

EPTI
L3 PT LAP GUIDANCE NOTES
Section A

**** THIS MUST BE USE WHEN COMPLETING L3 PT LAP ****



This LAP GUIDANCE should be followed to support you towards completing the L3 PT LAP (coursework).

All LAPS **MUST** be completed prior to your arrival on the practical course, so that we can concentrate on the practical learning and theory assessments.

See the LAP deadline schedule in the Facebook Group for when your LAPS must be completed by.

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Please follow this guidance to minimise the number of corrections that you may need to do to have your LAP signed off as being competent and complete.

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Download the Section A of the LAP from the Members Area onto your computer and save it, **replacing _student name_ L3 PT LAP with *your name*_L3 PT LAP as the name of the file.**

Edit the LAP using Adobe Reader only, other applications can cause the PDF to corrupt or not print correctly. Adobe Reader is free to download (see course overview email for link).

When you have completed the whole LAP section, email the completed PDF LAP to your tutor.

General Note:

For all LAPs → Please try to make your answers fit within the boxes provided in the LAP so that a '+' is not displayed.

Answer all boxes; "none" or "N/A" is **NOT** a valid answer.

Page Number	Notes:
4	Assessment planning & record of achievement declaration
4	- In highlighted boxes - insert your name in the name & signature boxes; and insert date

Page Number	Notes:
8-9; 10,11,13; 14-15	SECTION A: Client Interview & Analysis 1: Client Interview & Analysis
	<i>NB YOUR COURSEWORK ANSWERS IN THIS LAP MUST RELATES TO INSTRUCTING PERSONAL TRAINING TO YOUR CLIENT IN A GYM BASED SCENARIO</i>
8-9	Client Interview
<u>Overview:</u>	<ul style="list-style-type: none"> - Complete all boxes - Use a hypothetical client or choose somebody that you know - Choose a client that is a beginner with generic goals such as weight loss, toning etc - Apply the theory in the manuals to their “situation” - You need to fill in all boxes thoroughly as if you have given the client a “client interview” prior to them exercising with you. - For the purposes of the assessment, your client will participate in x2 one hour PT sessions per week.
8	<p>give client name/DoB/gender give 2 physical measurements. choose 2 from below and provide a specific reading e.g. BP = 120/80 n.b. if on page 15, you are going to select client goals such as lose weight or reduce body fat, then you would need to collect those measurements as a baseline, and the same advice goes for CV or muscular fitness goals by collecting information appropriate to that too.</p> <ol style="list-style-type: none"> 1. Blood Pressure (BP) (manual or digital) 2. Anthropometrics (height,weight together with BMI; Waist & Hip circumferences together with Waist/Hip ratio) 3. Body composition (Body fat % callipers, bio-impedance) 4. Cardiovascular fitness (Astrand bike test, Rockport walking test, Balke treadmill, Multistage fitness test, Cooper 1.5-mile run, Cooper 3-mile walk, Queens College step) 5. Range of motion (Sit & reach test, visual assessment during stretch positions) 6. Muscular fitness (ab curl/sit-up test, press up test)

9	<p>using a hypothetical 24hr food recall questionnaire to identify client's eating patterns. provide information about what is eaten over a typical day at breakfast, lunch and dinner, snacks & beverages (including alcohol), water intake, the meal times and any other relevant information (e.g. if weekend is very different from a typical day) give nutritional goals provide any barriers to training establish the client's current exercise quota ie duration and frequency identify the client's preferences to exercise - likes and dislikes</p>								
10,11,13	Sign Par-Q and Informed Consent forms								
10	As your client's needs should be within your scope as a level 3 PT, tick "No" on the PAR-Q 1-7								
11	complete the name and signature boxes using the same client's name as used on page 8 and add today's date								
13	complete client's details and date using same details as on page 11. Complete your name and signature boxes with your name and add date								
14-15	Client Analysis								
14	<p>summarise your client's attitude and motivation to exercise provide a list of all clients exercise barriers to exercise and strategies to overcome them (revisit L2 FI(G) manual pg. 74) provide specific stage of change/ readiness and the client attitude from the table in L3 PT manual pg. 132</p>								
15	<p>YOUR CLIENTS GOALS MUST BE SMART:</p> <table border="0"> <tr> <td>Specific</td> <td>Goal must be clear & precise</td> </tr> <tr> <td>Measurable</td> <td>Must be a way of comparing start & finish points</td> </tr> <tr> <td>Agreeable & Realistic</td> <td>Both parties must be in agreement</td> </tr> <tr> <td>Time-bound</td> <td>An exact, agreed amount of time must be set to focus effort</td> </tr> </table> <p>(typically: short term is 1 month; medium term is 3 months; and long term can be anything specific between 6-12 months)</p>	Specific	Goal must be clear & precise	Measurable	Must be a way of comparing start & finish points	Agreeable & Realistic	Both parties must be in agreement	Time-bound	An exact, agreed amount of time must be set to focus effort
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15	<p>you must include both a fitness and a nutrition goal for each time frame that are relevant to the clients aspirations that you have identified in the client interview.</p> <p><u>how to set goals:</u> identify the long term goals first - i.e. what does your client want to ultimately achieve in 1 years time then work back using the short term and the medium term as stepping stones on your client's journey that they must achieve on the way to successfully achieve the long term goal.</p> <p><i>for example (remember to individualise the goals to your client's scenario):</i></p> <p><i>long term - in 1 year client to lose 10kg in body weight and 10% in body fat by following a cv and resistance 4 times a week and ensuring that they eat 5 portions of fruit and vegetables per day.</i></p> <p><i>medium term - in 3 months client to lose 5kg in bodyweight, introduce free weight training and interval CV training to their gym programme which they must attend 3 times a week. Client will replace evening ready meals with fish two times a week, change from refined to wholemeal grains and aim to drink at least 8 cups of water per day.</i></p> <p><i>short term - in 1 month client to have lost 3 kg in bodyweight, to have started a programme using resistance machines together with 15 minutes LSD CV x2 times per week. Client will replace fizzy drinks with water , replace daily chocolate snack with a piece of fruit and cease adding sugar to tea and coffee.</i></p> <p>your goals may include: Specific short/medium term goals Physical activity goals (e.g. to squat x kg) Lifestyle goals (e.g. reduce alcohol intake by x) Nutritional goals (e.g. to eat x5 portions of fruit & veg daily) Adherence goals (to attend gym x3/wk; to keep a training log &/or food diary)</p>
15	<p>healthy eating advice - for ease, select information from pg. 83 of the L3 PT manual. you may also wish to use some of this advice in your nutritional goals above</p>