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| <b>Activity Goals for Session</b> | To improve coordinated movement and understanding of it through response to verbal and physical cues |
| <b>Behavior Goals for Session</b> | To attempt challenging activities with an open mind and maintain a good attitude                     |

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| <b>Activity #1</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                             | <b>Objective/ Purpose of Activity:</b>                                                                         | <b>Measurement plan:</b><br>1: client has significant difficulty and is very uncoordinated in movement<br>2: client has some challenges and is slightly uncoordinated<br>3: client has minimal challenges and is mostly coordinated in action |
| <b>Activity Name: warmup</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                             | <b>To increase heart rate and circulations so that muscles are warm and less likely to get sore or injured</b> |                                                                                                                                                                                                                                               |
| <b>Detailed Activity Description:</b><br>First: walk one lap to begin warm up, at a pace that is slightly faster than normal<br>Walking lunges: alternate leading foot with minimal stepping between. From standing position, step right foot forward about 2 feet. Bend both knees so that the back knee almost touches the ground but not quite, and press back up to standing, stepping the back foot to meet the front. Go for about 10 yards and then return doing the same thing.<br>Arm circles: swing arms in circles clockwise and counterclockwise for about 30 sec each, and across the front of the body side to side for 30 sec as well. |                                                             |                                                                                                                | <b>Notes/ Observations:</b>                                                                                                                                                                                                                   |
| <b>Equipment needed or Machine:</b><br>none                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                             |                                                                                                                |                                                                                                                                                                                                                                               |
| <b>Estimated Time: 8min</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>Possible Modifications and Progression:</b>              |                                                                                                                | <b>Future Plans:</b>                                                                                                                                                                                                                          |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <u>Task</u>                                                 | S- do squats instead of lunges and smaller circles for arm swings                                              |                                                                                                                                                                                                                                               |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                             | R- do lunges with shorter steps and swing arms slower                                                          |                                                                                                                                                                                                                                               |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                             | C- do less distance                                                                                            |                                                                                                                                                                                                                                               |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <u>Person</u>                                               | S- do motions with clients to provide demonstrations and verbal encouragement                                  |                                                                                                                                                                                                                                               |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                             | R- encourage client to promote engagement                                                                      |                                                                                                                                                                                                                                               |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                             | C- count reps/time/distance and use it for encouragement                                                       |                                                                                                                                                                                                                                               |
| <u>Environment</u>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | S- do activities in the dance room for more quiet and focus |                                                                                                                |                                                                                                                                                                                                                                               |

Client:

Student-Instructor: Abi Walker

Date:10/8/24

CAP #3

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|  |  | R- do activities in the spring lanes                       |  |
|  |  | C- do activities while taking another lap around the track |  |

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| <b>Activity #2</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                | <b>Objective/ Purpose of Activity:</b>                                                                                                                                                                                                  | <b>Measurement plan:</b><br>1: client has significant difficulty and is very uncoordinated in movement, cannot complete ROM<br>2: client has some challenges and is slightly uncoordinated<br>3: client has minimal challenges and is mostly coordinated in action |
| <b>Activity Name: body weight squats</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                | <b>To build leg strength and coordination in movement</b>                                                                                                                                                                               |                                                                                                                                                                                                                                                                    |
| <b>Detailed Activity Description:</b><br>Client will begin standing with feet about hip width apart. Slightly wider is okay if that is more comfortable for her. Feet should be facing forward or slightly externally rotated if that is more comfortable and stable for the client. Client should put a slight bend in her knees and hinge in her hips. Her torso should stay mostly upright throughout the movement, with a slight forward lean being acceptable. She can clasp her hands in front of her chest, raise her arms above her head to counter balance, or place them on her hips. She will then lower her butt toward the ground like she is going to sit in a chair, stopping at 90 degrees of knee flexion or when the movement becomes uncomfortable or limited. Her feet should stay flat on the ground for the whole movement. Once she hits this point, she will press back up using her quads primarily for the movement to return to standing. She will do 8-12 reps, depending on how difficult the movement is for her, and will do 3-4 sets. |                                                |                                                                                                                                                                                                                                         | <b>Notes/ Observations:</b>                                                                                                                                                                                                                                        |
| <b>Equipment needed or Machine:</b><br>none                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                |                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                    |
| <b>Estimated Time: 5min</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>Possible Modifications and Progression:</b> |                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                    |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <u>Task</u>                                    | S- box squats, with pause while seated<br>R-box squats with only a tap to cue correct depth and symmetry in movement<br>C- body weight squats with back against the wall or swiss ball to make movement up and down easier and smoother | <b>Future Plans:</b>                                                                                                                                                                                                                                               |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <u>Person</u>                                  | S- Student stands in front of client to minimize distraction and does motion with to set pace and form                                                                                                                                  |                                                                                                                                                                                                                                                                    |

