

ITEC Case Study Guidance Sheet Personal Trainer



*To be completed by the lecturer and verified by the ITEC Examiner
Please attach a copy of this sheet to the front of each student's completed case study work.*

Student Name:
Student Number:
College Name:
Date:

<i>Please tick box</i>	Yes	No
Consultation including Physical Activity Readiness Questionnaire (PARQ)		
Medical History		
Detailed Lifestyle History <i>Including:</i> <i>Physical activity</i> <i>Occupation</i> <i>Leisure activities</i> <i>Stress levels</i> <i>Diet</i> <i>Expectations</i>		
Personal Exercise History Questionnaire <i>Including:</i> <i>How the client feels about exercise</i> <i>How often the client can attend</i> <i>When is the most convenient time to attend</i> <i>What type of exercise the client prefers</i> <i>Goals</i>		
Fitness Test		
Detailed exercise recommendations		
<i>Rationale for choice of exercises</i> <i>Rationale for place of exercising</i> <i>Alternative exercises recommended</i> <i>Progressions expected and achieved</i>		
Nutritional advice		
How the client felt during each session		
How the client felt after each session		
Home care advice for each session		
Overall conclusion of the case		
Reflective practice		

Please note; Each box must be ticked 'Yes' in order to gain a pass grade. If any area is answered 'No' the case studies will be referred until the omitted section is completed.

Signed by the ITEC Examiner

Signed by the lecturer

Signed by Candidate

Date
