**KIN 250 TRAINING SESSION:**

**You will be graded on the following:**

-**Eye Contact:** Look your client in the eye when you greet them. Be present and focused on them throughout the training session.

-**Voice Projection**: Be clear and vocal when giving directions. Your client feeds off of your energy and your voice is a great tool that influences the session.

-**Any Injuries**: Ask your client about their health history and if they have any prior injuries. You also need to know if they have any current injuries. You can’t build a building without a solid foundation. You have to know how to work with or around those injuries.

-**Goals:** Ask your client what their overall training goals are and why they are training. You can’t design a program if you don’t know the target. The object is not just too sweat, you have to have a plan to reach your goal.

-**This Session:** Ask your client what they want to work on this session. This gives the program focus.

-**Workout Design:**

-***Neural Warm-Up:*** Pick two exercises for the neural warm-up based on if you are going to do upper, lower, or full body.

-***Dynamic Warm-Up:*** Pick two exercises for the dynamic warm-up based on if you are going to do upper, lower, or full body.

-***Resistance Training:*** Pick two exercises for the resistance training based on if you are going to do upper, lower, or full body.

-**ESD/Cooldown:** Instruct them on what they can do for their Energy System Development and/or cool down. You don’t have to make them do it, but know how to guide them to do it on their own.

---**Coaching:** Be an energetic teacher. Give detailed instruction on what they are going to do and how they are going to do it. You can show them an example or thoroughly explain it. Correct technique and give feedback while they are training. Let them know if they are doing it for reps or for time. Motivate them and make them have the best training experience through you.