



BCRPA Personal Training ICE Registration Cover Letter

Form A

CANDIDATE INFORMATION: Please print clearly

<i>Surname</i>	<i>Given Name(s)</i>	<i>Middle Initial</i>
<i>Mailing Address (Street)</i>		
<i>City</i>	<i>Province</i>	<i>Postal Code</i>
<i>Residence Phone</i>	<i>Cell Phone / Other Phone</i>	<i>Email Address</i>

STEP 1: Pre-requisites

Before enrolling in a BCRPA approved Personal Training course and completing this ICE package, please ensure the following:

- ↗ You are currently fully registered as a BCRPA Weight Training Leader.
- ↗ You have a current CPR certificate (minimum CPR-A) and a current First Aid certificate (minimum Emergency First Aid).

Step 2: Please ensure that your BCRPA ICE PACKAGE contains the following forms:

- | | |
|--|---|
| Form A: ICE Registration Cover Letter | Form F: Assessment Protocol Instructions |
| Form B: ICE Instructions | Form G: Teaching Skills Form |
| Form C: Business Aspects Instructions | Form H: Scoring Form |
| Form D: Goal Setting Form | Appendices A - C: Case Study Information |
| Form E: Program Design Card (Phase 1 and Phase 2) | |

Step 3: PERSONAL TRAINING INSTRUCTOR COMPETENCY EVALUATION (ICE) PROCEDURE:

1. Before contacting an Evaluator:

- ↗ Review **Form B** for instructions on completing the forms
- ↗ Prepare your sample client file and marketing package (**Forms C-1 and C-2**)
- ↗ Complete the client Goal Setting Form (**Form D**) and Program Design Card (**form E phase 1 and 2**) for your chosen case study client
- ↗ Complete forms **F-2 and F-4** and be prepared to demonstrate the tests described in forms **F-1 and F-3** during the evaluation
- ↗ Obtain permission from a fitness facility to use it for the evaluation, and arrange for a friend to act as "client" during the evaluation

2. Contact an Evaluator:

The list of Evaluators can be found here: <https://www.bcrpa.bc.ca/fitness/become-personaltrainer/#Step3>. The evaluator will discuss the ICE procedure. The evaluator will also discuss the date, time and location of the ICE as well as any fees they may charge you to conduct the ICE.

Your evaluator will email BCRPA a confirmation once you have completed and passed the ICE.

PLEASE ALLOW 5 - 10 BUSINESS DAYS FOR PROCESSING upon received confirmation from ICE evaluator. Please check The Registry® of Fitness Professionals for registration status in the specialty. BCRPA will not notify Fitness Leaders regarding the status of the ICE package.

Date of ICE: _____



BCRPA Personal Training ICE Candidate Questions

Form B

1. CONTENTS OF PERSONAL TRAINING ICE PACKAGE:

Form A: ICE Registration Cover Letter	Form F: Assessment Protocol Instructions
Form B: Candidate Instructions	Form G: Teaching Skills Form
Form C: Business Aspects Instructions	Form H: Scoring Form
Form D: Goal Setting Form	Appendixes A-C: Case Study Scenarios
Form E: Program Design Card (Phase 1 and Phase 2)	

2. CANDIDATE INSTRUCTIONS:

Prior to Evaluation Date:

Contact an ICE evaluator to schedule an ICE date and location. It is the responsibility of the candidate to obtain approval from the facility management and be familiar with the equipment at the evaluation site.

Review all forms

Prepare a sample client file and marketing package; Form C

Choose one case study; Appendixes A-C

Based upon the chosen case study complete:

- Form D: Goal Setting Forms (Phase I & II)
- Form E: Program Design Cards 2 separate programs: Phase I (current) & II (3-12 months)
 - Education: refers to the educational resources/materials you will provide your client with.
 - Need to See: based on your case study, there are concerns which need to be addressed for each component of the program (ie. For the warm-up component, the clients history may indicate that special considerations are needed).
 - Red flags: based on your chosen scenario list some potential concerns that you may have with this client with respect to their exercise program.

Attach additional resource/information pages to Form D and E if needed.

Deliver completed sample client file (guidelines on form C), sample marketing package (guidelines on form C), goal setting forms (form D), program design cards (form E phase 1 and 2) and Form F with F2 and F4 complete to ICE evaluator for marking.

