

ITEC Case Study Guidance Sheet Gym Instruction



*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.*

Candidate Name:

Candidate Number:

College Name:

Date:

| <i>Please tick box</i> | Yes | No |
|--|------------|-----------|
| Consultation/ Physical Activity Readiness Questionnaire (PARQ) | | |
| Lifestyle <i>(inc. Stress levels at home and stress levels at work – on a scale of 1-10)</i> | | |
| Fitness test <i>Cardio-respiratory including heart rate Body composition Musculoskeletal</i> | | |
| Exercise programme | | |
| <i>Rationale for choice of exercises Rationale for heaviness of weight Alternative choice of exercises</i> | | |
| How the client felt during the session | | |
| How the client felt after the session | | |
| Home care advice | | |
| Overall conclusion of the session | | |
| 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 the Candidate
