



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):

		Score
1.	Explanation/purpose of the test	
2.	Proper technique and administration	
3.	Knowledge/interpretation of results	

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

Classification	BMI Value
Underweight	<18.5
Normal Weight	18.5-24.9
Overweight	25.0-29.9
Obesity	
Class I	30.0-34.9
Class II	35.0-39.9
Class III>	>40.0

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

BMI:	Score (max. 1 point):
Explain the limitations associated with the use of this test:	Score (max. 1 point):

Total F2: ___/2

F3: GIRTH MEASUREMENTS

Candidate to choose one of the following sites: 1. Upper Arm 2. Waist 3. Hips 4. Mid-thigh	Candidate must demonstrate: 1. Knowledge of landmark (1 point) 2. Protocol – asking permission (1 point) 3. Practical Technique – skills (1 point) Candidate to explain the limitations associated with the use of this testing (1 point)
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Girth Measurement Site:

	Score
1. Knowledge of landmark	
2. Protocol – asking permission	
3. Practical technique - skills	
Subtotal (3 points Maximum)	

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

	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

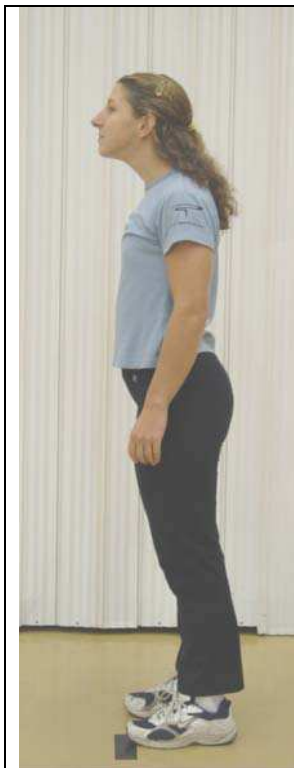


Photo 2
Misalignment:

Appropriate stretch:

Appropriate strengthening exercise:

Score: /3



Photo 3
Misalignment:

Appropriate stretch:

Appropriate strengthening exercise:

Score: /3

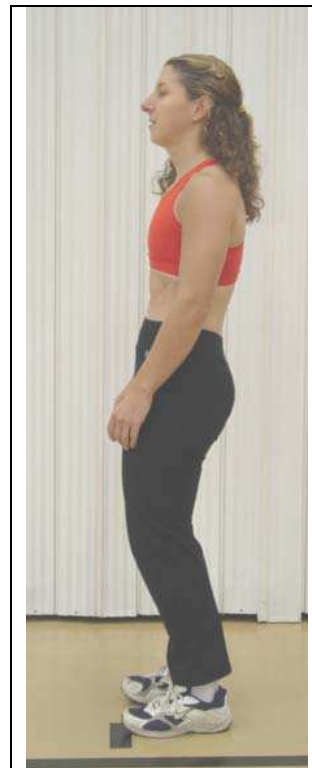


Photo 4
Misalignment:

Appropriate stretch:

Appropriate strengthening exercise:

Score: /3

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