Form F:

Complete forms F2 and F4 and be prepared to demonstrate the tests/measurements described in forms F1 and F3 during the evaluation

During the Evaluation you will be required to complete:

F1: Demonstrate a Hamstring Flexibility Test (Hip Flexion)

F3: Demonstrate Girth Measurement technique on one of the following sites and explain limitations associated with the use of this test:

- Upper Arm
- Waist
- Hip
- Mid-Thigh

Form G:

Demonstrate 3 exercises/stretchers from your program design consisting of:

- 1 upper body (exercise & stretch)
- 1 lower body (exercise & stretch)
- 1 core (exercise & stretch)

3. ICE PASS STANDARDS AND BCRPA REGISTRATION:

1. Passing Mark = 75% minimum in EACH area.
2. Participants who fail in one area may redo the area of deficiency with the same evaluators (fees may apply). This reassessment must be noted on the same form.
3. To register BCRPA in the Personal Training Module, you must deliver copies of proof of the following:

Registered Weight Training Leaders:

Personal Training Course completion certificate (from course conductor)

Results of BCRPA Personal Training Exam: Letter and/or date of exam

Completion of BCRPA Personal Training ICE package

Current CPR Certificate: Minimum "CPR-A"

Current First Aid Certificate: Minimum "Emergency First Aid"

4. Registration with BCRPA requires ALL Forms. Incomplete registration packages will be returned to the candidate
5. Upon completing and passing the ICE, you may download and print a copy of your Registration Confirmation in your account in The Registry® of Fitness Professionals.



BCRPA Personal Training ICE
Business Aspects

Form C

C1. CREATE A SAMPLE CLIENT FILE:

Sample client file should include the following (1 point per item):

	Score
1. Folder	
2. Par Q	
3. Par Med X (if necessary)	
4. Medical Waiver	
5. Informed Consent Form	
6. Lifestyle Questionnaire	
7. Sample Workout Card	
8. Session Tracking Sheet (i.e. billing)	
9. Sample Assessment Sheet	
Subtotal (9 points maximum):	

Include any one of the following:

	Score
1. Reference Material	
2. Client Handouts	
3. Progress Chart	
4. Cancellation Policy	
Subtotal (1 point maximum):	

Total C1: __/10

C2. CREATE A SAMPLE MARKETING PACKAGE:

Sample Marketing Package should include the following (1 point per item):

	Score
1. Sample business card (include name, contact, and credentials)	
2. Pricing information	
3. Referral Sources (i.e. healthcare practitioners/agencies)	
4. Biography (include philosophy, mission statement, education, continuing education, areas of expertise)	
5. Website/brochure	
Subtotal (4 point maximum):	

Total C2: __/5

Total Form C: __/15

Note: Reference sources must be credited properly and respect copyright regulations



BCRPA Personal Training ICE Business Aspects

Form D

GOAL SETTING INFORMATION:

In order to increase the chances of being successful at achieving goals, a certain protocol should be followed. It is easier to accomplish personal goals if they can be clearly identified. Ensure that all goals are "SMART".

- S = Specific - provide details, how long, how much, etc.
- M = Measurable - how will you measure whether or not you have reached the goal?
- A = Attainable - be realistic, set smaller goals
- R = Relevant - make the goals specific to health and fitness
- T = Time Frame - set specific dates for the goals

Outline specific health and fitness goals based upon chosen case study; obstacles which may impede your client reaching their goals; and action plans for your client for Phase I (short term – i.e. 2-6 weeks) and Phase II (long term – i.e. 4 -12 months).

GOAL SETTING:

Maximum of 4 points per goal (Phase I Goals = 4 points, Phase 2 Goals = 4 points) and will be based upon application of the SMART principle.

D1. Phase I Goals (Short Term – i.e. 2 to 6 weeks)

Goal	Timelines	Obstacles	Action Plans	Score
a.				/4
b.				/4
c.				/4

Total D1: ___/12

GOAL SETTING:

D2. Phase II Goals (Long Term – i.e. 4 to 12 months)

Goal	Timelines	Obstacles	Action Plans	Score
a.				/4
b.				/4
c.				/4

Total D2: ____/12

Total Form D: ____/24



BCRPA Personal Training ICE
Program Design Card

Form E - Phase 1

PHASE I: Current Program				Education:										
Name:														
Age:														
Gender:														
		Warm Up:			Cardio:			Cooldown:			Weights:			
F - Frequency														
I - Intensity														
T - Time														
T - Type														
Need to See														
	Resistance Exercises	Set	Day 1			Day 2			Day 3			Day 4		
			1	2	3	1	2	3	1	2	3	1	2	3
1		Wt.												
		Reps												
2		Wt.												
		Reps												
3		Wt.												
		Reps												
4		Wt.												
		Reps												
5		Wt.												
		Reps												
6		Wt.												
		Reps												
7		Wt.												
		Reps												
8		Wt.												
		Reps												
9		Wt.												
		Reps												

	Flexibility:	Core:	Comments:
F – Frequency			
I – Intensity			
T – Time			
T – Type			
Need to See			
	Muscle	Stretch	
1			
2			
3			
4			
5			
6			
7			
8			

