

## **PERSONAL OR GROUP TRAINING SERVICES FOR FALL SEMESTER 2018**

### **Course: WS 4013 Practicum**

Arkansas Tech University

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### **PERSONAL OR GROUP TRAINING PRACTICAL**

Students will be assigned a client or group of clients, whom they will work with during the semester. It is the student's responsibility to contact this person or persons and schedule a minimum of 8 training sessions (1 hour in length) and an initial evaluation session. There should be no more than one week between each meeting and it is the discretion of the client(s) and the student if more sessions take place.

- The information provided will only be shared with the student registered for the class and working as your instructor. All personal information will be secured and kept by the individual student working with you.
- Personal information such as age and any health/muscle-skeletal issues that may be irritated from physical activity will need to be shared with the student trainer to avoid injury.
- Understand that the more availability that you have the easier it will be to accommodate you and the student.
- Please provide some of the following information so we can provide a student who would best suit your needs/goals.

Name(s): \_\_\_\_\_

Contact information (Place 1 or 2 by best mode):

E-mail \_\_\_\_\_ phone: \_\_\_\_\_

Goals or needs: \_\_\_\_\_

General/Major Health Concerns: \_\_\_\_\_

**\*\*\*A more detailed assessment will be conducted prior to training.**

The location of training sessions may take place in Hull Building Tech Fit facility, or outside campus locations if weather permits and client request/cooperation. What are the best days and times you are available to participate in a personal or group training session? Please put the best time for your entire group.

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Time:	Time:	Time:	Time:	Time: