

Skills Development Virtual Mentorship Schedule

Calls will take place via phone, google meets or zoom.

Times will be scheduled when convenient for the student and CPFT mentor.

Mentorship schedule takes 3-5 weeks to complete.

There will be 3-4 meeting calls in total, and the student will be required to submit 3 videos. Prior to submitting each video, you will meet with the CPFT mentor to discuss what should be included in the video. Once the video is submitted, the CPFT mentor will review it and set up a debrief call to discuss what they observed.

Here is the content that will be reviewed each time:

	Pre-session email communication	Pre-session video	Session Discussion point
Call 1: Pre-screening & Assessment Support	Introduction of Trainer Purpose of mentorship Lay out of process & expectations Description of pre-session video – general checklist (including sound and visual requirements)	CHAP (Height, Weight, BMI, WC) RHR Non exercise predictive VO ₂ max	Order of intake: <ol style="list-style-type: none"> 1. Informed consent 2. PARQ+/ Medical clearance 3. Health Behavior questionnaire 4. CHAP, RHR, VO₂ prediction 5. Scoring Common Mistakes & oversights
Call 2: Consultation & Behavior Change	Receive a checklist of what we want to see in consultation e.g., eye contact, MI techniques, how they put the client at ease, etc.	Scoring Initial consultation; Intro, expectations, descriptions, personable, drawing out information	Expectations for practical exam, what we want to see, etc. Tactics for: <ol style="list-style-type: none"> 1. MI 2. Stages of Behavior Change 3. Goal setting
Call 3: Program Design & Demo	Receive a general checklist of what we want to see during the training session, e.g., what the exercise demo should include, how to set up the alignment, how to determine correct weight, etc.	Exercise selection & setup, spotting, modifications	Common mistakes and oversights, Use of METs