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CAP #3

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|  |             | R- student does movement alongside the client while providing cues           |  |
|  |             | C- student doesn't do movement, but provides form cues and counts for client |  |
|  | Environment | S- dance room for quiet                                                      |  |
|  |             | R- perimeter of gym to minimize distractions                                 |  |
|  |             | C- in sprint lanes                                                           |  |

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| <b>Activity #3</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                | <b>Objective/ Purpose of Activity:</b>                                                                                              | <b>Measurement plan:</b><br>1: client has significant difficulty and is very uncoordinated in movement<br>2: client has some challenges and is slightly uncoordinated<br>3: client has minimal challenges and is mostly coordinated in action |
| <b>Activity Name: med ball toss</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                | <b>To build the power of the upper body and improve coordinated and symmetrical movement</b>                                        |                                                                                                                                                                                                                                               |
| <b>Detailed Activity Description:</b><br>Client will begin standing about 6 feet away from a wall, holding a light med ball against her chest with both hands. She will hold it so that her palms are against the ball, and her fingertips facing mostly forward and a little bit upwards. She will then throw the ball against the wall like a chest pass in basketball, using an explosive motion. She will press the ball forward away from her chest similar to if she was benching, and use her body to produce some momentum, such as through a forward weight shift in the upper body and slight extension of the knees. The movement will be quick so that the ball is able to go far enough to hit the wall with a force that helps it to bounce back to the thrower. She will pick up the ball with proper form (using legs rather than back) and repeat for 6 reps, and 3 sets. |                                                |                                                                                                                                     | <b>Notes/ Observations:</b>                                                                                                                                                                                                                   |
| <b>Equipment needed or Machine:</b><br><b>Medicine ball and wall</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                |                                                                                                                                     |                                                                                                                                                                                                                                               |
| <b>Estimated Time: 6min</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <b>Possible Modifications and Progression:</b> |                                                                                                                                     |                                                                                                                                                                                                                                               |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <u>Task</u>                                    | S- stand arms length from wall and hold med ball against it. Practice motion by bending and straightening arms, similar to a pushup | <b>Future Plans:</b>                                                                                                                                                                                                                          |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                | R- stand closer to wall and just work on throwing motion rather than power with it                                                  |                                                                                                                                                                                                                                               |

Client:

Student-Instructor: Abi Walker

Date:10/8/24

CAP #3

|  |                    |                                                                                                            |  |
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|  |                    | C- practice chest passes with basketball to get speed and motion together                                  |  |
|  | <u>Person</u>      | S- student does med ball tosses back and forth with client to promote engagement and provide demonstration |  |
|  |                    | R- student does activity alongside client to provide encouragement and form feedback                       |  |
|  |                    | C- student counts reps for client and provides verbal encouragement                                        |  |
|  | <u>Environment</u> | S- dance room to minimize distractions                                                                     |  |
|  |                    | R- perimeter of gym                                                                                        |  |
|  |                    | C- sprint lanes while passing back and forth                                                               |  |

