



## Assessment of Primary Areas of Improvement as a Personal Trainer

**PURPOSE:** To identify the areas in your role as a personal trainer where an improvement in knowledge would have the greatest impact on your ability to help your clients achieve their goals.

**How to use this assessment:** Answer each question on a 1-5 scale (1=not at all, 2-3=somewhat, 4-5=absolutely). Subsequently, pick 1-2 areas with the lowest score and focus your upcoming education on those areas. You may repeat this test every quarter or as often as you wish. **Note:** Not all areas are relevant for all trainers.

### ASSESSMENT

1. I currently follow a clear, repeatable process that helps a client clarify his/her goals. **1 2 3 4 5**
2. I am currently aware of and able to execute assessment protocols to assess:

Balance	Flexibility	Coordination	Strength	Power	Endurance	Speed	Body comp
<b>1 2 3 4 5</b>	<b>1 2 3 4 5</b>	<b>1 2 3 4 5</b>	<b>1 2 3 4 5</b>	<b>1 2 3 4 5</b>	<b>1 2 3 4 5</b>	<b>1 2 3 4 5</b>	<b>1 2 3 4 5</b>

### PERIODIZATION

1. I am currently aware of and follow science-based principles for structuring a training program that may last 3-6 months or more. **1 2 3 4 5**
2. I am currently aware of and follow science-based principles for structuring one week of training for clients with a varied # of sessions.

2-3 sessions	<b>1 2 3 4 5</b>	4-6 sessions	<b>1 2 3 4 5</b>
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### PROGRAM DESIGN

1. I am currently aware of and follow science-based principles for selecting exercises for resistance training, including repetition tempo, with the purpose of developing:

Balance	Flexibility	Coordination	Strength	Power	Endurance	Speed	Body comp
<b>1 2 3 4 5</b>	<b>1 2 3 4 5</b>	<b>1 2 3 4 5</b>	<b>1 2 3 4 5</b>	<b>1 2 3 4 5</b>	<b>1 2 3 4 5</b>	<b>1 2 3 4 5</b>	<b>1 2 3 4 5</b>

2. I am currently aware of and follow science-based principles for selecting volume, intensity, rest periods and training frequency for programs that focus on:

Balance	Flexibility	Coordination	Strength	Power	Endurance	Speed	Body comp
<b>1 2 3 4 5</b>	<b>1 2 3 4 5</b>	<b>1 2 3 4 5</b>	<b>1 2 3 4 5</b>	<b>1 2 3 4 5</b>	<b>1 2 3 4 5</b>	<b>1 2 3 4 5</b>	<b>1 2 3 4 5</b>

### INSTRUCTION

1. I currently follow a clear, repeatable and effective method for instructing and troubleshooting exercises with the purpose of developing:

Balance	Flexibility	Coordination	Strength	Power	Endurance	Speed	Body comp
<b>1 2 3 4 5</b>	<b>1 2 3 4 5</b>	<b>1 2 3 4 5</b>	<b>1 2 3 4 5</b>	<b>1 2 3 4 5</b>	<b>1 2 3 4 5</b>	<b>1 2 3 4 5</b>	<b>1 2 3 4 5</b>

### WORK HABIT

1. I am consciously aware of when I experience uncertainty about specific training questions in my role as a personal trainer. **1 2 3 4 5**
2. I am currently in the habit of writing down these questions when they appear. **1 2 3 4 5**
3. I schedule time to research the answers to training questions I have written down. **1 2 3 4 5**

**Areas for educational focus:** 1. \_\_\_\_\_ 2. \_\_\_\_\_