

Assessment introduction

To achieve this qualification, you are required to complete a number of different assessments, including:

- A case study working with a real client to enable you to complete:
 - An initial consultation.
 - A food diary analysis.
 - An educational activity for the client.
 - A modular summative observation* – Consultation (your assessor will observe you with your client).
 - A periodised programme including commentary/rationales and individual session plans.
 - A summative observed session* – Personal training (your assessor will observe you with your client).
- A worksheet with questions across all units.
- A worksheet – Self-evaluation and reflective practice.
- An assignment – Designing an infographic and educational information handout.
- An assignment – Recommending the use of technology to clients.
- A modular summative observation* – Training techniques (your assessor will observe you with a client/peer).
- An assignment – Developing a new personal training business, including an initial business evaluation, market research and business planning.

There are additional templates to support you with the above assessments. These include:

- Food diary.
- Planning periodised programmes.
- Recommending the use of technology to clients.
- Developing a new personal training business.
- Training techniques planning template.

N.B. Please ask your tutor for these.

***Modular summative and summative observation guidance**

A modular summative observation is a flexible assessment format which allows the completion of an assessment on one or more occasions. For example, the consultation assessment may involve your assessor observing the whole consultation with your client in one session, or they may observe each section during different parts of the course.

A summative observation is where the assessment takes place on one occasion. For example, the personal training session will be observed and assessed in one session.

Case study – Personal training client

You will need to produce a case study using the following guidance:

Step one – Selecting your client

In order to complete all the required elements of this assessment you must select an appropriate client for your case study. Your client must be:

- A real person.
- The person who will be your client during your observed consultation and personal training session*.
- Apparently healthy and have no medical conditions which would be considered to be outside a personal trainer's scope of practice.
- Able to take part in the planned session.

**In the event of an unforeseen circumstance that means the actual client cannot participate in your summative observed session, another person can take their place; however the following criteria must be met.*

The replacement client must be:

- *Apparently healthy and have no medical conditions which would be considered to be outside a personal trainer's scope of practice.*
- *Able to take part in the planned session, or able to take part following reasonable adaptations.*

When using a replacement client you must make any planning adaptations prior to the summative observed session and be prepared to adapt the actual session as it progresses to ensure this is effective for the client taking part.

Step two – Food diary analysis

During the course you will need to analyse your client's nutrition in relation to their goals using a food diary.

Preparation

To prepare for this part of the case study you will need to:

- Ascertain the client's goals regarding healthy eating or any fitness-related objectives (e.g. healthy eating, fat loss, muscle gain, preparing for an event – this may include pre-event nutrition, nutrition during the event and post-event nutrition).
- Provide the client with a seven-day food diary template to complete.
- Explain to your client how to complete the food diary and ensure they complete it for seven days.
- Obtain the completed food diary from your client, check that it has been completed in sufficient detail and ask additional clarification questions if required.

Review and analysis

You will need to review your client's food diary and identify the following:

- Any eating or drinking behaviours that are detrimental to the client's health.
- Any positive eating behaviours that the client should continue.

You will need to analyse the levels and consumption of the following:

- Water/fluid.
- Alcohol.
- Caffeine.
- Processed foods.
- Macronutrients.

Recommendations

You will need to work within your scope of practice to:

- Recommend the eating behaviours that the client should change to meet their goals.
- Recommend to the client how to tailor their nutrition to meet their goals.
- Identify any potential barriers to change that your client may face and suggest ways that you can help your client overcome these barriers.
- Identify how training will affect your client's nutritional requirements. Include any recommendations related to the client's fitness goals.

You must include a copy of the client's food diary and your analysis and recommendations within your portfolio.