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                             |                                                                                                                                                                                                                                                                                                                              |
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| <b>Activity #4</b><br><br><b>Activity Name: squat-press medicine ball passes</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <b>Objective/ Purpose of Activity:</b><br><br><b>To improve coordination between upper and lower body movements while focusing on power</b> | <b>Measurement plan:</b><br>1: client has significant difficulty and is very uncoordinated in movement, can perform individually but not combined<br>2: client has some challenges and is slightly uncoordinated, must slow down movement to combine<br>3: client has minimal challenges and is mostly coordinated in action |
| <b>Detailed Activity Description:</b><br>Client will combine the previous two activities to make one fluid movement and action. Client will begin with feet at a distance appropriate for squatting, and will be holding the medicine ball against her chest with the same form as previously stated. She will initiate the movement by performing a squat, but only through about half of the range of motion to optimize power output. When she squats down, she will start to tense her throwing muscles, and as she rises from the squat, she will simultaneously press the med ball away from her to throw it with greater momentum provided by the lower body. The student will catch the ball and throw it back with the same motion. Client should catch the pass in the reverse motion of the throw, using soft arms and legs to absorb impact. Each pass is aimed toward the chest of the partner, and distance apart is determined by observing previous activity throws. Perform 4 sets of 6 reps |                                                                                                                                             | <b>Notes/ Observations:</b>                                                                                                                                                                                                                                                                                                  |

Client:

Student-Instructor: Abi Walker

Date:10/8/24

CAP #3

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| <b>Equipment needed or Machine:</b><br><b>Medicine ball and partner</b> |                                                       |                                                                                             |                      |
| <b>Estimated Time: 8min</b>                                             | <b><i>Possible Modifications and Progression:</i></b> |                                                                                             | <b>Future Plans:</b> |
|                                                                         | <u>Task</u>                                           | S- use box behind to assist with depth and slow rate of movement                            |                      |
|                                                                         |                                                       | R- do throw against wall to lessen need for precision                                       |                      |
|                                                                         |                                                       | C- practice movement components separately a few times and slowly combine                   |                      |
|                                                                         | <u>Person</u>                                         | S- student uses a lot of cues and encouragement, maintains client focus through interaction |                      |
|                                                                         |                                                       | R- student uses hands on assistance to provide movement cues                                |                      |
|                                                                         |                                                       | C- student encourages client and counts verbally                                            |                      |
|                                                                         | <u>Environment</u>                                    | S-dance room                                                                                |                      |
|                                                                         |                                                       | R-perimeter of gym                                                                          |                      |
|                                                                         |                                                       | C-basketball court for clear area                                                           |                      |

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                |                                                                                                                                |                                                                                                                                                                                                                                                                     |
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| <b>Activity #5</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                | <b>Objective/ Purpose of Activity:</b>                                                                                         | <b>Measurement plan:</b><br>1: client has significant difficulty and cannot hold form for longer than a few seconds<br>2: client has some challenges with form but can maintain for 15+ sec<br>3: client has minimal challenges and is mostly able to hold position |
| <b>Activity Name: Planks</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                | <b>To build core strength and encourage proper form for more exercises that require straight body position such as pushups</b> |                                                                                                                                                                                                                                                                     |
| <b>Detailed Activity Description:</b><br>Client will begin lying on the blue mats in a prone position. She will prop her feet up so that the balls of her feet are on the mat and her heels are pointing toward the sky. She will place her hands palm down by her armpits. From this position, she will press her body up into one straight line, with only her hands and feet in contact with the mat. Her hips should be in a fully neutral position rather than flexed or back drooping. She will engage her core in this position to hold her body strong and protect her back from unsafe movements. She will maintain this position for 30 seconds if possible, and if not for as long as possible for at least 4 times. |                                                |                                                                                                                                | <b>Notes/ Observations:</b>                                                                                                                                                                                                                                         |
| <b>Equipment needed or Machine:</b><br>Blue pads                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                |                                                                                                                                |                                                                                                                                                                                                                                                                     |
| <b>Estimated Time:</b><br>5min                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>Possible Modifications and Progression:</b> |                                                                                                                                | <b>Future Plans:</b>                                                                                                                                                                                                                                                |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <u>Task</u>                                    | S- do planks from knees                                                                                                        |                                                                                                                                                                                                                                                                     |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                | R- on knees using forearms instead of hands for support                                                                        |                                                                                                                                                                                                                                                                     |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                | C- on toes using forearms for support                                                                                          |                                                                                                                                                                                                                                                                     |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <u>Person</u>                                  | S- student uses physical cues to correct form                                                                                  |                                                                                                                                                                                                                                                                     |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                | R- student uses verbal cues and gives time checks                                                                              |                                                                                                                                                                                                                                                                     |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                | C- student provides timer for feedback and encouragement                                                                       |                                                                                                                                                                                                                                                                     |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <u>Environment</u>                             | S- yoga mat in dance studio                                                                                                    |                                                                                                                                                                                                                                                                     |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                | R- yoga mat on perimeter of gym                                                                                                |                                                                                                                                                                                                                                                                     |
| C- side by side with partner to encourage each other                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                |                                                                                                                                |                                                                                                                                                                                                                                                                     |

