EXPECTATIONS THE CASE STUDY

PREMISE: The purpose of the Case Study is to demonstrate to NAASFP that you are ready to work with a live client; ready for the Practical module. You need to show that you understand the material in the manual and supplemental texts and how to apply it to a client.

Tackling the Case Study, or any client, is a simple systematic approach that, if you follow, will give you success.

You have a copy of the marking sheet that shows all the core areas you will be marked on. These topics are the key areas that you should focus on when working with any client. You cannot build an appropriate training program unless, and until, you collect all the necessary data from the client. Once you have all this data, you then need to determine the core principles that will be focused on to bring your client to success. Based on this you will build your training program.

Obviously, you need to start at the beginning…going out of order will not work well for you. There is a logical progression of data collection that once complete will guide you to the right approach for working with this particular client. So, to start, take all those topic headings and put them in a document. Then open your texts and manual. This is all you will need. Remember that this is your opportunity to show us that you need to know how to use the information which you studied for the exam.

Compile your Information. When you meet with a client you need to really learn about this person – get all the background information. For the Case Study we need you to demonstrate that you understand how to do this. We haven’t given you a full profile of the client because we want you to create the full profile – demonstrate to us that you know what is the important information to get from a client.

One strategy might be to think of someone you know. Fill in all the details of personal and professional life. Include things such as what he likes and doesn’t likes. How much does she train? How much time does he have in their life for recreational activities? Is she spending the week taking kids from one activity to another? Is the runner’s family supportive of his training? Does she go to a gym etc.

Don’t forget to include all the type of information you would need to collect from a client on a first meeting…weight, height, health, etc. Think like a coach. What kind of information do you need from your client before beginning to train them? When was the last time he bought new running shoes? Does she wear a fuel belt when running? How much does he run each week? What is the longest distance she has run in the past month? Get to know the runner!
Now assess the client. Pretend you watched him run. Pretend you gave her a speed test. How fast is he running? Are there obvious areas where she needs to build strength...etc

Race information needs to be detailed. We expect you to compare your home training area to the race course. Are you a warm climate, while the race will be cold or vice versa? Are you training on flat, whereas the race course is hilly? Where are the water stations? Drill down in the race website and find out all the details about a race that you would want to know if you were racing it.

In nutrition, you need to analyze the eating habits of the client. Is he eating enough? What are the nutritional needs of this client calorically? Determine whether the client is eating well enough to tackle training and a race. Is she drinking enough? What are his pre-run hydration habits? Think about the food/water consumed, when it is consumed and how it will affect training days.

For injury prevention, you need to consider both past injuries and possible future issues that could arise due to your assessment results. Consider what the best way to handles these are.

In the training program do not reference outside resources. Everything you need is found in the manuals and supplemental texts. You are expected to demonstrate that you know how to use this information. Creating a sound training program doesn't have to be a difficult calculation. Think about the information you got from the client - what training layout will work for this client?

Start by identifying your cycles, any special accessory training that will be needed, such as hill training, and show us how you are going to fit all of this in so that it will benefit your runner on race day. **Make sure** that they are timed so that they will benefit the runner on race day! **AND** make sure that it is a training program that the ore she will follow – it has to fit the lifestyle that you described in the background information. There is no point in having a training program if it doesn’t work with the client’s life.

Also there is a date on the profile. This is the date of your first meeting with the client. Then look up the next real life race date for this particular race. This will give you the window that you will be working with the client. This doesn't necessarily mean that you have to train them for the full length of time as some profiles have as much as 7 months between the meeting and the race. You need to say what date training starts and when it finishes...and don't forget to put in after race training/care.

Now you need to justify your training program. Prove to us that your approach will work. There needs to be a correlation between the background and assessment information and your training program. Why have you laid out your training program the way that you have?

We frequently get asked how long the Case Study should be. The KEY is to ensure that you have demonstrated that you know how to use the study material, no matter how many pages it takes. The length is up to you and how concise you are when you write. For some it may take a few paragraphs to say something, for others they can sufficiently compress the key information to several sentences. Be careful not to over-compress though!
HOW THE CASE STUDY OR PRACTICAL IS MARKED:

What does a perfect score look like? A perfect score, 100%, where the candidate fully utilizes the manual material to defend their training program takes 10 to 15 pages and demonstrates that the candidate knows how to apply ALL the material. The key to NAASFP being able to judge that you can coach is for YOU to show us how to apply all the certification material.

When marking, the first thing the Marker will do is ensure that all the key topics are covered. If so, then you will get 50 points. After that extra points will depend on how well you express that you know how to apply the material. This requires detail.

So for the next 25 points, the Marker starts at 25 and starts taking away points. Every time the Marker cannot find the information needed to understand your ability to coach points are lost! The Marker will not assume that you did something and said something – if it’s not written down then, as far as the Marker is concerned, it didn’t happen. It is important that you understand this! If it’s not written down, from the perspective of NAASFP, it didn’t happen.

**Note:** You can do all this and still not pass. You need 80 points to pass the Case Study module, not 75.

The final 25 points will be for the fine tuning. This is where the Marker looks to see that you have included information that shows that you understand how to use study material. These are key details that show that you understand the relevant sections of the manual – nutrition, training cycles, coaching communication, injury prevention, etc…

**MASTER TRAINER** If you have questions, please ask your Master Trainer…we can review for you to ensure you are headed in the right direction and answer questions about specific issues. We want you to succeed!