

TEMPLATES AND RESOURCES



TEMPLATES AND RESOURCES INTRODUCTION

CD Three





INTRODUCTION – TEMPLATES AND RESOURCES

Welcome to the Australian College of Sport and Fitness' CD Three containing documents for a Fitness Professional. ACSF has compiled useful resources that a Fitness Professional can use to build their business, as well as documents to use with their clients.

These documents are formatted as Word documents for the convenience of the user, so any modification to the documents can be implemented.

We recommend that our logo is replaced to your own logo on documents that are used by your clients, as a way to make it more personal for your clients. We have included the document 'Editing Document Header and Footer', to provide you with information on how to replace our logo's on each document.

What's included?

- › Basic Exercise Program Template
- › Business Plan
- › Editing Document Header and Footer
- › Exercise Program Template 2
- › Evaluation Form – Client
- › Evaluation Form – Group Exercise
- › Fitness Assessment Log
- › Fitness Test Tracker
- › Fitness Test Tracker Blank
- › Food Diary
- › Marketing Plan
- › Nutritional Questionnaire – Detailed
- › Nutritional Questionnaire 1
- › Nutritional Questionnaire 2
- › Pre-Exercise Screening Questionnaire 1
- › Pre-Exercise Screening Questionnaire 2
- › Pre-Exercise Screening Questionnaire 3
- › Workout Plan

The Australian College of Sport and Fitness has produced this CD and all contents within for students and qualified Fitness Professionals to use with their clients. The student or fitness professional must understand the information and components within this CD prior to use. ACSF cannot take responsibility for the actions of the student or Fitness Professional.

This CD should only be used by enrolled students or fully qualified and insured fitness professionals. ACSF students using the material on this CD must use it in conjunction with all other course training and learning material provided by ACSF and ensure safety and correct usage at all times.

ACSF cannot take any responsibility of the action taken by the student or fitness professional and the use of the information on this CD.