



FOCUS AWARDS 

Assignment - Periodised Programming Sheet
Periodisation

Client profile summarising the important information used to design the programme	
Overview and analysis of previously collected health and fitness data	
Describe a risk stratification tool you've used to risk stratify your client, and describe their level of risk	
Clearly describe the periodisation strategy selected and reasons for selection (including how the strategy will progress the client towards goal achievement and how the principles of periodisation have been applied)	
Describe how you have selected exercises, training protocols, equipment and environments to meet the client's needs	

Using the boxes below, give more detail around the Frequency, Intensity, Time and Type of exercise to be completed by your client in the various Mesocycles to ensure progression.

Mesocycle 1

Mesocycle 2

Mesocycle 3

Mesocycle 4

For one of your planned sessions (of which there should be 3), use the table below to adapt a session to alternative environments

Session to be adapted				
Alternative environments (at least one indoor and one outdoor)	Adaptations to session to accommodate the alternative environment	Benefits and disadvantages	Possible hazards and risks	Health and safety requirements and ways to manage the identified risks

<p>How could this session be adapted for group personal training?</p>			
<p>Describe ways to incorporate a partner or group activities into the session</p>			
<p>Describe both the benefits and challenges of group personal training sessions</p>		<p>Describe ways to maximise the benefits of group personal training and ways of minimise the challenges of group personal training sessions</p>	

This Learner Achievement Portfolio (LAP)
was developed in accordance with
Focus Awards qualification structure.

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