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| **CLIENT ASSESSMENT MATRIX** | **Name: Carl** **Age :21** **College Student** |  |  |  |
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| **FITT Principles** | **What frequency do you suggest?** | **What intensity do you suggest?** | **What time do you suggest?** | **What type of activity do you suggest?** |
| **Cardiovascular Activity** | 3 to 4 days a week. It important for a young college student to get in his academic time in, rest, and socially interaction. | Moderate-intensity aerobic activity until a set routine (50-60% HRR) develops, later he can progress to a vigorous-intensity (60-80%) mode which will help him reach his goal.  | Carl should work-out at least 30 minutes to an hour per session.  | Running, cycling, walking, and swimming are great aerobic activity that keeping the heart rate within target zone.  |
| **Muscular strength and endurance**  | Muscle Strength training 3-4 days a week. Do not overdo it. If more muscle definition is required, then add another day. Circuit training is very time proficient helping to develop strength and stamina in a lone session. Exercise should range from a half hour to an hour and twenty minutes.. | Moderate resistance to heavy. Reps-sets of 10. Weekly add 2 more sets. I also recommend leg weight with jogging start off weight training with moderate weights then graduate to heavy | At least 30 minutes per session with a spotter until a routine developsWeighting (medicine ball available)Cycling /Running (treadmills & 200m 4 lane synthetic running track. 30min to 120 mins. Boxing (1 hr. & 20 minutes classes | Resistant training can consist of elastic bands. Circuit training builds **muscular strength** as long as you increase your lifting load as needed. We offer a variety of different cardiovascular exercise and equipment in our facility:  |
| **Flexibility** | Every day, especially after activity.  | Moderate-Stretch muscle and to hold muscle beyond normal length.  | Hold the position stretch for 15 seconds, then release and start a new body position.  | Yoga, Tai chi, stretch bands, and leg lifting bars |
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| **PROS Principles** | **Explain how you will utilize the principle of progression for each component of fitness in your exercise prescription.** | **Explain how you will utilize the principle of regularity for each component of fitness in your exercise prescription.** | **Explain how you will utilize the overload principle for each component of fitness in your exercise prescription.** | **Explain how the specificity principle applies to each component of fitness in your exercise prescription.** |
| **Cardiovascular Activity** |  Carl must be motivated in order to reach the next level of each routine, for example begin waking at a brisk pace for an hour. Next – he should begin joggling until his body allows him to graduate to running.  | Carl can reach his goal by starting with 30 minutes a day to 1 hr. of aerobic activity and 30 minutes of strength training. 120 minutes of aerobic activity total until goals are met.  | Overload happens when a set routine is not followed. It’s also important to practice breathing exercise during each run w/o a rest period. Keeping a stop watch can help along with pacing yourself during routines.  | Once he graduates to Running, he will have a clear view of his body’s limits and strengths. In turn, cardiovascular system will provide a heathier heart.  |
| **Muscular strength and endurance** |  Carl (gradually) should Increase maximal number of reps.  | Because of his age, I would focus on resistance training; this will increase endurance levels for maximum results. | Each week add 2 extra two reps. and time himself.  | His routine can be separated in to a 10 min. time frame. dumbbell curls, triceps, leg weights, and Ab curls |
| **Flexibility** | Stretching after each workout. Remember your body needs a cool down time. It also helps you increase ROM.  | Work smarter, not harder. You can hurt yourself. This practiced routine help you prevent most injuries to the body.  | Carl must understand recognize his limitations, that’s why changing positions is very important.  | Stretching must be completed daily in order to gradually improve flexibility over all.  |

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| **CLIENT ASSESSMENT MATRIX** | **Name: Sally** **Age :65****F/T-Administrative Assistant** |  |  |  |
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| **FITT Principles** | **What frequency do you suggest?** | **What intensity do you suggest?** | **What time do you suggest?** | **What type of activity do you suggest?** |
| **Cardiovascular Activity** | Every day, It important for a FULL-TIME working older individual to get at least her daily 30 minutes of Cardo-activity. You have to keep the heart pumping.  | Low to moderate resistance40% to 60% VO2 heart rate  | Sally should work-out at least 20-30 minutes to an hour (10 min. Sessions) but, be mindful of her heart and endurance levels.  | Meditational breathing, walking, dancing, and playing with grand kids, and swimming are great aerobic activity that keeping the heart rate within target zone.  |
| **Muscular strength and endurance**  | Muscle Strength training 2-3 days a week. Do not overdo it. If more muscle definition is required, then add another day.  | Low resistance to Moderate. Reps-sets Sets of 8-10. Change routine every 10mins.Add one new routine each week and write it down on your planned daily work-out schedule. These activities help to reduce high blood pressure and diabetes. Weight loss can benefit her.  | At least 30 minutes per session with a spotter until a routine develops. Workout in a group for support and social interaction.  | Resistant training elastic bands. Leg walking weights (in or outside of the water. Floor routines.  |
