Work Done by: Carolina

Cooper Test:

For this test we were focusing on stamina and endurance. Endurance according to Oxford Dictionaries, 2010 “endurance is the ability for the organisms to endure an unpleasant\difficult process without giving up” Therefore, for this exercise we had to run for 6 min straight around a marked course. My client did 9 laps total. Looking at the results I can see that my client is a little above average and perhaps we could work on endurance a little more.

Agility Test:

For this test we were focusing on agility (agility is part of the fitness components). According to Oxford Dictionaries,2010 “agility is the ability to move quickly and easily”. With that said the exercise we had to do was run in a 8 for 1 minute straight, this way we could tst how fast the person would move from point to point. My client did 7 laps which is a good score because many of her peers also got 7. Perhaps, this is not an area we need to improve on as she is already capable of performing it without struggling.

Push Ups:

For this test we were focusing on muscular strength and endurance. According to Swerve Fitness, 2019 “Muscular endurance is the ability for the body to work for an extended period of time” and according to orange theory fitness, 2018 “Muscular strength is a measure of the greatest amount of amount of force that muscles produce during a single maximal effort”. Hence, for this test we had to lay with our arms stretched to the length of our shoulder and go down and back up without giving up. My client did 31 push ups and compared to the class it isn’t that bad but it’s surely something we are going to work on. By improving on these two areas it will allow her to perform daily activities easier.

High Jump:

For this text we were focusing on muscle strength. Which according to orange theory fitness, 2018 “Muscular strength is a measure of the greatest amount of amount of force that muscles produce during a single maximal effort”. My client jumped 1.45m which isn’t that good but also not that bad. Looking at her classmates results she is probably a little below average. This can be caused because of the lack of muscle strength she has, which will be something we will definitely work on.

Flexibility Test:

For this test we were focusing on flexibility. According to study, 2019 “Flexibility is defined as the range of motion of your joints or the ability of your joints to move freely”. For this test we had to position ourselves on a stair and see how down our hands would go without our knees bending. My client got 4 out of 5 which is way above average, since many of her colleagues got 0-1 for this test. I don’t think that this is something we have to improve on because my client is extremely good at this fitness component.

Client overview:

My client is Samiksha, she is a 14 year old girl who studies at the Aga Khan Academy Maputo. She has a height of 1.59m and weighs more or less 45kg. Her BMI is 35.3 percentil and according to Kids health.org, that is a healthy teenage girl. My client doesn't really have a balanced diet, what I mean by this is that she eats too much of one thing and forgets about the other types of nutrients and minerals she needs. I will be trying to incorporate a meal plan for classes as their can be many consequences to not having a balanced diet, such as: anemia, being overweight, high blood pressure as well as cholesterol, heart diseases, etc… My client has no allergies nor medical history so keeping her on a meal plan will be easier. Other than school physical activities (including P.H.E lessons) she does not do any other type of exercise. It is advised by doctors to do 30 min of exercise per day, so maybe with the class\lesson plan I create we can reach that goal and my client can become healthier.My clients strengths are that she is extremely flexible and at defending the goal and My client is also very determined and if she wants something she will get it. This is perfect because she will be more engaged on the classes I prepare for her. My client is also ver agile and can move from place to place very rapidly. My clients limitation can originate from lack of exercise my client has. I wouldn't say my client is really bad at this I would just say that it isn't her best ability. My clients limitations is that she doesn't have a lot of endurance and muscular strength. My client isn't the best at dribbling the ball and passing it as well. However, these are all things she will be able of improving on in my lesson plan. My clients abilities is that she can control football the football ball very well, she is able to drive the ball however she can do it the best when not in the game (sometimes). My client can also move really fast and defend the goal from side to side due to her agility.

Healthy Goal: The healthy goal I am creating for my client is for her to improve on her endurance, by doing this she will have the resistance to run for longer and be able to run after the ball and not get too tired.

Video Analysis:

From analysing the video I can see that my client is really good in some aspects and in other she needs a little bit more training. What my client can do extremely well is control the ball, as you can see in the video from 00:05 secs to 00:12 sec she has a great ball possession and is able of controlling it in a straight line and then she manages to dodge the ball from the opposite teams players. However, at the end of the clip by client tries to shoot and that doesn't really go as planned. My client wasn't in the correct position to shoot, she was not facing the goal whatsoever and was using the wrong technique to shoot the ball. She used toecap, which is not correct when trying to score. Another thing my client didn't manage to do so well was on her passing. My client unfortunately uses toecap for everything, both shooting and passing. My client does not the know the difference between those two things and what correct techniques to use in each one, therefore, that will be for sure something we will work on. The Last thing I can tell by analysing the video is that my client doesn't know how to defend man to man. My client is able of getting lost quite sometimes and not know where to position herself and whom to follow. Overall it wasn't the worst she could have done and I think that with the lessons I am going to give her she will be able to improve.



This is a screenshot of where you can see my client controlling the ball in a straight line in direction to the goal.



This is a screenshot of my client attempting to shoot, although, she is not positioned correctly and will mostly fail the goal (which was exactly what happened) due to minor details explained above in the paragraph.



This is a screenshot of when my client is lost and doesn't know where to position herself in order to defend the opposite team and prevent them from scoring. AS you can see she is looking at the ball but she doesn't know how to move accordingly to where the ball is positioned throughout the game.

Physical goal: The physical goal I am giving my client is for her to be able to pass and shoot properly. What I mean by this is that she will know the difference between both and will know what techniques to use on both actions.

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