

## SISFFIT003 Instruct fitness programs



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| <b>ASSESSMENT FOR SISFFIT003</b> |
|----------------------------------|

|                                      |               |
|--------------------------------------|---------------|
| <b>Student name</b>                  | Sade Ferguson |
| <b>Date of assessment submission</b> | 24/05/2018    |

|                                   |                                                                                             |
|-----------------------------------|---------------------------------------------------------------------------------------------|
| <b>Trainer/Assessor's name</b>    | Kymerley Sant                                                                               |
| <b>Date of assessment marking</b> | 15/06/2018                                                                                  |
| <b>Outcome for units</b>          | <input type="checkbox"/> Competent<br><input checked="" type="checkbox"/> Not Yet Competent |

|                          |
|--------------------------|
| <b>TASK INSTRUCTIONS</b> |
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- The assessment for these units of competency consists of the following:
  - **Quiz:** You are required to complete a series of multiple choice questions to demonstrate your knowledge and skills.
  - **Short answer activities:** You are required to provide short written responses to a series of activities to demonstrate your knowledge and skills.
  - **Case studies:** You are required to provide written responses to a series of case study scenarios to demonstrate your knowledge and skills.
  - **Practical task:** You will be required to put your knowledge and skills into practice, through observed tasks and work experience.
- At times, you will be provided with a specific context to which you must respond, otherwise it is anticipated that you will use a scenario of your choosing to provide context to the task.

## QUIZ

| QUESTIONS                                                                                                                                                                                                                                                                                                                                                                                                                                                             | CORRECT                             |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|
| <p>1. Which of the following provide the best definition of 'overload'?<br/>Select all that apply.</p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Placing additional demands on the body to ensure consistent improvement</li> <li><input checked="" type="checkbox"/> Placing more weight on the bar every set</li> <li><input type="checkbox"/> Ensuring physiological improvement by gradually increasing training load</li> </ul> | <input type="checkbox"/>            |
| <p>2. What is muscular endurance?</p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> The ability to sustain repeated contractions</li> <li><input checked="" type="checkbox"/> The ability for a muscle to never stop working</li> <li><input type="checkbox"/> Working with oxygen and carbohydrates to produce non-stop energy</li> <li><input type="checkbox"/> The amount of force a muscle produces in one instant</li> </ul>        | <input type="checkbox"/>            |
| <p>3. What is ROM an indication of?</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Strength</li> <li><input type="checkbox"/> Balance</li> <li><input checked="" type="checkbox"/> Flexibility</li> <li><input type="checkbox"/> Speed</li> </ul>                                                                                                                                                                                                | <input checked="" type="checkbox"/> |
| <p>4. Age, sex, goals, occupation and diet are some areas to establish when considering a client's...</p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Screening</li> <li><input type="checkbox"/> Individuality</li> <li><input checked="" type="checkbox"/> Progression</li> <li><input type="checkbox"/> Programming</li> </ul>                                                                                                      | <input type="checkbox"/>            |
| <p>5. Initially, which of the following should be included in a fitness program?</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Weights, Running, Swimming</li> <li><input checked="" type="checkbox"/> Resistance, Cardiovascular, Flexibility</li> <li><input type="checkbox"/> Crossfit, Stretching, Recovery</li> <li><input type="checkbox"/> Curls, Chin ups, Rowing</li> </ul>                                                            | <input checked="" type="checkbox"/> |
| <p>6. Select three (3) key variables that produce overload.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Frequency</li> <li><input checked="" type="checkbox"/> Weight</li> <li><input type="checkbox"/> Intent</li> <li><input checked="" type="checkbox"/> Duration</li> </ul>                                                                                                                                                               | <input type="checkbox"/>            |

|                                                                                                                                                                                                                                                                                                                                   |                                     |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|
| <p>7. What does RPE stand for?</p> <p><input type="checkbox"/> Rating personal excellence</p> <p><input type="checkbox"/> Rating personal experience</p> <p><input checked="" type="checkbox"/> Rate of perceived exertion</p> <p><input type="checkbox"/> Resistance program expectations</p>                                    | <input checked="" type="checkbox"/> |
| <p>8. What are the 4Rs of resistance overload?</p> <p><input type="checkbox"/> Repetitions, Rest, Recovery, Repeat</p> <p><input checked="" type="checkbox"/> Repetitions, Resistance, Rate, Rest</p> <p><input type="checkbox"/> Resistance, Rotation, Resting, Regulation</p> <p><input type="checkbox"/> None of the above</p> | <input checked="" type="checkbox"/> |
| <p>9. Generally, which of the following is the best type of exercise for beginner clients?</p> <p><input type="checkbox"/> Isolation</p> <p><input type="checkbox"/> Easy</p> <p><input type="checkbox"/> Squats</p> <p><input checked="" type="checkbox"/> Compound</p>                                                          | <input checked="" type="checkbox"/> |
| <p>10. What is rate? Select all that apply.</p> <p><input checked="" type="checkbox"/> The speed or tempo of eccentric movement</p> <p><input checked="" type="checkbox"/> The speed or tempo of concentric movement</p> <p><input type="checkbox"/> The length of pause in a movement</p>                                        | <input type="checkbox"/>            |

|                                  |                                                                                               |
|----------------------------------|-----------------------------------------------------------------------------------------------|
| <b>Outcome for Quiz</b>          | <input type="checkbox"/> Satisfactory<br><input checked="" type="checkbox"/> Not satisfactory |
| <b>Trainer/Assessor comments</b> |                                                                                               |