| **Flexibility** | Every day, especially after activity and before sleep.  | Low to Moderate-Stretch muscle and to hold muscle beyond normal length.  | Hold the position stretch for 15 seconds, then release and start a new body position.  | Breathing meditation, Yoga, Tai chi, stretch bands, or stretch using a chair/bed edges for support  |
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| **PROS Principles** | **Explain how you will utilize the principle of progression for each component of fitness in your exercise prescription.** | **Explain how you will utilize the principle of regularity for each component of fitness in your exercise prescription.** | **Explain how you will utilize the overload principle for each component of fitness in your exercise prescription.** | **Explain how the specificity principle applies to each component of fitness in your exercise prescription.** |
| **Cardiovascular Activity** |  Sally should add partner and music to her daily routines. It helps motivated the process so she may reach her desired goals. Because of her age and stress factor (work). It’s important to develop a plan of activity. Place it on your frig & in the work place.  | Carl can reach his goal by starting with 20-30 minutes a day of aerobic activity / 15 mins. of strength training. I would also recommend a Cardo-breathing endurance class(10 mins. daily) | Overload happens when a set routine is not followed. It’s also important to practice breathing exercise during each run w/o a rest period. Keeping a stop watch can help along with pacing yourself during routines.  | Once she has improved her breathing techniques, then her body will give her the energy to adapt to the demands of dancing, water weights, hrr, and  |
| **Muscular strength and endurance** |  Sally must gradually Increase maximal number of reps with practice and reward.  | Because of his age, I would focus on resistance training; this will increase endurance levels for maximum results. | Sally depends on her ability to increase to more reps each week. All muscle groups must be worked, not overworked. Her job probably adds stress, so she must slowly graduate to higher intensity levels. Resistance training t will help her adapt and achieve set goal.Each week add 2 extra two reps. and | His routine can be separated in to a 10 min. time frame. dumbbell curls, triceps, leg weights, and Ab curls |
| **Flexibility** | Stretching after each workout. Elevate progress by increase with length of work-out time It also helps you increase ROM.  | Enjoy the environment around you (nature sounds). Focus mental and emotionally while you flex your muscles. This practiced routine help you prevent most injuries to the body. Half hour to 1hour classes or One on One stretch, the more you’re able to bend like a rubber band. Stretching must be completed daily in order to gradually improve flexibility over all.  | Sally must understand recognize his limitations, that’s why changing positions is very important. Yoga/meditation is in place to reduce tension.  | Yoga & Pilates- enable you to increase your flexibility! Stretch bands- expand/extend muscles(pregnant women welcomed) |
| **CLIENT ASSESSMENT MATRIX** | **Name: Justin**  **Age :13 (7th grade STUDENT)** |  |  |  |
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| **FITT Principles** | **What frequency do you suggest?** | **What intensity do you suggest?** | **What time do you suggest?** | **What type of activity do you suggest?** |
| **Cardiovascular Activity** | 4 to 7 days a week. It important a young mind to rest and socially interact.  | Moderate-intensity aerobic activity (40-60 % heart rate Once he shows signs of improvement then progress to Vigorous (50-80%)  | 30 to 120 minutes daily. If he is an athlete, I would add 30 more mins. |  I believe Justin should participate in a sport activity (track and field). Running, playing, jumping, skipping, jump rope, jogging, swimming, baseball, and football.  |
| **Muscular strength and endurance**  | Muscle Strength training 3-4 days a week.  | Moderate to high resistance to Moderate. 8-12 repetitions, each approximately 8 to 10 exercise. Add 2 more sets each week. | At least 30 minutes per session with a spotter until a routine develops | Resistant training can consist of double lunges, leg weights, and bench leg/arm press.  |
| **Flexibility** | Every day, especially after activity.  | Moderate/vigorous -Stretch muscle and to hold muscle beyond normal length.  | Hold the position stretch for 30 seconds, then release and start a new body position.  | Yoga, stretch bands, lunges, long jumping |
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| **PROS Principles** | **Explain how you will utilize the principle of progression for each component of fitness in your exercise prescription.** | **Explain how you will utilize the principle of regularity for each component of fitness in your exercise prescription.** | **Explain how you will utilize the overload principle for each component of fitness in your exercise prescription.** | **Explain how the specificity principle applies to each component of fitness in your exercise prescription.** |