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| <b>Activity #6</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                | <b>Objective/ Purpose of Activity:</b>                                           |  | <b>Measurement plan:</b><br>1: client has significant difficulty and is very uncoordinated in movement<br>2: client has some challenges and is slightly uncoordinated<br>3: client has minimal challenges and is mostly coordinated in action |
| <b>Activity Name: cable machine rows</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                | <b>To build the muscles of the posterior chain of the upper body</b>             |  |                                                                                                                                                                                                                                               |
| <b>Detailed Activity Description:</b><br>Client will begin standing by the post with the stirrup handle attachments in hand, gripping in a fist with thumbs facing up. She will step back away from the post until her arms are fully extended straight out in front of her and there is still tension on the cable. Once she reaches this point, she will pull the cable towards her by bending her elbows, pulling them backwards while tucked by her sides, and squeezing her upper back muscles. She should pull until she can't row any further back, and then slowly return to the starting extended arm position. She should repeat 12 times, and do 3-4 sets. |                                                |                                                                                  |  |                                                                                                                                                                                                                                               |
| <b>Equipment needed or Machine:</b><br>Cable machine                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                |                                                                                  |  | <b>Notes/ Observations:</b>                                                                                                                                                                                                                   |
| <b>Estimated Time: 6min</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>Possible Modifications and Progression:</b> |                                                                                  |  |                                                                                                                                                                                                                                               |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <u>Task</u>                                    | S- do rows with weight machine for less freedom of movement                      |  |                                                                                                                                                                                                                                               |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                | R- use cable machine but V attachment so less movement                           |  |                                                                                                                                                                                                                                               |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                | C- use cable machine but less time in eccentric phase                            |  |                                                                                                                                                                                                                                               |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <u>Person</u>                                  | S- use physical cues for movements, tap back to prompt scapular retraction       |  |                                                                                                                                                                                                                                               |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                | R- use verbal cues and demo for correct form                                     |  |                                                                                                                                                                                                                                               |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                | C- Encouragement and count reps for client                                       |  |                                                                                                                                                                                                                                               |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <u>Environment</u>                             | S- student positions self to minimize distractions and interference              |  |                                                                                                                                                                                                                                               |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                | R-student has client rotate about post to face the area with least interferences |  |                                                                                                                                                                                                                                               |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                | C- use row machine on perimeter of gym                                           |  |                                                                                                                                                                                                                                               |
| <b>Future Plans:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                |                                                                                  |  |                                                                                                                                                                                                                                               |

