
Programme Guidance Form

iUSP154 – Programming personal training with clients

Candidates must complete 5 specialised fitness programmes. These must be performed on 5 clients on two different occasions, showing progression/adaptation to the original programme. These should be performed on a range of clients covering at least 3 of the 4 categories below:

- **Special populations**
- **Sports specific**
- **Individuals**
- **Groups**
- **Teams**
- **Rehabilitation/prehabilitation**

To include the following:

- Lesson plans
- Consultation forms
- Personal details
- Consultation forms for nutritional advice
- Personal exercise history questionnaires
- Fitness tests
- Detailed exercise recommendations
- Overall conclusion and reflective practice of the specialised fitness programme

Document History

Version	Issue Date	Changes	Role
v1	27/09/2019	First published	Qualifications Administrator