**All Modules Fitness Assessment & Programme Planning – Client 1**

Relevant Screening Information Summary (1 male/1 female client of different fitness levels to be assessed)

|  |  |  |  |
| --- | --- | --- | --- |
| **Age**: yrs. | **Gender**: | M  | F |
| **Summarise Medical problems/injuries/medication/pregnancy**:  |
| **Lifestyle**: (design own lifestyle questionnaire – include all aspects (eg exercise habits (current FITT if any), job, activity levels, stress levels etc.)  |
| **Client Goals** (include time commitment level – day per week willing to exercise, duration etc.)Short Term Goals: Long Term Goals: |
| **Tests Performed** for relevant Components of Fitness(Apply to client goals) | **Results** including fitness rating |
| **CV** |  |
| **LME** |  |
| **Flexibility** |  |
| **Strength** |  |
| **Body Composition** |  |
| **Conclusions:** Based on the results of the tests performed give your overall assessment of the client’s present fitness levels and areas that need work.**Module 3 Tutor Signature:** |

|  |  |
| --- | --- |
| **Warm up (**State Type, Duration ,Intensity | Include general components to be worked, also specific equipment egg bike/treadmill/rower-MW/FW/BR – PNF/passive/static |
| **Pre-stretch** **Muscles** |
| **WK1-3** | **Frequency** | **Intensity** | **Time**  | **Type** |
|  |  |  |   |  |
| **Rationale** for your choice of exercises, FITT, sets, reps etc.:  |

**6 Week Programme Client 1**

Show below methods of overload chosen – why? Show any changes adaptations made to programme – why?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Wk 3-6** | **Frequency** | **Intensity** | **Time** | **Type** |
|  |  |  |  |  |
| **Rationale for changes/progressions:****Module 3 Tutor Signature:** |

**All Modules Fitness Assessment & Programme Planning – Client 2**

Relevant Screening Information Summary (1 male/1 female client of different fitness levels to be assessed)

|  |  |  |  |
| --- | --- | --- | --- |
| **Age**: yrs. | **Gender**: | M  | F |
| **Summarise Medical problems/injuries/medication/pregnancy**:  |
| **Lifestyle**: (design own lifestyle questionnaire – include all aspects (eg exercise habits (current FITT if any), job, activity levels, stress levels etc.)  |
| **Client Goals** (include time commitment level – day per week willing to exercise, duration etc.)Short Term Goals:Long Term Goals|: |
| **Tests Performed** for relevant Components of Fitness(Apply to client goals) | **Results** including fitness rating |
| **CV** |  |
| **LME** |  |
| **Flexibility** |  |
| **Strength** |  |
| **Body Composition** |  |
| **Conclusions:** Based on the results of the tests performed give your overall assessment of the client’s present fitness levels and areas that need work.**Module 3 Tutor Signature:** |

|  |  |
| --- | --- |
| **Warm up (**State Type, Duration ,Intensity | Include general components to be worked, also specific equipment egg bike/treadmill/rower-MW/FW/BR – PNF/passive/static |
| **Pre-stretch** **Muscles** |
| **WK1-3** | **Frequency** | **Intensity** | **Time**  | **Type** |
|  |  |  |   |  |
| **Rationale** for your choice of exercises, FITT, sets, reps etc.:  |

**6 Week Programme Client 2**

Show below methods of overload chosen – why? Show any changes adaptations made to programme – why?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Wk 3-6** | **Frequency** | **Intensity** | **Time** | **Type** |
|  |  |  |  |  |
| **Rationale for changes/progressions:****Module 3 Tutor Signature:** |