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| <b>Activity #7</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                | <b>Objective/ Purpose of Activity:</b>                                                                              | <b>Measurement plan:</b><br>1: client has significant difficulty and is very wobbly<br>2: client has some challenges and is slightly wobbly<br>3: client has minimal challenges and is mostly balanced in action |
| <b>Activity Name: tandem stance</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                | <b>To improve static balance and ability to recover from disturbance to system (stability)</b>                      |                                                                                                                                                                                                                  |
| <b>Detailed Activity Description:</b><br>Client will stand with one foot in front of the other, with the toes of the back foot touching the heel of the front foot. They will be exactly in line, not staggered. She should have a slight bend in her knees for better stability and balance, and can raise her arms out to the sides, place hands on hips, or any other variation that she wants. She will hold this position without moving her feet for 30 seconds, and do it 3 times on each side, alternating the leading foot. She can move her arms as needed to act as counter balances, but should try to keep her feet stationary unless she is going to fall, and then she should step out and catch herself. Student should be spotting to the side or in front or behind the client. |                                                |                                                                                                                     | <b>Notes/ Observations:</b>                                                                                                                                                                                      |
| <b>Equipment needed or Machine:</b><br><b>Timer</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                |                                                                                                                     |                                                                                                                                                                                                                  |
| <b>Estimated Time: 5min</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <b>Possible Modifications and Progression:</b> |                                                                                                                     | <b>Future Plans:</b>                                                                                                                                                                                             |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <u>Task</u>                                    | S-stagger feet so that they would be touching if side to side                                                       |                                                                                                                                                                                                                  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                | R- find a set stationary point for gaze to help                                                                     |                                                                                                                                                                                                                  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                | C- stay in narrowed stance, but put a few inches between the front and back foot and bend knees a little more       |                                                                                                                                                                                                                  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <u>Person</u>                                  | S- student stands in front of client and has hands out to hold onto for encouragement and to feel safe              |                                                                                                                                                                                                                  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                | R- student stands to side of client so she can have a stationary gaze, has arms out to support so client feels safe |                                                                                                                                                                                                                  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                | C- student only gives verbal assistance through encouragement and alignment cues                                    |                                                                                                                                                                                                                  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <u>Environment</u>                             | S- stand with wider stance on either side of a line                                                                 |                                                                                                                                                                                                                  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                | R- stand with both feet on the line                                                                                 |                                                                                                                                                                                                                  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                | C-stand by perimeter of gym near a wall                                                                             |                                                                                                                                                                                                                  |

REUSED- we didn't get to do it last time because the machine was occupied whenever we checked

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| <b>Activity #8</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                | <b>Objective/ Purpose of Activity:</b>                                                                            | <b>Measurement plan:</b><br>1: client is uncoordinated and has substantial difficulty<br>2: client has some issue with movement<br>3: client performs movement with little to no challenge |
| <b>Activity Name: seated hamstring curls</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                | <b>To strengthen the posterior chain of the legs and act as an antagonist exercise to the squats from earlier</b> |                                                                                                                                                                                            |
| <b>Detailed Activity Description:</b><br>Client will begin in seated position on the hamstring curl machine. We will adjust the machine so that it properly fits her body and leg length. Her knees should be just over the edge of the seat, so that she can fully bend without any pinching or restriction. This may require the back of the machine to be adjusted as well. Once in the proper position with the pad of the machine against the back of the calves, legs hip width apart, she will start the movement by pulling her heels towards her butt. She will pull from nearly fully extended knees, to at least ninety degrees but aiming for the full range of motion that her body allows. She should pull in a slow and controlled manner, and return to the starting position similarly. She will repeat this motion without setting the weight down for 8 reps, and take a break between 3 sets. |                                                |                                                                                                                   | <b>Notes/ Observations:</b>                                                                                                                                                                |
| <b>Equipment needed or Machine:</b><br>Hamstring curl machine                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                |                                                                                                                   |                                                                                                                                                                                            |
| <b>Estimated Time: 6min</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <b>Possible Modifications and Progression:</b> |                                                                                                                   | <b>Future Plans:</b>                                                                                                                                                                       |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <u>Task</u>                                    | S- no weight on the machine, only the motion to familiarize with proper movement and muscle activation            |                                                                                                                                                                                            |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                | R- only slow on the concentric portion of the movement                                                            |                                                                                                                                                                                            |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                | C-limit ROM and only go to 90 degree bend in the knee                                                             |                                                                                                                                                                                            |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <u>Person</u>                                  | S- assist with full range of motion by guiding the pad for pace and direction                                     |                                                                                                                                                                                            |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                | R- only help with end ROM like at the very back of the movement                                                   |                                                                                                                                                                                            |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                | C- count time and reps for the client                                                                             |                                                                                                                                                                                            |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <u>Environment</u>                             | S- use machine on perimeter of gym to limit distractions                                                          |                                                                                                                                                                                            |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                | R- place student between client and excess noise                                                                  |                                                                                                                                                                                            |
| C- use supine hamstring curl machine                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                |                                                                                                                   |                                                                                                                                                                                            |