Evaluator Use only	
Max 5 points per category: Frequency – 1 point Intensity – 1 point Type – 1 point Time – 1 point Demonstrates “Need to See” – 1 point	
Education:	/5
Red Flags:	/5
Exercise Selection:	/5
Warm Up:	/5
Cardio:	/5
Cooldown:	/5
Weights:	/5
Flexibility:	/5
Core:	/5
Total Phase 1:	/45

Identify Red Flags in Program Design: _____



BCRPA Personal Training ICE
Program Design Card

Form E - Phase 2

PHASE I: Current Program			Education:											
Name:														
Age:														
Gender:														
		Warm Up:	Cardio:			Cooldown:			Weights:					
F - Frequency														
I - Intensity														
T - Time														
T - Type														
Need to See														
	Resistance Exercises	Set	Day 1			Day 2			Day 3			Day 4		
			1	2	3	1	2	3	1	2	3	1	2	3
1		Wt.												
		Reps												
2		Wt.												
		Reps												
3		Wt.												
		Reps												
4		Wt.												
		Reps												
5		Wt.												
		Reps												
6		Wt.												
		Reps												
7		Wt.												
		Reps												
8		Wt.												
		Reps												
9		Wt.												
		Reps												

	Flexibility:	Core:	Comments:
F – Frequency			
I – Intensity			
T – Time			
T – Type			
Need to See			
	Muscle	Stretch	
1			
2			
3			
4			
5			
6			
7			
8			

Evaluator Use only	
Max 5 points per category: Frequency – 1 point Intensity – 1 point Type – 1 point Time – 1 point Demonstrates “Need to See” – 1 point	
Education:	/5
Red Flags:	/5
Exercise Selection:	/5
Warm Up:	/5
Cardio:	/5
Cooldown:	/5
Weights:	/5
Flexibility:	/5
Core:	/5
Total Phase 2:	/45

Identify Red Flags in Program Design: _____



BCRPA Personal Training ICE Assessment Protocol

Form F

F1. HAMSTRING FLEXIBILITY TESTING – HIP FLEXION

Purpose: To evaluate range of motion in the hips and hamstring tightness. Limitations to hip flexion place undue stress on the low back, increasing risk for low-back pain and injury.

Candidate to demonstrate the following (Maximum 3 points):

Table with 3 rows: 1. Explanation/purpose of the test, 2. Proper technique and administration, 3. Knowledge/interpretation of results. Includes a Score column.

Total F1: ___/3

F2. BODY MASS INDEX (BMI)

Classification of Overweight and Obesity Based on Body Mass Index (BMI):

Data from WHO Report. 1998 Obesity: Preventing and managing the global epidemic. Report of a WHO Consultation on Obesity. Geneva: World Health Organization

Table with 2 columns: Classification, BMI Value. Rows include Underweight, Normal Weight, Overweight, and Obesity (Class I, Class II, Class III).

Calculate BMI for one case study based upon client information. Case Study Number _____:

Table with 2 columns: Question (BMI calculation and limitations), Score (max. 1 point).

Total F2: ___/2

F3: GIRTH MEASUREMENTS

Table with 2 columns: Candidate to choose one of the following sites (Upper Arm, Waist, Hips, Mid-thigh), Candidate must demonstrate (Knowledge of landmark, Protocol, Practical Technique, Limitations).

Table for Girth Measurement Site with 3 rows: 1. Knowledge of landmark, 2. Protocol – asking permission, 3. Practical technique - skills. Includes a Subtotal (3 points Maximum) and a Score column.

Limitations associated with the use of this testing (1 Point):

Table with 2 columns: Question (Limitations), Score (max. 1 point).

Total F3: ___/4

F4: POSTURE PROFILE

Purpose: Postural deviations are generally classified as either functional or structural problems. Functional problems develop from weakened muscles and structural problems develop from bones becoming misaligned once they adapt to the stresses put on them. Muscular strength and endurance are considered to be prerequisites for good static and dynamic posture. As a personal trainer you are able to use the postural assessment sheet to gain an insight into any abnormal deviations in a client's posture.

Procedure: For each photo analyse the client's posture by posing the following questions: 1. Head: Is the head erect?
2. Spine: Is the spine in a neutral position?
3. Neck: Is the neck erect, head in balance?
4. Ankles: Do the feet point straight ahead?

5. Upper Back: Is the upper back normally rounded?
6. Trunk: Is the trunk erect?
7. Lower Back: Is the lower back normally curved?