| **Cardiovascular Activity** |  Justin is young and full of life. He must begin by jogging, then, gravitate to running. He must also increase levels 10% per number of minutes done per session. This will help him reach the 7 day mark.  | Kids must remain focused; they are easily distracted by outside interferences. These sets must be maintained for several weeks in order to see progress.  | 30-120 mins. w/0 taking breaks. His breathing must be monitored. Squats and jumping can help increase energy.  | Cardiovascular training allows Justin’s heart to put out more Oxygen and strengthen his Muscles for a better work-out. Swimming is fun and great for achieving Cardo allowances. . |
| **Muscular strength and endurance** |  Justin has to maintain his routine daily. He can only increase reps. if he shows improvement week to week.  | Kids love to be entertained so break out the WII exercise CD. Nowadays, every popular video game company has an interactive component. Motivate, motivate, motivate.  | Justin’s endurance level will increase once he continues to his set routines on weights. He can then move to machines that target the major muscle groups these activities should prevent overload and help him adapt to athe higher Intensity mode. | Identify muscle tension. Add exercises such as push/pull ups and examine strength limits.  |
| **Flexibility** | Daily increase his angle frequency in order to flex the joints to the maximum stance. If he feel pain decrease and stop.  | Stretch daily after activities and encourage play time in the great outdoors.  | Changing positions and increasing week time frame can help him reach his planned goal. Justin must remember not to ignore his pain or intensity limits.  | Increases in flexibility will be achieved by practicing flexor routines such as squatting and lunging on a track or field. Make it his daily habit.  |
| **LIENT ASSESSMENT MATRIX** | **Name: Jennifer**  **Age :35 (working mom of 3 kids)** |  |  |  |
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| **FITT Principles** | **What frequency do you suggest?** | **What intensity do you suggest?** | **What time do you suggest?** | **What type of activity do you suggest?** |
| **Cardiovascular Activity** | 3 to 5 days , with proper sleep and relaxation(meditation)  | Begin with low intensity then gradually increase to a Moderate Vigorous level of 40- 75% VO2 Max.  | 30 to 120 minutes daily. If he is an athlete, I would add 30 more mins. |  Dancing, playtime with kids(running in the park), walking the dog, jogging , swimming, tennis, Wii FIT, or Zumba |
| **Muscular strength and endurance**  | Muscle Strength training 3-4 days a week.Circuit training is very time proficient helping to develop strength and stamina in a lone session. Exercise should range from a half hour to an hour and twenty minutes. | Moderate to high resistance 15 mins. Then gradually advance to Vigorous after progress is displayed. 3 sets(8-12) | At least 30 minutes per session with a spotter until a routine develops. | Free weights using dumbbells, weight machine in order to work-out all muscles. Circuit training should be used to builds **muscular strength** as long as you increase your lifting load as needed. |
| **Flexibility** | Every day, especially after activity.  | Moderate/vigorous -Stretch muscle and to hold muscle beyond normal length. 15 sec. each position | Hold the position stretch for 30 seconds, then release and start a new body position.  | Yoga, stretch bands, Tai chi, FLOOR exercise, and Jazzercise.  |
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| **PROS Principles** | **Explain how you will utilize the principle of progression for each component of fitness in your exercise prescription.** | **Explain how you will utilize the principle of regularity for each component of fitness in your exercise prescription.** | **Explain how you will utilize the overload principle for each component of fitness in your exercise prescription.** | **Explain how the specificity principle applies to each component of fitness in your exercise prescription.** |
| **Cardiovascular Activity** |  Middle age is approaching. She must begin by walking at a brisk pace, increase to the jogging level, and then gravitate to running. She must also increase her levels by 10% - number of minutes done per session. This will help her reach the 5day mark.  | These sets must be maintained for several weeks in order to see progress. To achieve long term gains of better oxygen intake and decreased blood pressure. Jennifer must also make sure she does not lose too much weight depending on her to ht/wt. BMI requirements | 30-120 mins. w/0 taking breaks. Her breathing must be monitored. Dancing can help increase energy.  | Cardiovascular training allows Jennifer’s heart to put out more Oxygen and strengthen her Muscles for a better work-out. Water activities are great for 35 year olds and they can play with the kids too. . |
| **Muscular strength and endurance** |  JENNIFER has to maintain Her daily planned routine. She can only increase reps. if he shows improvement week to week.  | Regular, prolongedresistance training will let herbecome more consistent with her sets | Jennifer endurance level will increase once she continues to her set routines  | Identify muscle tension. Add exercises such as Stretching with weight bands. This type of activity evaluates her limitation and add a starting point.  |
| **Flexibility** | . Make time for yourself and remember to meditate while using flexors.  | Stretch daily after activities and encourage play time in the great outdoors. After 3 to 6months a new regular will need to be administered to allow training adaptations.  | Changing positions and increasing week time frame can help him reach his planned goal. She must remember not to ignore his pain or intensity limits.  | Increases in flexibility will be achieved by using Yoga techniques while breathing to reduce stress  |