

Final Portfolio Submission
100 Points

The following materials must be submitted to Blackboard:

1. Client consultation forms & Fitness assessment Results (20 Points)

- PAR-Q – 2.5 points
- Informed Consent – 2.5 points
- Fitness Assessment Tests & Results – 5 Points
- Comments regarding areas of improvement, movement quality, behavior, motivation that you observed while working with your client. – 5 points
- Rationale for selecting the assessment you did. – 5 points

2. Exercise programs (60 points)

- A **detailed** FITT – VP for the following:
 - Cardiovascular Fitness – 10 points
 - Muscular Fitness – 10 points
 - Flexibility & Neuromotor – 10 points
- Exercise Session Plan (You taught to them or gave detailed descriptions of for a virtual session) Make sure you state how it was delivered! – 10 points
- 4 to 6 week program that they would follow. 10 points
- Rationale for Program – 10 points
 - Justification for what you did and the exercises you chose, follow instructions on outline provided.

3. Program follow up reflection (20 Points)

- After the exercise program has been delivered and you have followed up with your client, you will need to write a 1-page reflection (typed, 12-point font, double spaced, times new roman) discussing the program and how the client reacted to the program.
 - Include any comments following the exercise delivery meeting with the client, for example:
 - How did they react to the program?
 - Were they excited? Scared?
 - What was the most challenging aspect of creating the program for you?
 - Did you have to modify anything for the client?

4. Communication of results to the class

(Has changed with observation of students over the past few years)

Options:

- Presentation
- Discussion/Discussion Board
- Practical Exam