Candidate to assess photo for postural deviations and demonstrate one stretch and one strengthening exercise for each site (3 points per site – max. 12 points):



Photo 1
Misalignment:

Appropriate stretch:

Appropriate strengthening exercise:

Score: /3



Photo 2
Misalignment:

Appropriate stretch:

Appropriate strengthening exercise:

Score: /3



Photo 3
Misalignment:

Appropriate stretch:

Appropriate strengthening exercise:

Score: /3



Photo 4
Misalignment:

Appropriate stretch:

Appropriate strengthening exercise:

Score: /3

Total F4: ____/12
Total Form F: ____/21



BCRPA Personal Training ICE Teaching Skills

Form G

DEMONSTRATE TEACHING SKILLS:

Exercise/Stretches: Candidate to demonstrate 3 exercises and stretches (1 Upper Body, 1 Lower Body and 1 Core) from the Program Design. Exercises will be rated on the following criteria:

1. Adjust Equipment/Workload/Body Position: Adjusts seat height/lever lengths to oppose the line of resistance. Determines the workload.
2. Consistent ROM through all repetitions.
3. Stabilization: Ensures that joints not involved in the exercise, especially those above and below involved joints, are stabilized. Body position is checked.
4. Movement Speed: Teaches appropriate speed of execution for a single repetition, exceptions may be appropriate for static stretches.
5. Breathing: Avoids holding breath. Ensures inhalation and exhalation during each repetition is appropriate for the exercise and velocity.
6. Musculoskeletal Knowledge: Describes muscle(s)/muscle group(s) and joints involved in the exercise.
7. Points of Concern: Educates participant on common technique errors for the exercise. Describes how to correct them.
8. Spotting: Demonstrates proper spotting techniques in order to minimize the risk of injury during the execution of the exercise.
9. Modification: Offers alternative exercises. Indicates for whom this exercise would be high risk.
10. Teaching Skills: Uses appropriate teaching skills for each exercise. (Description below.)

Teaching Skills: Practical Demonstration of Warm-Up and Weight Room Exercises

1. Body Language/Kinesthetic: Awareness of position that is appropriate for best instruction. Makes eye contact. Observes participant's technique/response. Uses hands touch appropriately. Demonstrates good posture, hygiene, and attire.
2. Voice: Tone, volume, tempo, inflection and projection appropriate for surroundings and participant.
3. Education/Explanation: Uses clear, complete instructions. Uses correct anatomical terminology, plus general terms. Questions participant for feedback and adjusts exercise accordingly.
4. Concise: Avoids information overload. Uses a step-by-step approach. Integrates education and instruction into exercise activity times. Instruction of each exercise, with 8-15 repetitions, takes approximately two minutes.

.5 point per criteria	Exercise Upper Body	Stretch Upper Body	Exercise Lower Body	Stretch Lower Body	Exercise Core	Stretch Core
Adjust Equipment/Workload/Body Position:						
ROM						
Stabilization						
Movement						
Breathing						
Musculoskeletal Knowledge						
Points of Concern						
Spotting						
Modification						
Teaching Skills						
Total (5 Points per exercise/Stretch)	/5	/5	/5	/5	/5	/5

Total Form G: ____/30



BCRPA Personal Training ICE Scoring form

Form H

ICE PASS STANDARDS:

Passing Mark = 75% in EACH area. Participants who fail in one area may redo the area of deficiency with the same evaluator (fees may apply). This re-assessment must be noted on the same form.

Form	Maximum Mark	Score	Percent
C	15		%
D	24		%
E	90		%
F	21		%
G	30		%
Total	180		%

Pass Yes No

Evaluator Name:	ICE Candidate Name:
Evaluator Phone Number:	ICE Candidate Phone Number:
Evaluator Signature:	ICE Candidate Signature:
Date:	Date:

CASE STUDY #1 – SCENARIO:

Michelle is a 28-year old pregnant female. She has been exercising two to three times per week for the last six months. She has just found out she is 6 weeks pregnant with her first child. Michelle is available to workout 2-3 times per week for one hour each time. She is a part time teaching assistant at an elementary school.

Phase I Situation

Her Goals	<ul style="list-style-type: none"> • Wants to maintain a reasonable level of fitness during pregnancy. She heard it helps with delivery. • Does not want excessive weight gain during pregnancy • Wants to maintain her energy levels during pregnancy • Does not want to endanger baby due to exercise
Height	5 ft. 5 in.
Weight	145 lbs.
Resting BP	128/82 mmHG
Resting HR	72 bpm
Blood Lipids	Normal
Medication	None
Max METS	Will change due to pregnancy
Availability	See intro
Activities	<ul style="list-style-type: none"> • Occasionally walks with husband • Plays recreation softball 1x/week during summer
Injuries	None; lower back occasionally aches
Medical Diagnosis & Prescription	Pregnant; Physician clearance to exercise
Lifestyle	<ul style="list-style-type: none"> • Sometimes misses breakfast • Sleeps 7-8 hrs/night • Semi-active 9am-3pm job

Phase II Situation

Baby has arrived 8 months ago and she would like a new program to help her get back in shape

CAST STUDY #1 – HEALTH SCREENING QUESTIONNAIRE:

