

Fitness Trainer: Personal Trainer

Pre- Competition Activity

Plan a 12-week progressive programme for a client of your choice. Establish their needs and wants and work with them to meet their goals. At the Competition you will be asked to demonstrate one of the planned sessions with your client. If you have started the programme already please ensure the Judges know which week of the plan you are up to and that the session you deliver provides you with the chance to meet all the Judging criteria – Consultation, Session & Planning. (40min)

JUDGING CRITERIA

JUDGING SCALE

Each judging criteria is marked out of 10 according to the following table.

0	CRITERIA NOT DEMONSTRATED
1	EXTREMELY POOR
2	VERY POOR
3	POOR
4	SLIGHTLY BELOW ACCEPTABLE STANDARD
5	ADEQUATE OR ACCEPTABLE
6	SLIGHTLY ABOVE ACCEPTABLE STANDARD
7	GOOD
8	VERY GOOD
9	EXCELLENT
10	OUTSTANDING – HAS THE 'X-FACTOR'

Please ensure that you check each decision taking into consideration the full range of marks

PERSONAL TRAINER: MARKING SHEET

JUDGE MARKING SHEET

COMPETITOR:

JUDGE:

	The consultation – ‘the competitor’	Example	Score (max 10)	Comments
C1	Greeted the client appropriately.	*Warm welcome, introduced self with name and role, making eye contact. *Used appropriate questions to build rapport.		
C2	Discussed and assessed client progress on the planned programme confirming or amending details as necessary.	*Asked relevant questions. *Observed the client’s performance from different angles. *Referred to the results and details recorded on the Progressive Programme.		
C3	Explained the purpose of the session in accordance with the client’s aims.	*Clearly stated recorded aims and translated this into a direct action plan for the 40 minute session.		
C4	Selected and described to the client at least one appropriate health-related/fitness test.	*Named the health/fitness test(s) to be utilised *Explained the activity and the expected input from the client (i.e. maximal/submaximal).		
C5	Carried out the selected test(s) correctly.	*Implemented the correct protocols ensuring the client remains safe throughout. *Encouraged the client to enable them to achieve the best possible score.		

	The consultation – ‘the competitor’	Example	Score (max 10)	Comments
C6	Showed empathy and sensitivity to the information provided by the client.	*Remained professional and impartial in response to all answers and test results established. *Provided positive feedback further to the completion of fitness tests and practical activities.		
C7	Recorded information and results accurately.	*Fitness test results are clearly recorded with a measurement and the date. Excellent practice would include further protocol notes such as time of day/clothing/temperature/mood etc and accurate comparison to established norms.		

TOTAL SCORE: /170

General comments:

	The Session – ‘the competitor’	Example	Score (max 10)	Comments
S1	Assessed the client’s state of readiness and motivation to take part in the planned session.	<p>*Excellent competitors will accurately establish the client’s state of readiness (Prochaska and diClemente).</p> <p>*The client’s needs are effectively met in terms of the expected intensities/demonstrations offered and level of encouragement.</p>		
S2	Ensured the session as a whole flowed safely in terms of intensity and complexity and the order of selected exercises.	<p>*Includes appropriate pulse raising/pre-stretch and the intensity of activities is logical and sustained progressively.</p> <p>*The intensity is then reduced towards the end of the session and appropriate flexibility is included.</p> <p>*A measured approach is taken to ensure that CV/resistance work is balanced and introduced logically.</p>		
S3	Selected current, safe exercises and training systems targeting more than one component of fitness.	<p>*The competitor selects a range of exercises.</p> <p>*Appropriate training systems selected and delivered.</p> <p>*Components of fitness relating to the client’s goals are targeted and included – more than one component is challenged during the session.</p>		

S4	Demonstrated and explained the physical and technical demands of the planned exercises to the client, using language at an appropriate level (checking client understanding and response).	<p>*The competitor can demonstrate sound technique (when appropriate) on all of the selected exercises.</p> <p>*Instructions are clear and correct.</p> <p>*Jargon is avoided and the client is sure of what they are required to do.</p>		
S5	Effectively monitored exercise intensity ensuring the client was consistently challenged – however, still able to maintain dignity and self-respect throughout.	<p>*Excellent practice would include effective and consistent interpretation of visual and verbal cues.</p> <p>*The competitor may use the Borg or ‘How it feels’ scales. Questioning clients about their perception of the activities may also occur.</p> <p>*The client should feel challenged by the session as input from a PT should elicit a greater training effect than usual or provide expertise to challenge the client on an activity or training approach that is new and different.</p>		
S6	Made best use of the available space and equipment to provide an enjoyable and safe session for the client.	<p>*A range of equipment is used effectively.</p> <p>*Activities cover the whole of the available area.</p> <p>*The session flows, is stimulating and enjoyable for the client.</p>		

		*A general regard for safety and regular informal risk assessment is demonstrated by the competitor.		
S7	Analysed the client's performance, enhancing their actions through correction techniques, progressing or regressing individual exercises as required.	<ul style="list-style-type: none"> *Used general teaching points to improve client posture. *Used a range of specific teaching points to improve client performance of selected exercise. *Progressed activities to ensure the client is challenged. *Adapted activities to ensure clients are safe and successful in their performance of exercises and systems. 		
S8	Was positive and motivational, helping the client feel at ease in the exercise environment and builds an effective rapport during the session.	<ul style="list-style-type: none"> *Used appropriate language and tone of voice to encourage and inspire. *Remained fully engaged with the client throughout the session. *Praised the client's performance and effort. 		
S9	Concluded the session in a timely way, providing a summary of the client's achievements and a clear overview of the next steps.	*Fed back positively to the client with a clear summary and simple instructions to enable them to adhere to the programme and know the next steps to take.		

S10	Left the environment in a suitable condition for future use.	*Equipment is cleaned and put away as appropriate.		
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PROGRAMME CARD MARKING SHEET

COMPETITOR:

JUDGE:

	The programme card – ‘the plan’	Example	Score (max 10)	Comments
P1	Clear short and long-term SMART goals.	*All goals relate clearly to the information gathered from the client and are appropriately time bound.		
P2	An appropriate balance of session components: *warm-up *main session (CV and RT) *cool down	*A list of varied activities is included for warming-up and cooling down. *Timings allocated within sessions are appropriate in duration and progress logically.		
P3	At least one of the following advanced techniques from each list: *interval training, Fartlek, continuous CV training *pyramids, super sets, giant sets, tri sets, forced reps, pre/post exhaust, negative/eccentric training.	*Planning for the training system(s) is detailed and correctly interpreted by the competitor.		
P4	Includes a suitable sequence of exercises at the correct intensity with rest days also specified.	*Interesting and relevant exercises are included on the plan. *Resistance/speed/intensity is specified in detail.		

P5	Includes suggested suitable progressions to ensure the client meets their goals.	*Suggested amendments are included.		
P6	Has been completed in full.			
P7	Includes information recorded in a suitable format that could be picked up and implemented by the client or an alternative PT if required.	*The information has been recorded carefully. *Sufficient detail is included with regard to SETS, REPS and INTENSITY (particularly in the first phase/mesocycle).		
P8	Includes advice to overcome the client's barriers and ensure that the incentives to exercise are promoted.	*Guidance could relate to any aspect that will have an influence on the client's decision to exercise from lifestyle factors through to the specific potential benefits.		

TOTAL SCORE: /80

General comments:

OVERALL SCORE: /250