

Case study project

Your case study name: Anne (former advanced weightlifter who took a year off from lifting to focus on medical internship)

Overall goals and exercise testing to monitor the goals (add or subtract rows as needed)

Goal	Test for goal	When test (frequency of test)
Increase skeletal muscle strength	Triceps <u>15RM</u> lower reps better for goal	Every other Friday → too freq.
Increase skeletal muscle mass	BMI → won't measure muscle	Weekly → too freq
Loose 12kg	BIA → won't measure BW	Before and after 12 weeks → smaller goals
Increase 5K performance	VO ₂ max → think Paula Radcliff	Every other Monday → too freq

Overall plan

Goal	Plan for goal	Rationale for goal
Increase skeletal muscle mass and strength	Weightlifting 4 d/week ✓	Weightlifting increases strength. what kind? (I, reps)
Loose <u>12kg</u> too big for 12 weeks	Work up to high caloric expenditure	High caloric expenditure exercise is recommended to help with weight loss
Increase 5K performance	Timed runs why is this part of her pt goals?	Practice running fast

Exercise prescription (make sure all of FITT-PV is included, as appropriate)

Can use whatever you'd like, but if you're using an inspired source be sure to make it your own by changing the exercises and making it fit

Table(s) that include: exercises, frequency, intensity, number/range of reps, progression

<p><u>Notes:</u> Intrasets rest: 2 minutes, or can do supersets Rotate exercise sets in alphabetical order Core exercises: choose 5 of your favorites</p>	nice details
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Additional comments (optional):

Anne should also be completing the ACSM recommendations for MVPA

good! But, what are they?