Taking part in any activity or exercise program can be an excellent way to improve or maintain your health and fitness levels, but preparation is required to enable a safe and effective program. Please answer the following questions to assess your own physical readiness:

		Yes	No
1.	Do you have any health or medical concerns? If yes, please specify 6 weeks pregnant	X	
2.	Are you currently taking any medication? If yes, list medications and for what condition Medication _____ Condition _____ Medication _____ Condition _____		X
3.	Do you smoke? If yes, how much? _____		X
4.	Do you, or have you ever had, any of the following health conditions?		
	• Blood Pressure Concerns:		X
	• Heart Murmur:		X
	• Any heart trouble:		X
	• Chest pains/pressure:		X
	• Disease of arteries:		X
	• Asthma/allergies:		X
	• High Cholesterol:		X
	• Back injury		X
	• Back pains:	X	
	• Epilepsy:		X
	• Diabetes:		X
	• Varicose veins:		X
	• Lung Disease:		X
	• Dizziness/Fainting spells:		X
	• Arthritis:		X
	• Osteoporosis:		X
5.	Have you ever injured or have pain in the following areas? If yes, please elaborate.		
	• Neck:		X
	• Upper Back:		X
	• Shoulders:		X
	• Elbows:		X
	• Lower Back:	X	
	• Hips:		X
	• Wrists:		X
	• Knees:		X
6.	Have you had surgery in the past two years? If yes, when and for what:		X
7.	Are you currently undergoing treatment from any of the following? If yes, why? Occasional lower back pain from occupation		
	• Physiotherapist		X
	• Chiropractor		X
	• Massage Therapist	X	
	• Other Practitioner		X
8.	Are you pregnant now, planning to be or have been in the past 6 months?	X	
9.	Are you over 50 years of age?		X
10.	Do you have any physical limitations/injuries?		X
11.	Is there any reason not mentioned above, why you feel you should not participate in a regular physical exercise program?		X

If you answered YES to any of the above questions, please consult with your health care practitioner prior to taking part in an exercise program. Listen to any special advice or recommendations made by this specialist.

If you have answered NO to all of the above questions, you can be reasonably assured of your present suitability to take part in an exercise program designed by your trainer.

I, Case Study – Michelle declare that the information given her by me is true and correct to the best of my knowledge. Any health problems which would prevent me from engaging in physical activities or make it potentially dangerous or harmful for me to engage in such activities have been described here by me.

Michelle Case Study

14 April, 2004

CASE STUDY #1 – LIFESTYLE QUESTIONNAIREName: Case Study #1 – MichelleDate: 14 April, 2004**Physical Activity**

1. In the past year, how often have you been engaged in physical activity?

- > 4 times/week
 3 to 4 times/week
 2 to 3 times/week
 1 to 2 times/week
 1 to 2 times/month
 None

2. List your current physical activities: Walks, recreational softball3. What types of physical activity do you consider “fun”? Softball

4. What types of exercise interest you?

- | | | |
|---|---|---|
| <input checked="" type="checkbox"/> Walking | <input type="checkbox"/> Jogging | <input type="checkbox"/> Swimming |
| <input checked="" type="checkbox"/> Cycling | <input type="checkbox"/> Dance Exercise | <input checked="" type="checkbox"/> Strength Training |
| <input type="checkbox"/> Stationary biking | <input type="checkbox"/> Rowing | <input type="checkbox"/> Racquetball |
| <input type="checkbox"/> Tennis | <input checked="" type="checkbox"/> Other aerobic | <input type="checkbox"/> Stretching |

Support/Exercise Adherence5. What are your personal barriers to exercise (i.e., your reasons for not exercising)? Lack of time6. What physical activity have you been successful with in the past (liked and participated in regularly)? Walking7. Have you ever been at your desired fitness level? Yes No

If yes, when? _____ What were you doing? _____

8. Do you feel any family, friends or co-workers have negative feelings (i.e., disapproval, resentment) toward your efforts at physical activity?

Yes No

9. Is your significant other or a close friend involved in any regular physical activity and supportive in your physical activity goals?

Yes No 10. Do you start exercise programs but then find yourself unable to stick with them? Yes No **Occupation/Leisure**11. What is your present occupation? Teacher's Assistant

12. Does your occupation require much activity (i.e., walking, getting up and down, carrying things)?

Yes, walking, kneeling, bending and standing13. What are your usual leisure activities? Watching movies14. What are the physical demands of these activities? None**Stressors**15. What types of things make you feel stressed? Lack of money and job security16. How do you deal with your stress normally? I don't**Dietary Patterns**17. How many meals do you have per day? 3 per day18. How many snacks do you have per day? None19. Do you feel you eat healthy “most of the time”? Yes20. How many glasses of water do you drink per day? 3 per day**Expectations**

