**Final Options**

1. **Personal Trainer interviews**

Interview 3 staff members of your choice (outside of their class time and Strength and Conditioning class time)

Use the “Personnel Training Client Information Questionnaire” provided for each person. Fill out completely! Discuss what their goals are for the end of a month.

Use the “Design a Workout” Form for each Person

Using a June 2013 calendar, plan a 1 month workout plan for each person

Workout must include:

DAILY workout information weights, cardio, rest.. ect….

Specific names of exercises

Specific sets and reps

Specific weights they should be lifting based on what YOU think their strength level is based on your interview.

Specific Cardio activity

Specific Cardio time and or target heart rate

Must include what their goals are for the end of the month

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| --- | --- | --- | --- | --- |
|  | **3 Points** | **2 Points** | **1 Point** | **0 Points** |
| Client Questionnaire/  Design-a-Workout | Filled out completely for 3 clients. Has goals for the month clearly stated | Filled out for 3 clients but is incomplete. Has no goals for the month clearly stated | Filled out completely for only 2 clients. Has goals for the month clearly stated | Filled out completely for only 1 clients. Has goals for the month clearly stated |
| 1 month workout | Has the full month completely filled out with EVERY day accounted for. | Has the full month filled out but is incomplete with SOME days unaccounted for. | Has the full month filled out but is incomplete with MANY days unaccounted for. | Month is incomplete |
| Exercises used  (Including Cardio) | Exercises used are appropriate for the clients goal with appropriate weights, sets, reps and or time for goal | Exercises used are appropriate for the clients goal. Has inappropriate weights, sets, and reps, and or time for goal | Exercises used are inappropriate for the clients goal with inappropriate weights, sets, and reps, and or time for goal | Exercises are incomplete for the goal |
| Presentation | Presentation is complete and is well organized and EASY to read (Typed) | Presentation is complete and is a bit unorganized and is a bit sloppy | Presentation is incomplete and is unorganized and is sloppy | Presentation is incomplete and or not available |
| Final Completion | Final is completed on time and turned in |  |  | Final is NOT Completed on time |

**Final Options**

1. **Personal Portfolio (No Waiver students)**

The personal portfolio is a FULL explanation with summary of your fitness work in and out of this class that was related to your goals and helped you achieve your goals.

Portfolio must include:

1. All goals that you have set forth for yourself throughout the year.
2. The types of workout routines that you used throughout the year
3. ALL exercises you focused on in your routines throughout the year.
4. Include a monthly Chart (starting from September) of your progress towards your goal(s)
5. Final improvement that can be verified by me. (Bench Max, other lifting and or resistant maxes, Weight loss, Arm Size, speed improvement )
6. Must include a summary why you did or did not achieve your goals
7. Must be completed with a power point presentation or some other digital presentation

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| --- | --- | --- | --- | --- |
|  | **3 Points** | **2 Points** | **1 Point** | **0 Points** |
| Goals | Goals are clearly stated and stayed consistent throughout the year. | Goals are clearly stated but were inconsistent throughout the year | Goals are not clearly stated and are NOT consistent throughout the year | Goals are not stated |
| Exercises Used | Exercises used were appropriate for the goals. Routines are clear with sets and repetitions explained. | Exercises used were appropriate for the goals. Routines are unclear with sets and repetitions poorly explained. | Exercises used were **IN**appropriate for the goals. Routines are unclear with sets and repetitions poorly explained. | Exercises and routines are not stated |
| Achievement of goals | Final improvement is verified by me and all goals were achieved. Includes a completed summary. | Final improvement is verified by me and goals were not achieved. Includes a completed summary. | Final improvement is verified by me and goals were not achieved. Includes an incomplete summary. | Final improvement was not verified by me. NO summary was included. |
| Presentation |  |  |  |  |
| Completion | Final is completed on time and turned in |  |  | Final is NOT Completed on time |