



FOCUS AWARDS



Assignment - Recommending the use of technology to clients
Business acumen for the Personal Trainer

Assignment – Recommending the use of technology to clients

Evaluate three (different) current technological developments in health, fitness and exercise. These could be apps, watches, computer programmes

1: Name of technology and description	
Advantages for clients	Advantages for personal trainers
Disadvantages for clients	Disadvantages for personal trainers

2: Name of technology and description	
Advantages for clients	Advantages for personal trainers

Disadvantages for clients	Disadvantages for personal trainers

3: Name of technology and description

Advantages for clients	Advantages for personal trainers
Disadvantages for clients	Disadvantages for personal trainers

Using the box below, state which technology you would recommend for your client and describe your reasoning

Using the box below, write an email recommending a piece of technology to your client

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

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