REUSED- we didn't get to it last time

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                |                                                                                  |                                                                                                                                                                                                                                        |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------|----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Activity #9</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                | <b>Objective/ Purpose of Activity:</b>                                           | <b>Measurement plan:</b><br>1: client is uncoordinated and has substantial difficulty, must take frequent breaks<br>2: client has some issue with movement and coordination<br>3: client performs movement with little to no challenge |
| <b>Activity Name: lateral band walks</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                | <b>To strengthen the abductors of the legs and improve balance with movement</b> |                                                                                                                                                                                                                                        |
| <b>Detailed Activity Description:</b><br>Client will begin by placing a band around her knees. Standing in a sprint lane either facing the basketball court or weights section, she will hinge slightly at the hip and bend her knees a little bit. She can hold her hands together in front of her chest or leave them at her sides. She will begin with a stance that is hip width distance apart, and will leave her left foot on the ground while stepping her right foot about a foot to the right. The entire movement will be in the frontal plane outside of the slight positional adjustments to begin. Once her right foot is planted, she will slowly bring her left foot to return to a hip width distance but being displaced from the original position. She will repeat this movement for about 10 yards, and then stay facing the same direction to return back. She will do this twice. |                                                |                                                                                  | <b>Notes/ Observations:</b>                                                                                                                                                                                                            |
| <b>Equipment needed or Machine:</b><br><b>Loop bands (ideally yellow)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                |                                                                                  |                                                                                                                                                                                                                                        |
| <b>Estimated Time: 5min</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <b>Possible Modifications and Progression:</b> |                                                                                  |                                                                                                                                                                                                                                        |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <u>Task</u>                                    | S- do movement without band                                                      | <b>Future Plans</b>                                                                                                                                                                                                                    |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                | R- use band up on thighs                                                         |                                                                                                                                                                                                                                        |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                | C- use band on ankles and take smaller steps                                     |                                                                                                                                                                                                                                        |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <u>Person</u>                                  | S- student stands in front of client and holds hands while mirroring action      |                                                                                                                                                                                                                                        |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                | R- student mirrors action with no physical prompts                               |                                                                                                                                                                                                                                        |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                | C- student goes along side client to set pace                                    |                                                                                                                                                                                                                                        |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <u>Environment</u>                             | S- use dance room and mirror                                                     |                                                                                                                                                                                                                                        |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                | R- perimeter of gym                                                              |                                                                                                                                                                                                                                        |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                | C- sprint lanes with line                                                        |                                                                                                                                                                                                                                        |

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| <b>Activity #10</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                | <b>Objective/ Purpose of Activity:</b>                                 |  | <b>Measurement plan:</b><br>1: client has significant difficulty and is very uncoordinated in movement<br>2: client has some challenges and is slightly uncoordinated<br>3: client has minimal challenges and is mostly coordinated in action |
| <b>Activity Name: cardio (seated bike)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                | <b>To build cardiorespiratory capacity and comfortable ROM of legs</b> |  |                                                                                                                                                                                                                                               |
| <b>Detailed Activity Description:</b><br>Client will begin seated on a recumbent bike. This allows greater stability in the trunk and focus on leg work. We will adjust her seat so that her legs are near full extension at the bottom of the circle, but not fully locked out. She should be sitting upright, with a straight back and shoulders with good posture. With feet hooked into the pedals, she should press down with one foot gently while pulling up with the other. This pattern alternates sides as she pedals in circles. She should pedal at a rate that is challenging but allows her to keep good form and not feel anything hurting. The resistance should be set so that it is comfortable, but not too easy or hard. She should aim to get 10 minutes on the bike continuously. |                                                |                                                                        |  |                                                                                                                                                                                                                                               |
| <b>Equipment needed or Machine:</b><br><b>Recumbent bike</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                |                                                                        |  | <b>Notes/ Observations:</b>                                                                                                                                                                                                                   |
| <b>Estimated Time: 10 min</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>Possible Modifications and Progression:</b> |                                                                        |  |                                                                                                                                                                                                                                               |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <u>Task</u>                                    | S- pedal slowly, stopping at top and bottom of movement                |  |                                                                                                                                                                                                                                               |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                | R- lower seat so ROM is lessened                                       |  |                                                                                                                                                                                                                                               |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                | C- pedal slower with emphasis on push or pull as needed                |  |                                                                                                                                                                                                                                               |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <u>Person</u>                                  | S- student is alongside to encourage and distract                      |  |                                                                                                                                                                                                                                               |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                | R- music or video is playing for motivation                            |  |                                                                                                                                                                                                                                               |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                | C-timer with count down is visible for encouragement                   |  |                                                                                                                                                                                                                                               |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <u>Environment</u>                             | S- pick bike on the end with less distractions                         |  |                                                                                                                                                                                                                                               |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                | R- bike with straps for feet that secure the front of the foot as well |  |                                                                                                                                                                                                                                               |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                | C- alternatively use the elliptical instead for similar leg motion     |  |                                                                                                                                                                                                                                               |

