

CASE STUDY #1

Name of Article	One push up too many.
Overview of the case and problem	Apparent negligence to clients wellbeing and health, through a 'take no prisoner' attitude, resulting in client having a heart attack. The risk of training the out of shape
Identification and analysis of the risk(s)	Client on several occasions requested a break, he was pushed well beyond his means and intensity.
Categorise and Determine the level of the risk(s)	High Risk - likely. Client had no clearance from physician or medical practitioner. No evaluation.
Identify how the risk could be controlled	Simply by listening to your clients, working within their means and intensity based on their level of fitness.
Evaluation of how the risk / situation was handled	Poorly, the client was ill treated and had to request 'q11' himself.
Feedback on the outcome / what would you have done	I would have requested prior a clearance from a medical practitioner and had them sign a waiver. Build from the basics with light workouts and intensity until it's time to progress to avoid any similar situations.