

Video Lecture 10 *(with slides)*

Importance of training diaries and means and methods of tracking and monitoring

Knowledge & Application
of Personal Training

LECTURE **10**

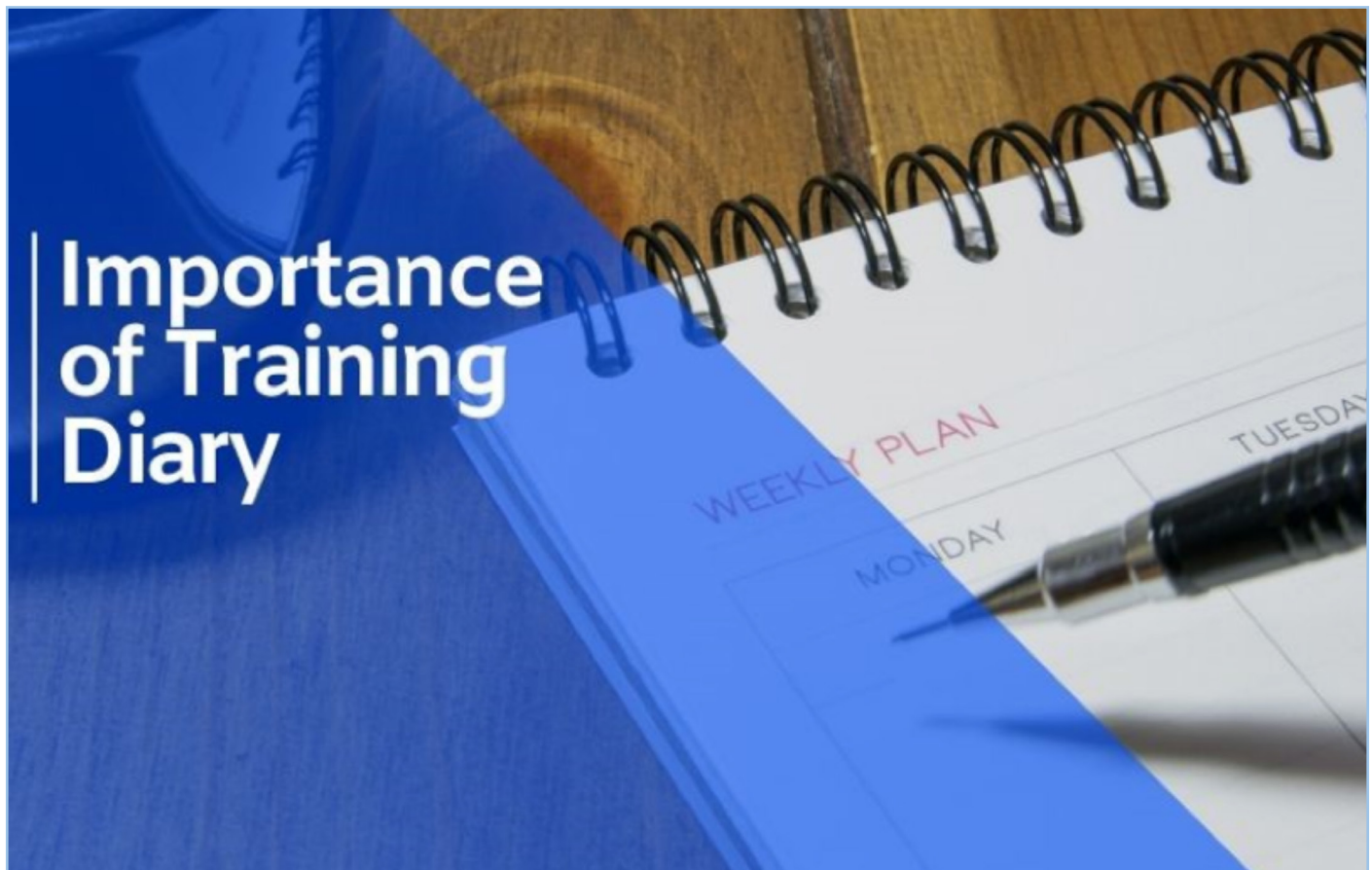
Hello, and welcome to Video 10

Knowledge and Application of Personal Training with a focus on the importance of training diaries and the monitoring of training.

