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**KINE 350**  
**Exercise Prescription & Programming**

**Goals:**  
**Experiential Learning**  
**Application**  
**Real World Experience**

**KINE 350**  
**Client Consultation, Fitness Assessment and Exercise Prescription Project**  
**Description**

**Purpose:** The purpose of this project is to gain experience working with an actual client that is not associated with this class.

Pre-COVID19:

- At the beginning of the semester you will be assigned a client. It is your job to meet/ interact with them **4** times to perform a(n): consultation, fitness assessment, provide an appropriate exercise prescription, and follow up with the client.
- While the minimum number of **face-to-face interactions with your client is 2**, you are welcome to, but not required to, continue working with them. Please confirm that the client volunteer understands the scope of your interaction with them from the beginning.
- Throughout the semester, you will periodically need to have your materials approved by the course instructor. At the end of the semester you will need to submit a portfolio on Blackboard that consists of all the materials you used, plus a reflection for the client consultation, fitness assessment and exercise program.

Who are your clients?

- Students in KINE 100 who volunteer to participate.

COVID19 Pivot:

Spring 2021

- *In the spring of 2020 this project pivoted to be complete online. They were no longer required to teach their exercise program to the client in person. Instead they were encouraged to do the following:*
- *Teach the session virtually*
- *Provide a program that could be completed at home and one that could be completed once fitness centers re-opened.*

Fall 2021

- *The course was held asynchronous.*
- *Fitness centers were open.*
- *KINE 100 students were no longer recruited to participate as the client instead students selected someone they knew personally but outside of class.*
- *They were given the option conduct face to face interactions only if they were doing the project with a member of their household.*

**Instructions:** The following are general instructions for each component of the assignment.

1. **Contact 1:** *Client Consultation (face-to-face, phone call, or video call)*

- The purpose of the client consultation is to get to know your client. This meeting can be done in person, over the phone, or via video call.
- **They should fill out a PAR-Q form, informed consent, and lifestyle evaluation form at a minimum.** There may be additional forms or questionnaires you wish to use as well. If you do not plan to meet face-to-face with your client for the consultation, you then need to email them the required paperwork and ask that they bring it to your first face-to-face meeting.
- The basic information you want to obtain from this meeting is:
  - Do they have any health or serious medical issues?
  - What are their fitness goals?
  - What lifestyle and social barriers will need to be addressed to reach these goals?
  - What is their previous exercise background?
  - Determine access to facilities, equipment, etc

*\*Note on virtual clients:*

*Your fitness assessments may not be traditional in nature, you will need gather as much information as you can about their current exercise program and habits. This will allow you to still create a program for them without the specific assessments or amount you normally would do.*

2. **Check In 1:** After the client consultation is completed you will need to hand in the following:

- a. Transcription of the interview. Questions asked and answers given (word for word).
- b. Highlight the important information you learned during the consultation (limitations, injuries, medical concerns, etc.)
- c. Proposal for fitness assessments you plan to conduct and order of testing with justification **\*\*You must receive approval from the instructor before proceeding with the fitness assessments\*\***

3. **Contact 2:** *Fitness Assessments*

- After your fitness assessment proposal has been approved, you will conduct the fitness assessment on your client.
- The purpose of the fitness assessment is to gather baseline data and assist the client in SMART goal setting.
- The assessment data and goal setting, you will create their exercise program.

*\*Note on virtual clients:*

*The client perform them on their own and report the results to you. Or you can be on a video call with them while they perform the assessments. This means you will need to select assessments that can be done with the equipment available to the client. You should provide detailed instructions and perhaps a recorded video to the client if needed.*

4. **Exercise Prescription**

After the fitness assessment and consultation have been completed, you will develop an exercise program. As every client will be different there are no set guidelines for the program, however it should:

- a. Follow ACSM principles for exercise programming and progression
- b. Be appropriate based on the client consultation and fitness assessment results
- c. Be at least 6 weeks in length
- d. Include
  - i. Warm Up & Cool Down for each session
  - ii. Cardiorespiratory Program –FITT-VP
  - iii. Muscular fitness Program – FITT-VP
  - iv. Flexibility & Neuromuscular Program – FITT-VP

**\*\*If you feel as though you have a special case and are exempt from one or more of these required aspects, please see the instructor\*\***

The program must be displayed in a clear, professional manner. It is recommended to use a table in word or excel. For each exercise included in the program, the following should be defined:

- e. Intensity
- f. Sets
- g. Reps
- h. Rest
- i. Any other pertinent information (tempo, superset, drop set, etc.).

It is recommended to create an overall template of the program before worrying about individual sets, reps, rest, etc. Start big and work small.

5. **Check In 2:** After the fitness assessment is completed you will need to hand in a rough draft of your exercise prescription/ program. ***\*\*You must get approval from the instructor prior to setting up your program delivery appointment\*\****
6. **Contact 3: Program Delivery**
  - At the 3<sup>rd</sup> meeting with the client, the exercise program should be delivered to them.
  - You will need to explain the overall program to them as well as answer any specific questions they may have about certain exercises.
  - You must physically take them through at least one full muscular fitness and flexibility workout and through at least part of one cardiovascular workout (demonstrate how to use cardio machines/ equipment).
  - You will demonstrate, teach, correct, and modify the exercises for them during this meeting.
  - If your program has split days or has a different focus each day of the week, you may meet with your client to teach them the other movements, but it is not required.

*\*Note on Virtual Clients:*

*If you are not meeting your client face to face you must provide detailed instructions, video of yourself or from an online course that provides demonstration of the exercises prescribed so they can follow this without your help*

Important points in regards to the Exercise Program:

- This program should be created for the current situation. You need to determine if your client has access to a fitness center, or wants to work out from home.
- A FITT-VP principle should be created for Cardiovascular, Muscular Fitness, Flexibility, Neuromotor.
- The program needs to be a duration of 4-6 weeks in length, showing what they will be doing each day for cardio, strength, flexibility and neuromotor. (You will have access to an online system to schedule these by day)
- From there you will need to create the workouts you want them to do on those days. (It's OK if they repeat, you do not have to plan 28 different workouts...)
  - Strength training and interval workouts need to include reps, sets, and intensity/weight values.
- Provide pictures or video links to the exercises you are prescribing. Assume the client does not know how to perform them correctly, and you need to instruct them on the exercise, what it is and what it should look like. This should be done for all components of fitness, however if they are running, I think we all get the idea... 😊

7. **Contact 4 (Dependent on time):** *Follow up (phone call or video call)*

- The 4<sup>th</sup> contact with your client will be a follow-up phone call or video call.
- During this call you will interview the client about how the program and exercises are going.
- You can ask if the client has adhered to the program, if any modifications are needed, how they are enjoying the program, etc.
- This call is also a time to reinforce the importance of adhering to the program in order to meet their SMART goal.