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# ULTIMATE

## Fitness Trainer

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# PRACTICAL LOGBOOK

Student Name

# PRACTICAL PLACEMENT LOGBOOK

The following activities must be completed under supervision for the minimum duration listed in order to successfully complete the practicum.

Your supervisor should indicate satisfactory completion of each task by writing their name and initially in the table provided.

Please also provide the date the tasks were each completed. This log must be returned to the school on completion. Please make copies of the log for yourself.

PLEASE NOTE ► Some of the following tasks places students in direct contact with the supervisor's own clients. If the supervisor believes this is not appropriate for any reason i.e. client service level or confidentiality reasons, then we suggest the student simply observes these live client sessions and then 'simulates' the task with member of staff.

Student Name :	
Submission Date :	
Address of Venue :	
Name of supervisor :	
Signature supervisor :	

Before submitting students should ensure they have made their own copy of this assessment document.

Aim: To become familiar with general practises and policies of fitness workplaces and gain an understanding of the practical application of OH&S policies and procedures.

Tasks to be undertaken	Minimum Hours	Completed Hours	Supervisor & Date
Review of gym policies for: <ul style="list-style-type: none"> <li>• Complaints</li> <li>• Legals</li> <li>• Standard employment contract</li> <li>• Staff guidelines, policies, and similar</li> <li>• Safety</li> </ul>	1		
Attend both: <ul style="list-style-type: none"> <li>• Staff safety meeting</li> <li>• Hazard ID walk around</li> </ul>			
Review and use computer packages that the fitness centre makes use of for work activities			

Aim: To demonstrate understanding of the role of fitness re-testing and show ability to conduct testing and convey results to clients.

To be completed for a minimum of two clients, one deemed low risk, and the other from any moderate/high risk category. (Please specify moderate high risk category)

Tasks to be undertaken	Minimum Hours	Completed Hours	Supervisor Name & Date
Outline purpose of fitness re-testing, benefits, and test procedures to prospective client.	3.0		
Book fitness test using gym booking method/procedure			
Conduct fitness re-testing: <ul style="list-style-type: none"> <li>• Explain testing to client</li> <li>• Explain then deliver and evaluating pre-screening questionnaire</li> <li>• Take anthropometric measurements</li> <li>• Take blood pressure and heart rate</li> <li>• Perform appropriate and safe tests to evaluate, cardiovascular fitness, strength, flexibility and range of motion</li> <li>• Use appropriate software to evaluate results of fitness testing</li> <li>• Deliver and explain results of testing to client</li> </ul>			

Moderate/High Risk Participants.....

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