Hello, and welcome to Video Number 10, Knowledge and Application of Personal Training with a focus on the importance of training diaries and the monitoring of training.

We've used this terminology throughout. We've talked about aspects such as testing the client, tracking and monitoring. We touched on it when we talked about components of fitness, training methods and such. There's lots of technology out there to support training - and it's great. It's great to have all this data. There's a physiological and psychological need for the monitoring of training. Also, then there will come a time where perhaps that needs to step away from quantitative objective data.

The difference being that with subjective, we just refer to that as very opinion based, which still has substance and needs to be reviewed. And we have objective quantitative data, which is looking at numbers and figures, and we can compare and contrast the two together. This needs again, to be based around your client's needs - who your client is, what their previous training is.



Even in a sense if they've done something for quite some time before, there might need to be a change.

So an average member of the public who's just training to maintain health and fitness and lifestyle might need to have a bit more of an objective quantitative data review of their training – the reason being that most people live as a lifestyle on a calendar. So - Monday to Sunday, or Sunday to Saturday, - and that's their window of review.

However, a physical burnout – a psychological, physiological burnout - can happen because we're not reviewing maybe a month-by-month, or a three-month window as well - and showing them perhaps, the investment that they're making. They only see week-by-week and maybe three sessions in a seven-day week, but over a period of four weeks, six weeks or seven weeks, they will see more frequency. And perhaps the space within that frequency is impacting on their rest and recovery.

So that just gives you a really good idea of how to review and how to help your clients see what they're doing and what investment they're making into their bodies.

Again, that psychological aspect: I always say that one bad meal won't make you fat. One workout won't make you fit. There needs to be that long-term investment. And this is something you can talk about at the beginning. With the expansion of social media, there's a lot of talk and there's a lot of use of before-and-after photos. I don't have a very good opinion towards these because I think it shows clients to focus on the subjective view of how we look at ourselves. Photos on devices, such as phones and cameras, can be a

bit distorted in favour - and not in favour as well. And there's lots of fitness professionals now who are showing you the tricks of the trade of how a before-and-after photo can be taken, how perceptions can be altered with different positions of the body.

However, if it's done for a private need, (so a client may want to do a video diary or they may just want to take one picture of themselves each week). Depending on who your client is, will determine whether that's a good or negative impact. But maybe consider this if you're going to be a personal trainer and you're going to start doing some marketing of your own - are you the sort of person who's going to want before and after photos? Somebody who's training for synthetic type of needs - so how they look (it might be bodybuilding, it might be for professional modeling needs and things like that) - that's of course going to be relevant and important.

If we can move our clients away from that, that can help with long-term engagement in exercise and social and psychological wellbeing as well. But the beauty about videos, about devices, photos - they can be done very quickly. And they're great to use. There are lots of apps out there, free apps. You can pay additional subscriptions for these types of apps as well, where you can track food intake and exercise intake. The problem with these apps, if they're not utilized properly (in the sense if we're not getting all necessary data in the app), the analyzed feedback that they give isn't always accurate. So I've used some of these apps for food consumption alone, because I know that I'm reviewing that in isolation of my physical activity, but some clients may not have that.

Why is it important to keep a training diary?



Know the reasons for a training diary.



Be able to apply principles of training and periodisation to a specific training need.

So what I'm saying is - you do need sometimes to have a good level of comprehensive knowledge and understanding of the topics of nutrition and exercise combined, to use some of these readily free apps. And if your client does that when she's very much at the beginning of their journey or has been training for a long time, but doesn't have a good understanding, this could be counterproductive.

But you need to be reviewing the training diary. So think about what are the reasons for the training diary? What are your reasons? What is your understanding? What are your clients'?

And being able to apply principles of training and periodization to a specific training need. So we're going to write our programme. Any good training programme is about as useful as the piece of paper it's written on. A training programme should be a working document. And you may have two documents sitting side by side with each other.

