



BCRPA Weight Training Module ICE Program Design

Form C-1

Program designs must be completed after successful completion of the Weight Training Specialty Module Course. **Make five copies of this form.** Complete programs for three scenarios and two real participants (see Form E). Provide your evaluator with these completed forms prior to your practical evaluation. A complete program card must be attached to each program design.

ICE Candidate Name: Cindy Candidate	Date: April 16, 2003
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Please Circle Appropriate Box

Program:	1. Scenario #:	2. Scenario #:	3. Scenario #:	4. Real Participant	5. Real Participant
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A. Participant History/Assessment

Name: Cathy Smith	Pre-Exercise Heart rate: 86	Gender: M <input type="checkbox"/> F <input checked="" type="checkbox"/>	Age: 28
Occupation: Bank Teller	Occupation Standing and moving Activity Level: Often	Current/Past Physical Activity Level:	1-2 X per week last 3 months
Participant Goals/Concerns: Lose 18 pounds (146 to 128). Focus on tone/reduction of waist, abdomen, hips and thighs. Improve upper body strength and endurance for water skiing this summer.			
Barriers to Participation: Overtime at work. Late nights working/out make it tough to wake up some mornings. Not eating properly.			
Completed ParQ/Lifestyle Questionnaire Attached: Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>		Clearance Needed? Yes <input type="checkbox"/> No <input checked="" type="checkbox"/>	
Medical/Physical Concerns Her feet and legs get sore from standing so many hours. Affecting Participation:			
Participant Availability Mornings at 6:30 a.m. (at work by 9 a.m. after shower/breakfast/drive) and weekends. (Days of Week, Time of Day, Duration of Each Session):			
List Other Assessment Methods Used: Measurements, weight, waist/hip ratio, BMI, exercise heart rate, body composition (bioanalogic)		Consultation Time Spent with Participant: 15 minutes	

B. General Warm-Up Component

Aerobic Activity	ROM/Stretching	Joints Involved in ROM/Stretches
1. Type Elliptical (Cross Trainer)	1. Type: Passive/Active, Dynamic/Static Dynamic (*during aerobic)	*Ankle, knees, hips
2. Intensity (% and beats per minute range) 50 – 60% HR max. 96 – 115 bpm	2. # of ROM Movements/Stretches Add 5 movements after aerobic activity	*Shoulders (all movements)
3. Duration 5 minutes	3. Duration of Each ROM/Stretch 15 – 30 seconds	*Shoulder girdle
		Hips (ad/abduction)
		Spine (rotate, lateral flexion, extension, and flexion)

Participant Warm-up Duration: 7 minutes

Instructional Time: 7 minutes

C. Aerobic Component

Aerobic Activity	Post-Aerobic Activity
Before/after weights? Before weights after warm up On alternate days?	Type: 1 minute on cardio machine with no tension. Then the 5 ROM movements listed in warm up.
Days per week Mon., Wed., Fri., (Sunday optional)	Duration: 3-4 minutes
Training intensity zone/ beats per minute range: Week 1-3: 60-70%, (115-134bpm) Week 3+: 70-85% (134-163 bpm)	Final heart-rate: Less than 60% of HR max (115 bpm)
Type of Activity: Elliptical trainer or cycle (whichever is available)	
Duration of Aerobic Activity: Week 1-3: 12 minutes Week 3+: 20 minutes.	

Participant Aerobic Duration: 15 Min. Week 1. Then 24.

Instructional Time: 2 min. (explained most during warm-up)

D. Weight Training Component

List Exercises In Sequence

List Days per Week: Mon., Wed., Fri., (Optional Sunday)	Velocity/Speed of Repetitions: 2 seconds concentric 3 seconds eccentric	Leg Press / Crunches REST
Goal: Endurance, Hypertrophy, Strength Muscle Endurance	Duration of Each Set: 12 repetitions (60 seconds)	Leg Curl / Inner Thigh REST
Training Intensity (% of 1RM): Warm up at 40% 1RM, Week 1 train at 40%, Week 3+ at 60-75%.	Total # Sets per Workout: Warm-up (12 with no rest) then Week 1: +12, Week 3: +24	Hip Extension / Outer Thigh REST
Sets/Repetitions Per Exercise: Week 1: One set (after warm up) Week 3+: Two sets	Rest Between Sets: Perform 2 different exercises then rest 45 sec.	Chest Press / 2 Side Plank REST
# of Exercises Per Session: Twelve	Rest Between Workouts: 48 – 96 hours	Lat Pull / Back Extension REST
		Seated Row / Shoulder Press REST
		Warm up sets = circuit of 12 min
		6 Sets of 2 exercise/rest 18 min
		Repeat 6 sets after week 3

Participant Weight Training Duration: 30 – 48 min. Instructional Time: 18 min .

Attached Program Card(s)

E. Flexibility/Stretching Component

List Days Per Week: Each session, M W F (Sun. optional)	List Muscle(s) Stretched	*Describe the stretch or attach pictures
Before/After/Between Workout? *During rest between sets	Gluteus Maximus	Supine: Pull knees to chest(static)
Intensity of Each Stretch: Start easy, gradual progress	Rectus Abdominus	Supine: Lengthen arms/legs and reach
Duration of Each Stretch: Minimum of 15-30 seconds	Hamstrings X2	Stand: One leg forward flexion at hip
# Of Stretches: Fifteen	Adductors X2	Stand: Forward flexion, adduct one leg
1 stretch for right/left = 2 stretches	Hip Flexors/Calves X2	Stand: Runner stretch
	Lateral Torso/Abductors X2	Reach up to one side/leg crossed behind
	Pectorals/Ant. Deltoid	Stand: Use doorway/equipment to open chest
	Mid.Trapezius/Pos.Deltoid	Hug the body with both arms
	Erector Spinae/Low Back	On all fours – cat stretch
	Upper Trapezius/Neck X2	Depress shoulders, head to ear

Participant Flexibility/Stretching Duration: 0-2* minutes Instructional Time: 5 minutes

*Describe type (i.e. dynamic, static) and body position (i.e. standing, seated)

F. Post-Workout Consultation

Topics Reviewed/Questions Asked Exercise names, how to use card and save time, flex schedule, DOMS, volitional fatigue, To Assess Participant's Understanding: Progressive overload, how/when to ↑intensity. Goals, timelines, and availability.		
Duration of Program Increase intensity of cardio and weights in week 3 if DOMS are reduced and energy increased.		
Before Update Required: Book appt. for 6 weeks for new exercises/changes.		
List Additional Resources/Handouts (if any): (All forms were copyright free) Gave her a copy of Nancy Clark's handout "Pre/Post Workout Nutrition" and Canada Food Guide		
Post-Workout Consultation Duration: 5 minutes	Duration of Total Workout for Participant: Week 1-3: 52 min. Week 3+: 80 min.	Total Instructional Time: 52 minutes

To Be Completed By ICE Candidate

Workout Location: ABC Fitness Center
Instructor Candidate: CINDY CANDIDATE
Signature: Cindy Candidate

To Be Completed By ICE Evaluator

Date of Evaluation: June 3, 2003
Evaluator (print): ELAINE EVALUATOR
Signature: Elaine Evaluator

1 Unacceptable

2 Needs Improvement

3 Good

4 Excellent