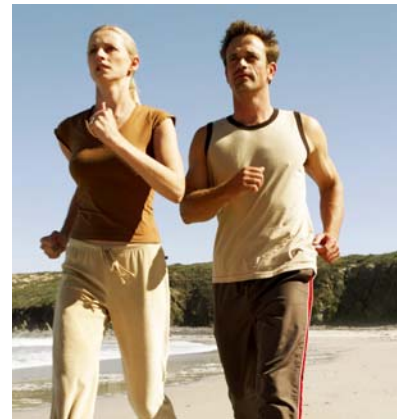


CLIENT CASE STUDY

OVERVIEW

The Client Case Study involves students establishing and running client screening and training sessions, over a period of time, with at least 3 volunteer clients.

Your clients can be friends or family or other persons who you already know. Students are required to select clients that represent different demographic groups and with different fitness needs e.g. male, female, age, fitness level.



CASE STUDY TASKS

The case study is completed in the following stages:

			Level
▶	Task 1	Client Selection	General
▶	Task 2	Basic Client Screening	General
▶	Task 3	Basic Client Advice	General
▶	Task 4	Fitness Testing	Advanced
▶	Task 5	Business Considerations	Advanced
▶	Task 6	Training Clients	Advanced
▶	Task 7	Client Evaluation	Advanced
▶	Task 8	Self Review	General