

Programming personal training with clients

Unit accreditation number: F/600/9052

Worksheet – Programming personal training with clients

There are 9 marks available in this worksheet. You must score a minimum of 9 marks in total to achieve a pass. In addition to achieving the total pass mark, you must also score at least the minimum marks set for each question to achieve an overall pass.

1. Why is it important for clients to understand the advantages of personal training?

1 mark (minimum 1 mark)

2. Why is it important for a personal trainer to work with clients to agree goals and objectives?

1 mark (minimum 1 mark)

3. Explain the importance of long term behaviour change in developing client fitness.

1 mark (minimum 1 mark)

4. How do you ensure clients commit themselves to long term change?

1 mark (minimum 1 mark)

5. What is informed consent?

1 mark (minimum 1 mark)

6. Why should informed consent be obtained before collecting information from a client?

1 mark (minimum 1 mark)

7. How would you select the most appropriate method of collecting client information?

1 mark (minimum 1 mark)

8. Name two medical conditions that will prevent a personal trainer from working with a client.

1 mark (minimum 1 mark)

9. When should you refer clients to another professional?

1 mark (minimum 1 mark))

Result total: /9 (9 marks in total, with the minimum number of marks achieved per question is required in order to pass overall)

Pass / Refer

Assessor's feedback: