

Client Case Study Template
Certificate IV & Diploma in Fitness qualified registrants to complete

Complete this template to submit your client case studies for Professional Development Points (PDPs). Case studies supplied in other formats will not be accepted.

Criteria for case study:

- 12 weeks, minimum, progress tracking
- Goals and outcomes must be measurable, eg weight loss, strength increase, hypertrophy, improvement in VO₂, mobility improvement in rehabilitated injury, increase/improvement in running/cycling distance or time
- Client must consent to all measurements and methods used
- Trainer must work within their scope of practice as set out in PAA's Scope of Practice document, *e.g. No nutritional planning or boxing training unless you hold a relevant qualification etc.*

Please complete ALL sections in clear print:

1. Registrant Details

Registrant name: _____

PAA Registration number: KA _____ Phone: _____

Email: _____

2. Client Details

Include details of the client's goal, e.g. want to lift x weight for x exercise, run a marathon, lose 10kg, be able to perform a certain exercise/movement after injury, etc
Include any interesting information regarding the client, other background/copy of pre-exercise screening form.

Note: measurements and other data should be included in sections 3, 4 and 5

Client name: _____ Age: _____

Gender: M/F

Goal/s:

Other background information:



3. Baseline Data

To complete this section, provide baseline measurements relevant to client goal and training outcomes, e.g. Age, gender, anthropometric data such as weight, bodyfat %, VO2 max, strength test data (1RMs), fitness level/ability, injuries etc.

Measurement date:

Details:

4. Mid-point Data

To complete this section, provide progress measurements. Use same measurement types as in section 2

Measurement date:

Details:



5. End-point Data

To complete this section, provide progress measurements. Use same measurement types as in section 2 & 3

Measurement date:

Details:

6. Methods/programs used

To complete this section, provide details of the methodology used to achieve the client's result; i.e. a summary of your training approach and rationale why this method was used.
Include a copy of the training plan/program you created for your client.



7. Supporting information/documentation (optional)

Include a short testimonial from your client. You can also include a testimonial from the gym owner/manager or reference literature/materials etc. If you wish, you can attach additional sheets. You may like to include before and after photos of your client, with their consent.
There is testimonial template available for this purpose on the PAA website.

8. Client Consent

I, _____, consent to being the
Client name
subject of the above case study and agree to data about my training being shared with Physical Activity Australia staff.
 Check this box to consent to the use of before and after photographs as supporting evidence.

Signed _____ Date _____

9. Registrant Declaration

I, _____, confirm the details I
Registrant name
have included in this document are accurate, and programs were designed and executed by me, with my client's consent.

Signed _____ Date _____

Please email or post this document to Physical Activity Australia using the details below. Please ensure emailed documents are in PDF or jpeg format only.

