



Conquer With Sparta

Clinical Standards of Care

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Our Commitment to Standards

Conquer with Sparta operates as a health-performance practice with standards that exceed traditional fitness coaching. Our approach is grounded in **clinical rigor, evidence-based practice, and individualized care**, designed to protect your health while helping you build long-term physical capability, resilience, and confidence.

We believe elite results come from **standards, structure, and professional accountability**, not shortcuts or extremes. Our commitment is to protect long-term health while developing strength, discipline, and resilience through intentional coaching.

What Makes Conquer with Sparta Different

Most coaching programs focus only on workouts.

We perform comprehensive assessments before we intensify, progress with intention through, and prioritize education and health literacy over guesswork holding your coach to a level of professional accountability. Coaching decisions are structured, documented, and adapted based on individual response—not trends or extremes.

Every decision is intentional, documented, and aligned with your long-term wellbeing.

Comprehensive Client Assessment

Before training begins, every client completes a structured intake process that includes:

Psychosocial Assessment

We evaluate lifestyle, stress, sleep, work demands, habits, and perceived barriers to exercise. This allows us to design programs that fit your real life — not an idealized one.

Physiological & Health Assessment

We review health history, injuries, medications, and relevant physiological factors to ensure training is appropriate, safe, and sustainable.

Movement & Postural Assessment

We assess posture and movement patterns to identify limitations, imbalances, and opportunities for improvement before increasing load or intensity.

This assessment-first approach reduces risk, improves outcomes and ensures that training is aligned with lifestyle demands, health history, and physical capacity.

Evidence-Based Programming

Training and nutrition strategies are rooted in current evidence, exercise science principles, professional judgment, sustainable behavior change and principles of progressive overload and recovery. Clients are taught the rationale behind decisions to build understanding and long-term autonomy.

Safety, Risk Management & Referral

Client safety is non-negotiable.

Conquer with Sparta maintains formal protocols for: Identifying contraindications, red flags, and abnormal responses to maintain your safety within our program. When findings exceed scope, training is modified or paused and referral to a licensed medical provider is made.

Documentation & Accountability

Progress is tracked through utilization of structured documentation and reassessment. This allows you and your coach to collaboratively track your progress, monitor response to training, and adjust appropriately. This ensures your coaching experience is accountable, consistent, professional, and measurable.

Scope of Practice

Conquer with Sparta provides **educational, preventative, and performance-focused services**. We do **not** provide: - Medical diagnosis - Medical treatment - Prescription of medications.

When medical evaluation is warranted, we collaborate through referral.

Client Standards & Shared Responsibility

Elite coaching is a partnership.

As Coaches we commit to: Professional, ethical coaching - Individualized programming - Evidence-based decision-making - Clear communication

Clients are expected to communicate honestly, follow safety guidance, engage consistently, and take ownership of their health.

Results are Conquered together through shared accountability and structure.

Our Promise

Conquer with Sparta exists to help you: - Train with confidence - Understand your body - Build discipline and resilience - Improve long-term health - Conquer challenges beyond the gym

If you are seeking a serious, professional, and intentional coaching experience — you are in the right place.