**Worksheet – Diploma in Personal Training**

*There are 55 marks available in this worksheet. You must score a minimum of 44 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 a healthy, balanced diet essential for fuelling and recovering from exercise and physical activity?

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**2 marks** (minimum 1 mark)

2. What is the role of each macronutrient in relation to generating energy for exercise and physical activity?

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| ProteinFat |  |
|  |
| Carbohydrate |  |

**3 marks** (minimum 3 mark)

3. What is the role of each macronutrient in post-exercise recovery?

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| --- | --- |
| ProteinFat |  |
|  |
| Carbohydrate |  |

**3 marks** (minimum 3 mark)

4. What role does water play in exercise and physical activity, and in recovery?

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**2 marks** (minimum 1 mark)

5. How could training for each of the following types of sport or activity affect an individual’s nutritional requirements?

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| An endurance sport training programme involving a high-volume training plan consisting predominantly of aerobic exercise sessions. |
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| A team sport involving bursts of activity of different intensities and durations using all energy systems. |
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| A strength/power sport with little or no aerobic component or training. Training involves multiple techniques and high-intensity, low-volume conditioning sessions weekly. |
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**6 marks** (minimum 4 marks)

6. What are ‘client touch points’ within an organisation?

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**1 mark** (minimum 1 mark)

 7. Why is it important for a client to have a positive experience at every ‘touch point’?

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**1 mark** (minimum 1 mark)

 8. Describe three ways in which you can get to know different clients.

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**3 marks** (minimum 2 mark)

9. Describe two ways in which the consultation environment can have a positive effect on the achievement of the client’s goals and adherence to a behaviour change programme.

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**2 marks** (minimum 1 mark)

10. What impact will a client’s social environment have on their likelihood of making and sustaining a change to a lifestyle behaviour?

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**2 mark** (minimum 1 mark)

11. When collecting, recording and analysing client data, how can you ensure that you adhere to legal, ethical and professional standards?

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**2 mark** (minimum 1 mark)

12. A prospective client, who is early in her pregnancy, approaches you and explains she would like some guidance, advice and potential personal training during her pre and postnatal periods. Complete the table, explaining how you would respond to the client at each point of the discussion.

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| --- | --- |
| Client discussion | Your response |
| ‘Are there any benefits to exercising throughout my pregnancy?’ |  |
| ‘Are there any risks to myself or the baby if I exercise during pregnancy?’ |  |
| ‘Are there any conditions that might stop me from exercising during my pregnancy?’ |  |
| ‘What type of exercise should I be doing? I usually take part in a couple of circuit sessions per week and I use the gym at least once a week.’ |  |
| ‘What sort of things should I be doing to ensure I am safe when I exercise on my own?’ |  |
| ‘Can I book some personal training sessions with you?’ |  |

# **12 marks** (minimum 10 marks)

13. An older adult (58 years old) approaches you and explains they would like some guidance, advice and potential personal training. Complete the table, explaining how you would respond at each point of the discussion.

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| Client discussion | Your response |
| ‘My doctor told me I had to get more active and begin to exercise, how will it benefit me?’ |  |
| ‘I have no specific medical conditions but I have slight osteoarthritis in my knees which is related to my age and wear and tear. The doctor says it is nothing to worry about. What kind of exercises should I be doing?’ |  |
| ‘Why will those exercises be beneficial?’ |  |

**6 marks** (minimum 4 marks)

14. Describe three medical conditions that are commonly associated with old age, outlining signs and symptoms that are relevant to exercise performance.

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| Condition | Description | Signs and symptoms |
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6 marks (minimum 4 marks)

15. Describe two scenarios when exercise would be completely contraindicated for an older adult.

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2 marks (minimum 1 mark)

16. Identify two specific risks of exercise for the older adult and how to manage these risks.

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# 2 marks (minimum 1 mark)

Result total /55 marks (44 marks in total, with the minimum set marks achieved for each question required to pass)

Pass / Refer

Assessor’s feedback: