <input type="checkbox"/> The correct technique when grasping the skinfold and applying the callipers <input type="checkbox"/> An explanation of what you are testing – in a way that a client would understand. 			
<p>Queens College Step Test</p> <ul style="list-style-type: none"> <input type="checkbox"/> Inform the client of testing process & purpose <input type="checkbox"/> Conduct the test accurately <input type="checkbox"/> Monitored clients safety through feedback <input type="checkbox"/> Used the equation correctly 			
<p>Five Repetition Maximum Testing</p> <ul style="list-style-type: none"> <input type="checkbox"/> Inform the client of testing process & purpose <input type="checkbox"/> Conduct the test accurately <input type="checkbox"/> Monitored clients safety through feedback 			
Develop basic Fitness Programs			
Gather pre-programming information, including a client's current fitness level			
Develop a basic exercise plan of general activities suited to client's needs, lifestyle and exercise preferences			
Develop a fitness program for clients			
Display an appropriate instructional style			

Exercise demonstration & explanation of a training session

Exercise demonstration

Choose **three** exercises, each from a different movement pattern.

One exercise from **phase 1-3** and **two** from **phase 4-6**.

Clearly demonstrate:

- An introduction that includes the name, general purpose and specific muscle group the exercise targets
- Clear and accurate demonstration of the movement, noting the concentric and eccentric contraction phases
- Explanation and demonstration of the correct grip if necessary
- Initial instructions and 2-3 technique instructions
- View the clients execution and assess movement
- Provide feedback to the client regarding technique, speed & quality of execution
- Identification of appropriate corrections
- Establish the clients capacity to safely exercise on their own

Present two modifications to the exercise

- One regression (easier)
- One progression (harder)

Student provided positive feedback and motivated the client using the appropriate language

Student demonstrated proper spot technique if applicable for exercise choice

Student outlined an effective warm up for the program that is short, specific and relevant to the activity to be undertaken.

Candidate presents an individually designed exercise program, written in advance and brought to the final assessment.

Program should outline:

- Must be movement pattern based
- Contain goals of session
- Volume prescription (Sets x Reps)
- Appropriate selection and justification of exercises
- Correct order of exercise
- Correct level of difficulty of exercise
- Contain warm up, exercise and cool down
- Clients goals, health, prior fitness history and time availability are taken into account

Did the Student display competency in the following skills:	C	NYC	Comments
<p>Candidate is able to explain how to vary the program by changing any acute exercise variable:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Intensity <input type="checkbox"/> Volume <input type="checkbox"/> Duration <input type="checkbox"/> Frequency 			
<p>Candidate completes the session appropriately covering the following:</p> <ul style="list-style-type: none"> <input type="checkbox"/> The clients understanding of the workout <input type="checkbox"/> Ability to answer any final client questions or concerns <input type="checkbox"/> Leaves the client feeling comfortable and confident, but clear as to how to seek assistance <input type="checkbox"/> Client feels they have received thorough service and good advice 			
<p>Candidate is able to complete all relevant paperwork and filing.</p>			
<p>Candidate demonstrates an understanding of how to follow up with a referring allied health professional if relevant and/or necessary.</p>			
<p>Candidate is able to reflect upon their performance with constructive criticism.</p>			