1. How do you know when to call a doctor when a child is injured during sports or exercise?

**File type:** .doc, .docx, .pdf

**Requirements:** answers must be **in your own words**, **250-word minimum**

1. **Assignment:** Case Study  
     
   Design a 10-week exercise/physical activity program for the client(s) described in the Client Profile. Be very specific as you design the exercise/activity programs. List the type of exercise, duration, sets, reps, rest intervals, and so on.  
     
   [**Client: click here to download the Client Profile**](http://www.issaclass.com/file.php/1/PTR254/ptr254_10_case-study.pdf)  
     
   **Include:**

* Discussion of any fitness tests or methods of evaluation used to assess client.
* Rationale for your recommendations regarding specific conditions presented by your client. (Be sure to reference course concepts when discussing rationale.)
* A detailed 10-week training program including specific sets, repetitions, exercises. Use an integrated approach. *Use charts to illustrate the training programs.*
* You do not have to outline nutritional strategies for this case study.

A coach, parent, or athlete should be able to take your program and put it into practice without having to contact you to clarify what you meant, or to explain some part of your program.  
  
Include an explanation for WHY you listed what you did. Reference the concepts and theories covered in the course. Be sure to address why the program and exercises are appropriate for the age, development level, and goals of the client. For example: if you are developing a program for toddlers, explain how your program addresses immature temperature regulation, development of muscle and motor skills, cultivating a love for fitness, etc. **Tying your program to course concepts is a critical component of your case study.**