

Hi Ben,

You have done a really good job here, I just need you to add a few things. The case study asks you to look at the website <http://www.goldcoast.qld.gov.au/community/active-healthy-program-27969.html> and choose an activity- by your response it looks like you have chosen “Group Fitness Activities”?

Please add three (3) considerations for each heading:

Facility-

Consideration:

1. In door environment (raining outside)
2. *Please add*
3. *Please add*

Consequence: slip and fall when entering the facility

At risk for the client’s health and risk.

Ways to counter: Have door mats or a towel placed down for clients to wipe feet on

Have a suitable cancellation process to inform all clients as soon as possible

Licensing – This refers to not the Personal Trainer’s licence- rather Music copyright and licensing, please amend

Consideration:

1. to have a license it gives the option to train at a gym, home or at a facility that has been provided
2. *Please add*
3. *Please add*

Consequence: if someone gets hurt it falls back on the trainer but if they don’t have a license then they will get in even more trouble

If anyone superior finds out the trainer is qualified they can also get in major trouble for training and taking money as it is fraud

Ways to counter: Have approval by the gym the trainer would be trainer at

Have a certificate within the PT industry and the clients should be more aware and open to see if the trainer actually is qualified

Resources-

Consideration:

1. Some resources might not be reliable for a workout or the type of work being performed
2. *Please add*
3. *Please add*

Consequences: Someone could get hurt because the resources are not up to date

Not having the right resources for the workout and could turn into a useless or not so good workout

Ways to counter: Have an email sent out to all the clients to see what workouts will be the best and what resources will be needed

The trainer could attend a few PT sessions that the clients attend to or other PT does for research to see what's good and what isn't

Equipment-

Consideration:

1. Some equipment might be old or some clients might not be able to use it properly
2. *Please add*
3. *Please add*

Consequences: Someone will be hurt either by the old equipment being broken or they could get hurt because the equipment they haven't used they haven't been taught properly

A client getting hurt because of old equipment falls under not following duty of care and putting their health and safety at risk

Ways to counter: Keep the equipment up to date and if there is any risk with old equipment email out a notice to say that the equipment will be replaced

Have an email sent out asking if the clients are at risk of any muscle damage or bone damage so no one will get hurt

Clients-

Consideration:

1. Some clients might have concerns about their health or history they have had with their bodies
2. *Please add*
3. *Please add*

Consequences: The clients might have a negative mindset on how they think about PT or the fitness industry

Some clients will be a little bit worried for their health and safety due to past experiences with gym in the past

Ways to counter: give a little background check on yourself and give them the option to ask questions

Give the clients the mindset of a positive way for PT by giving them a counselling and supportive first impression so they feel safe.

Programing-

Consideration:

1. taking into consideration the age groups of clientele
2. *Please add*
3. *Please add*

Consequences: Not taking into consideration of the clients age group you could over whelm some clients and might end up causing strokes or heart attacks

Also not taking into consideration might end up hurting their muscles or bones and could cause a law suit and be fined

Ways to counter: Have a conversation with clients to come to a base and work around the age group that they face

Have the clients pick out what seems or looks the best for them so they feel comfortable when working out

Feedback- all feedback whether it's good or bad can help move forward and improve

Consequences:

1. Some clients might take charge and public announce their feedback in a negative way
2. *Please add*
3. *Please add*

Some clients might also give the gym the trainer is working at a bad name or give the actual personal trainer a bad name because of something that might not have worked well

Ways to counter: privately speak to the client who has a problem and work around and rebuild them to give positive feedback

If the negative feedback isn't threatening or publicized it could just be a little bump and needs improving to the personal trainer