

CPFT PRACTICAL Examination – Station 3 & 4: Client Consultation, Counseling & Exercise Prescription

CPFT Candidate NAME: _____

Exam Date: _____

CPFT Examiner: _____

Exam Location: _____

Case Study Client:	YES	NO	details:
STAGE OF CHANGE identified:			
Precontemplation or Contemplation			
Preparation, Action or Maintenance			
All 10 Client Health Assessment Profile areas completed correctly			
Motivation discussed			How would you keep your client motivated?
S.M.A.R.T goal setting discussed			
			What is the client's SPECIFIC goal(s)?
Appropriate Warm-Up prescribed			
Cardiovascular - FREQUENCY =			
Cardiovascular - INTENSITY =			
Cardiovascular - TIME =			
Cardiovascular - TYPE =			
Cardiovascular exercise selection appropriate for client's goals			
Target Heart Rate Zones incorporated into cardio component			
			At what percentage of Target Heart Rate Zone would you advise?
Exercise exertion monitoring discussed = RPE , talk test			How would you advise your client to monitor their exertion?
Progressive Overload applied			
			How/When would you progress your client?
Appropriate Cool-Down prescribed			
			How Long should your client cool down?



	YES	NO	details:
Resistance - FREQUENCY =			
Resistance - INTENSITY =			
Resistance - TIME =			
Resistance - TYPE =			
Resistance exercise selections appropriate for client's goals			
Resistance exercises encompass TOTAL BODY prescription			
Resistance exercise DEMONSTRATIONS (see below)	1		
*candidates should successfully demonstrate NO	2		
LESS than 3 exercises from their Prescription	3		
Resistance exercise MODIFICATION	1		
Flexibility - FREQUENCY =			
Flexibility - INTENSITY =			
Flexibility - TIME =			
Flexibility - TYPE =			
Flexibility exercise selections appropriate for client's goals			
Flexibility exercises encompass TOTAL BODY prescription			
Progressive Overload applied			How/when would you progress your client?
Phase of training			What phase is your client in? When would they safely progress?
SAID principle applied			How does your exercise selection mimic the client's goal(s)?
Safety guidelines & Emergency procedures discussed			How would you keep your client safe while training?
Active Living discussed			How would active living assist with goal(s)?

Exercise prescription is Functional and practical for client			What makes the exercises functional for the client AND their goals?
Injury Prevention applied			How will you avoid injury with your client?
Exercise Demonstration	Yes	No	<i>details:</i>
Name of exercise			
Purpose of Exercise (e.g., muscles used)			
Demo completed properly			
Client equipment set up appropriate			
Client weight (intensity) matched the repetition range (given goals)			
Additional Information:			
Space Requirements met			
CHAP Equipment set up Appropriate			
Scope of Practice Explained			

STATION 2 OUTCOME----- PASS FAIL