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                |                                                                                                         |                                                                                                                                                                                                                                                                       |
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| <b>Activity #11</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                | <b>Objective/ Purpose of Activity:</b>                                                                  | <b>Measurement plan:</b><br>1: client has significant difficulty and is unable to perform most of the stretches<br>2: client has some challenges and is limited in ROM but able to do movement<br>3: client has minimal challenges and is mostly able to complete ROM |
| <b>Activity Name: cool down</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                | <b>To improve flexibility by stretching warm muscles and lower the heart rate to finish for the day</b> |                                                                                                                                                                                                                                                                       |
| <b>Detailed Activity Description:</b><br>Client will begin seated on the blue mats. She will start with a butterfly pose, bringing the bottoms of both feet together and letting knees fall out to the side. She will hold or flap her “wings” for 30 seconds.<br>Then she will do a straight leg hamstring stretch, extending both legs in front of her and reaching toward her toes while keeping knees and back straight, only bending at the hip.<br>Then she will lay down on her back, and do a supine figure four stretch. Bend both knees with feet planted, place the right ankle on the left knee, and grab behind the left knee to pull the leg towards the upper body to deepen the stretch. Hold for 30 sec then switch sides.<br>Overhead triceps stretch, bend right elbow and point it toward the sky straight up, bicep by ear. Use the left hand to assist in deepening stretch, then switch sides.<br>Finish with some cat cows (on all fours, arch back and droop belly) to loosen up the back and core. |                                                |                                                                                                         | <b>Notes/ Observations:</b>                                                                                                                                                                                                                                           |
| <b>Equipment needed or Machine:</b><br>Blue mats                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                |                                                                                                         |                                                                                                                                                                                                                                                                       |
| <b>Estimated Time:</b><br><b>5 min</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <b>Possible Modifications and Progression:</b> |                                                                                                         |                                                                                                                                                                                                                                                                       |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <u>Task</u>                                    | S- loosely hold position rather than pushing ROM                                                        | <b>Future Plans:</b>                                                                                                                                                                                                                                                  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                | R- hold proper position but for intervals of 10 sec instead                                             |                                                                                                                                                                                                                                                                       |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                | C- come in and out of position as needed for 30 sec                                                     |                                                                                                                                                                                                                                                                       |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <u>Person</u>                                  | S- demo each stretch and use hands on assists where helpful                                             |                                                                                                                                                                                                                                                                       |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                | R- only demo stretch and use verbal cues throughout                                                     |                                                                                                                                                                                                                                                                       |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                | C- show client timer so there is a count down for motivation                                            |                                                                                                                                                                                                                                                                       |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <u>Environment</u>                             | S- dance room                                                                                           |                                                                                                                                                                                                                                                                       |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                | R- yoga mat on perimeter of gym                                                                         |                                                                                                                                                                                                                                                                       |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                | C-blue mats with props                                                                                  |                                                                                                                                                                                                                                                                       |

Client:

Student-Instructor: Abi Walker

Date:10/8/24

CAP #3