- The training programme that you've devised and you start to utilize as it rolls out with the client.
- Results and feedback from training diaries.

Change in the programme with variables, progressions, and variations accordingly.

Or we're perhaps sitting down in a room, you've written a programme, but it hasn't come to fruition as you thought it would. So making those adaptations of being honest and transparent with your clients and saying,

"We came up with this idea, it's not working. Let's change it now, rather than force in a concept that isn't working."

Date and details of the session



Helps you organise your time and monitor your progression more effectively.



Allows you to alter future planning when necessary.

Comparing all this documentation allows for that future planning, allows for that fluency within training. And if your client isn't training towards a particular goal and objective, that's perhaps where monitoring can really help and the appropriate method of monitoring as well to keep your client engaged, but not excessively as well.

We need to make sure that progression has taken place and what levels of progression.



Progression

Progress should be logged so that you can monitor the programme regularly. You may make comments on the

How did you find the intensity?

Could you have performed more repetitions or sets?

What were your thoughts on the types of exercises you were performing?

Do you feel you have progressed from the previous session?

Any other relevant thoughts?

I train and work with clients who say they just want to maintain what they have and move better and feel better as they're going into retirement. There has to be some sense of progression, but how we measure that and how we identify that with a client is important to their future engagements with training.

Helping a client stay motivated. I've worked with clients where they've fed back to me. I've worked with a senior citizen client where we were doing very small body weight movements, and they were very challenging and he shared that he was getting very frustrated where he was in his late seventies. In his earlier life he'd been very active, but now was doing these small movements. We were doing an online coaching training programme (so I trained him online). And he was coming back to me saying,

"I'm finding this really difficult. I'm finding these exercises hard and challenging. I shouldn't be finding them hard and challenging."

Motivation

A client needs to be motivated in the sessions to maximise training effects.

The motivation of a participant may decrease due to:

Lack of improvement in fitness.

Boredom due to repetitive exercise.

Poor sporting performances.

External pressures, work, family for example.



So we had this open conversation where I said,

"Well actually I'm doing my job. If you find these exercises hard and challenging, that's good. Believe it or not, it's about explaining about movement and how the movement is important. And that's where the challenge is coming from. And that I would find these movements challenging if I was doing them at an extended duration as he was".

So it was really good to have the understanding that if we didn't have that discussion, his motivation would have dropped and perhaps he would have gone back to more of a sedentary lifestyle because he would have felt that we were at too much of a base level of fitness to what he wanted to do. So it's really good to explain the principles of training, the purpose of training and why we're doing what we're doing to keep them engaged. And have those points where you can have those open conversations as well.

And maybe just write down the time and date. You don't have to go into details, but this time, this date, we talked about these aspects and this was the impact.

Again, you can have that discussion with them further down the line and have that review - linking your training with your goals. So keep the training diary in line with what the goals are, what the SMART targets are, making sure they're revised.

Is the training to focus on one particular goal? As a trainer, I've fallen into that trap with my client and not looked at the broader picture. And that's where if we're too focused, injury can occur by neglecting other aspects.

Have we written shorter elements to that long-term goal, and has the client bought into that? If we're just doing it for the sake of it, if the client actually isn't buying into the process, you won't have good success there.

Think about the methods of how you're going to do that. It hasn't got to be formal. It could be short conversations with your client. We could record some videos. It might be that your client wasn't very good at fundamental movements. And you've got a video recording of him doing it and do a compare and contrast of movement rather than still photos.

- Think about all the technology and the emerging technology and keep abreast of these as well.
- Utilize some of them for your own training.
- Think about when you've utilized data, when you haven't utilized data to keep you focused and motivated.
- And think about how this will inform your services as a personal trainer.

Well done guys, you've got to Video Number 10, the final video in the series. Hopefully this has helped you with your overall comprehension or knowledge about the creation of personal training. This will sit inside with the delivery that you've been having each week at your Centre and subsequently married with the booklets and the content knowledge to help you build and further advance your knowledge moving forward.

Thank you very much guys, and good luck with your future studies.