21. Specifically describe what you would like to accomplish through your fitness program during the next:

1 month: Safe exercises to perform during my pregnancy4 months: Maintain a healthy weight gain during my pregnancy1 year: Return to pre-pregnancy weight



BCRPA Personal Training ICE Case Study #2 - Ben

Appendix B

CASE STUDY #2

Ben is a 42 year old owner of a website design company. Before starting his company 8 years ago, he used to be very active lifting weights 2x a week and running on the weekends. He now finds that he only has time to play rugby 2x a week after work because he typically works 8-10 hours per day. Lately he has been noticing that he feels a dull ache in the centre of his right knee after rugby. Ben would like to start working out in the weight room again because he feels that he is not doing enough. He would also like to run a 10km race in the next year. His main concern is time and his knee. He has also started to notice that his once in-shape, toned body is starting to feel flabby. He would like you to set him up on a program that he can do a few times a week.

Phase I Situation

His Goals	<ul style="list-style-type: none">Start working out in the weight room againWants to lose some weightWants to manage his knee pain
Height	5 ft. 7 in.
Weight	200 lbs.
Resting BP	120/80 mmHG
Resting HR	85 bpm
Blood Lipids	Total Cholesterol = 5.0 mmol/l (196 mg/dl) HDL = 1.0 mmol/l (37 mg/dl) LDL = 3.0 mmol/l (115 mg/dl)
Medication	Advil for knee pain
Max METS	8 METS or a Max VO_2 of 28.0 ml/kg/min
Availability	After work around 8 pm; 3x/week
Activities	Rugby after work for 2 hours, 2x/week
Injuries	Knee pain during and after his rugby games
Medical Diagnosis & Prescription	<ul style="list-style-type: none">Exercise prescription from physiotherapistPatellofemoral Stress SyndromeStretch Hamstrings, Gastrocnemius, IT BandStrengthen and balance VMO and VLWatch for proper patellar tracking and over pronation of the foot
Lifestyle	<ul style="list-style-type: none">Non-smoker, social drinker (3-5 glasses of wine a week)Eats out a lot at fast food placesSits at a computer for most of the day and talks on the phoneSome low back stiffness and definite forward head postureSingle, sleeps 6-7 hours a night and often has a hard time falling asleep at night

Phase II Situation

1 year later; he has been working out consistently with weight 2x/week; RHR 70 bpm; knee pain is gone; running 2x/week 1 hour per session; wants to start building size.

CASE STUDY #2 – HEALTH SCREENING QUESTIONNAIRE

Taking part in any activity or exercise program can be an excellent way to improve or maintain your health and fitness levels, but preparation is required to enable a safe and effective program. Please answer the following questions to assess your own physical readiness:

		Yes	No
1.	Do you have any health or medical concerns? If yes, please specify knee pain	X	
2.	Are you currently taking any medication? If yes, list medications and for what condition Medication <u>Advil</u> Condition <u>sore knee</u> Medication _____ Condition _____	X	
3.	Do you smoke? If yes, how much? _____		X
4.	Do you, or have you ever had, any of the following health conditions?		
	• Blood Pressure Concerns:		X
	• Heart Murmur:		X
	• Any heart trouble:		X
	• Chest pains/pressure:		X
	• Disease of arteries:		X
	• Asthma/allergies:		X
	• High Cholesterol:		X
	• Back injury		X
	• Back pains:		X
	• Epilepsy:		X
	• Diabetes:		X
	• Varicose veins:		X
	• Lung Disease:		X
	• Dizziness/Fainting spells:		X
	• Arthritis:		X
	• Osteoporosis:		X
5.	Have you ever injured or have pain in the following areas? If yes, please elaborate.		
	• Neck:		X
	• Upper Back:		X
	• Shoulders:		X
	• Elbows:		X
	• Lower Back:		X
	• Hips:		X
	• Wrists:		X
	• Knees:	X	
6.	Have you had surgery in the past two years? If yes, when and for what:		X
7.	Are you currently undergoing treatment from any of the following? If yes, why? Patella femoral stress syndrome		
	• Physiotherapist	X	
	• Chiropractor		X
	• Massage Therapist		X
	• Other Practitioner		X
8.	Are you pregnant now, planning to be or have been in the past 6 months?		X
9.	Are you over 50 years of age?		X
10.	Do you have any physical limitations/injuries?	X	
11.	Is there any reason not mentioned above, why you feel you should not participate in a regular physical exercise program?		X

If you answered YES to *any* of the above questions, please consult with your health care practitioner prior to taking part in an exercise program. Listen to any special advice or recommendations made by this specialist.

If you have answered NO to *all* of the above questions, you can be reasonably assured of your present suitability to take part in an exercise program designed by your trainer.

I, Case Study – Ben declare that the information given her by me is true and correct to the best of my knowledge. Any health problems which would prevent me from engaging in physical activities or make it potentially dangerous or harmful for me to engage in such activities have been described here by me.

Ben Case Study
Signature of Participant

6 June, 2004
Date

CASE STUDY #2 – LIFESTYLE QUESTIONNAIRE

Name: Case Study #2 – Ben

Date: 6 June, 2004

Physical Activity

1. In the past year, how often have you been engaged in physical activity?

- > 4 times/week
 3 to 4 times/week
 2 to 3 times/week
 1 to 2 times/week
 1 to 2 times/month

None

2. List your current physical activities: Rugby 2 x per week

3. What types of physical activity do you consider “fun”? Rugby

4. What types of exercise interest you?

- | | | |
|--|---|---|
| <input type="checkbox"/> Walking | <input checked="" type="checkbox"/> Jogging | <input type="checkbox"/> Swimming |
| <input type="checkbox"/> Cycling | <input type="checkbox"/> Dance Exercise | <input checked="" type="checkbox"/> Strength Training |
| <input type="checkbox"/> Stationary biking | <input type="checkbox"/> Rowing | <input checked="" type="checkbox"/> Racquetball |
| <input type="checkbox"/> Tennis | <input checked="" type="checkbox"/> Other aerobic | <input type="checkbox"/> Stretching |

Support/Exercise Adherence

5. What are your personal barriers to exercise (i.e., your reasons for not exercising)? Job; computer; tired

6. What physical activity have you been successful with in the past (liked and participated in regularly)? Weight Training

7. Have you ever been at your desired fitness level? Yes No

If yes, when? 8 years ago What were you doing? Running and weight training

8. Do you feel any family; friends or co-workers have negative feelings (i.e., disapproval, resentment) toward your efforts at physical activity?

Yes No

9. Is your significant other or a close friend involved in any regular physical activity and supportive in your physical activity goals?

Yes No

10. Do you start exercise programs but then find yourself unable to stick with them? Yes No

Occupation/Leisure

11. What is your present occupation? Website Designer

12. Does your occupation require much activity (i.e., walking, getting up and down, carrying things)? No

13. What are your usual leisure activities? Eating out

14. What are the physical demands of these activities? None

Stressors

15. What types of things make you feel stressed? Lack of time

16. How do you deal with your stress normally? Drinks

Dietary Patterns

17. How many meals do you have per day? 2 per day

18. How many snacks do you have per day? 3 snacks per day

19. Do you feel you eat healthy “most of the time”? No

20. How many glasses of water do you drink per day? None, 5 cups of coffee per day

Expectations

21. Specifically describe what you would like to accomplish through your fitness program during the next:

1 month: Decrease knee pain

4 months: Lose 20 lbs.

1 year: Run the 10km. Sun Run Race



CASE STUDY #3 – SCENARIO

Donald is a 69 year old retired farmer whose physical activity has decreased since selling his farm. He and his wife want to travel, but he is having a hard time getting around due to osteoarthritis gradually developing in his hips. He also has a family history of diabetes and he is borderline himself, but not yet on medication. His doctor recommends exercise to help control it. He has gained about 15 lbs. since retiring and has gone up 2 waist sizes. Donald takes Tylenol for his arthritis and is trying mint tea to combat the possible diabetes onset. He used to enjoy curling once a week with his wife, five years ago. He has had several farm related injuries over the years, but he has healed well. Donald has plenty of free time and would like to improve his fitness level for a short trip he has planned in 3 months.

Phase I Situation

His Goals	<ul style="list-style-type: none"> ▪ Prevent onset of diabetes ▪ Lose 15 lbs. ▪ Increase mobility and independent living
Height	5 ft. 8 in.
Weight	185 lbs.
Resting BP	142/85 mmHG
Resting HR	74 bpm
Blood Lipids	Not available
Medication	Tylenol for arthritis
Max METS	Not available
Availability	Flexible
Activities	Seasonal homeowners chores (lawn cutting, etc.); walks 1x/week with wife
Injuries	Low back pain; treated by physiotherapist 5 years ago
Medical Diagnosis & Prescription	Physician prescribes exercise <ul style="list-style-type: none"> ▪ Borderline diabetic ▪ Borderline hypertensive
Lifestyle	<ul style="list-style-type: none"> ▪ Non-smoker, social drinker (6 beers a week) ▪ Predominantly meat and potatoes diet ▪ Watches a lot of TV ▪ Some low back stiffness

Phase II Situation

6 months later; he has been weight training consistently 2x/week and cardio 3x/week

CASE STUDY #3 – HEALTH SCREENING QUESTIONNAIRE:

Taking part in any activity or exercise program can be an excellent way to improve or maintain your health and fitness levels, but preparation is required to enable a safe and effective program. Please answer the following questions to assess your own physical readiness:

		Yes	No
1.	Do you have any health or medical concerns? If yes, please specify <u>Osteoarthritis of the hip; borderline diabetic; borderline high blood pressure</u>	X	
2.	Are you currently taking any medication? If yes, list medications and for what condition Medication Tylenol _____ Condition Arthritis _____ Medication _____ Condition _____	X	
3.	Do you smoke? If yes, how much? _____		X
4.	Do you, or have you ever had, any of the following health conditions?		
	• Blood Pressure Concerns:	X	
	• Heart Murmur:		X
	• Any heart trouble:		X
	• Chest pains/pressure:		X
	• Disease of arteries:		X
	• Asthma/allergies:		X
	• High Cholesterol:		X
	• Back injury		X
	• Back pains:		X
	• Epilepsy:		X
	• Diabetes:	X	
	• Varicose veins:		X
	• Lung Disease:		X
	• Dizziness/Fainting spells:		X
	• Arthritis:	X	
	• Osteoporosis:		X
5.	Have you ever injured or have pain in the following areas? If yes, please elaborate.		
	• Neck:		X
	• Upper Back:		X
	• Shoulders:		X
	• Elbows:		X
	• Lower Back:		X
	• Hips:	X	
	• Wrists:		X
	• Knees:		X
6.	Have you had surgery in the past two years? If yes, when and for what:		X
7.	Are you currently undergoing treatment from any of the following? If yes, why?		
	• Physiotherapist		X
	• Chiropractor		X
	• Massage Therapist		X
	• Other Practitioner		X
8.	Are you pregnant now, planning to be or have been in the past 6 months?		X
9.	Are you over 50 years of age?	X	
10.	Do you have any physical limitations/injuries?	X	
11.	Is there any reason not mentioned above, why you feel you should not participate in a regular physical exercise program?		X

If you answered YES to any of the above questions, please consult with your health care practitioner prior to taking part in an exercise program. Listen to any special advice or recommendations made by this specialist.

If you have answered NO to all of the above questions, you can be reasonably assured of your present suitability to take part in an exercise program designed by your trainer.

I, Case Study –Donald declare that the information given her by me is true and correct to the best of my knowledge. Any health problems which would prevent me from engaging in physical activities or make it potentially dangerous or harmful for me to engage in such activities have been described here by me.

Donald Case Study
Signature of Participant

16 October, 2004
Date

CASE STUDY #3 – LIFESTYLE QUESTIONNAIRE

Name: Case Study #3 – Donald Date: 16 October, 2004

Physical Activity

1. In the past year, how often have you been engaged in physical activity?

- > 4 times/week
 3 to 4 times/week
 2 to 3 times/week
 1 to 2 times/week
 1 to 2 times/month
 None

2. List your current physical activities: Walking and seasonal homeowners activities (cutting grass, etc.)

3. What types of physical activity do you consider “fun”? Curling

4. What types of exercise interest you?

- | | | |
|---|---|---|
| <input checked="" type="checkbox"/> Walking | <input type="checkbox"/> Jogging | <input type="checkbox"/> Swimming |
| <input type="checkbox"/> Cycling | <input type="checkbox"/> Dance Exercise | <input checked="" type="checkbox"/> Strength Training |
| <input type="checkbox"/> Stationary biking | <input type="checkbox"/> Rowing | <input type="checkbox"/> Racquetball |
| <input type="checkbox"/> Tennis | <input type="checkbox"/> Other aerobic | <input type="checkbox"/> Stretching |

Support/Exercise Adherence

5. What are your personal barriers to exercise (i.e., your reasons for not exercising)? Lack of mobility

6. What physical activity have you been successful with in the past (liked and participated in regularly)? Curling

7. Have you ever been at your desired fitness level? Yes No

If yes, when? Pre-retirement What were you doing? Farming

8. Do you feel any family; friends or co-workers have negative feelings (i.e., disapproval, resentment) toward your efforts at physical activity?

Yes No

9. Is your significant other or a close friend involved in any regular physical activity and supportive in your physical activity goals?

Yes No

10. Do you start exercise programs but then find yourself unable to stick with them? Yes No N/A

Occupation/Leisure

11. What is your present occupation? Retired Farmer

12. Does your occupation require much activity (i.e., walking, getting up and down, carrying things)? No

13. What are your usual leisure activities? Watching TV

14. What are the physical demands of these activities? None

Stressors

15. What types of things make you feel stressed? Age/mobility

16. How do you deal with your stress normally? N/A

Dietary Patterns

17. How many meals do you have per day? 3 per day

18. How many snacks do you have per day? Varies/evening

19. Do you feel you eat healthy “most of the time”? Yes

20. How many glasses of water do you drink per day? 2-3 per day

Expectations

21. Specifically describe what you would like to accomplish through your fitness program during the next:

1 month: Decrease hip pain and increase mobility

4 months: Lose 15 lbs.

1 year: Return to pre-retirement activity level