## SHORT ANSWER ACTIVITIES

### ACTIVITY 1

Define the following terms, identifying their importance to fitness training and programming.

|                             |                                                                                                                                                                                                                       |
|-----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Specificity</b>          | Specific modes of training will produce results that have little transfer to other systems.                                                                                                                           |
| <b>Progressive overload</b> | To achieve gains you need to place additional demand on the systems<br>Can achieve by<br>Increasing the resistance or load<br>Increasing the repetition<br>Cutting the duration of the work load.                     |
| <b>Contraindications</b>    | It is a condition factor that increases the risk involved in engaging in a particular activity.                                                                                                                       |
| <b>Isolation exercise</b>   | Isolation exercise's that work specific muscles across one joint.<br>i.e. triceps extension                                                                                                                           |
| <b>Split programming</b>    | Involves splitting a program of exercises, performing half 2 days a week and the other half on 2 different days.<br>Involves more exercises and sets                                                                  |
| <b>Dynamic flexibility</b>  | Dynamic range of motion<br>Muscle taken to the end of its ROM.                                                                                                                                                        |
| <b>DOMS</b>                 | Delayed inset muscle soreness, (DOMS) is the pain and stiffness felt in muscle. Several hours to days after unaccustomed or strenuous exercise. The soreness is felt most strongly 24 to 72 hours after the exercise. |
| <b>Maximal heart rate</b>   | Maximal heart rate monitoring is an importance component especially in cardiovascular fitness assessment and training program the intensity of the exercise should be based on someone's fitness level                |
| <b>Training matrices</b>    | Health and safety training matrix is a very effective planned communication by an organisation to mentor and moor there safety                                                                                        |
| <b>Super-sets</b>           | Repeated until desired result achieved, usually exhausted                                                                                                                                                             |
| <b>Pre-fatigue</b>          | Use of isolation exercise to exhaust a particular muscle , a compound muscle involving the pre exhaust muscle.                                                                                                        |
| <b>Interval training</b>    | Interval workouts build speed and endurance.                                                                                                                                                                          |

|                           |                                                                                                                                                                                                                                 |
|---------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Outcome for Activity 1    | <input type="checkbox"/> Satisfactory<br><input checked="" type="checkbox"/> Not satisfactory                                                                                                                                   |
| Trainer/Assessor comments | <p>Great try! Please review the following:</p> <p>A little more detail on <b>Maximal Heart Rate</b>- how it can be calculated.</p> <p>Please review your answer for <b>Training matrices, Super-sets, Interval Training</b></p> |

## ACTIVITY 2

It is integral that a thorough screening and testing process is undertaken prior to the writing of an exercise program.

- a) Why is this an important process?
- b) What is the most important factor when beginning the program creation process?

### Importance of screening and testing process

The screening and testing process is essential in gaining a client's health profile, finding out their health and fitness goals and other points of importance during a training session.

### Most important factor when beginning

To design a program that takes into consideration the needs of a clients, building upon their weaknesses and enhancing their strengths.

### Outcome for Activity 2

- ☒ Satisfactory  
☐ Not satisfactory

### Trainer/Assessor comments

**ACTIVITY 3**

Muscular strength and muscular endurance are outcomes of specific training methods.

- a) What specific variables need to be manipulated in a training program to get either muscular strength or endurance? Discuss the differences in programming that would have to occur to achieve either of these desired outcomes.
- b) Is it possible to write a program that would achieve maximal results for these two (2) components of fitness at the same time?

**Manipulating variables**

Depending on the manipulating of the program variables. These include - muscle loading ad volume, exercise selection and order, rest periods, repletion velocity and frequency.

**Programming for both components**

Yes it is possible to make a program that would achieve maximal results. Using both muscle endurance and muscles ca make a big difference In your body.

**Outcome for Activity 3**

- ☐ Satisfactory  
☒ Not satisfactory

**Trainer/Assessor comments**

Really good attempt here. Please go into a little more detail on **Manipulating variables**- you may like to refer to slide 67 of the Fitness Instruction power point.

#### ACTIVITY 4

Consider the training methods involved with aerobic and anaerobic systems.

- Identify and describe two (2) methods of training that would best train a client to improve their cardiovascular endurance (aerobic system).
- Identify and describe two (2) methods of training that would best train a client to improve their anaerobic system.
- Describe why the methods in a) and b) are so different.
- What training variables are manipulated to achieve the best results for these components of fitness?

#### Aerobic system training methods

*Method 1:*

Interval training

*Method 2:*

Boxing fitness

#### Anaerobic system training methods

*Method 1:*

Lifting – muscle conditioning

*Method 2:*

Circuit training – lifting weights

#### Differences in methods

Interval training has rest periods and boxing is continuous.  
Muscle conditioning is done with rest periods and weights, circuit training is non-stop and moving stations

#### Achieving best results

Cardiovascular and muscle endurance are used to achieve the best result.

#### Outcome for Activity 4

- ☐ Satisfactory  
☒ Not satisfactory

#### Trainer/Assessor comments

Please review your answers- looking up the definitions and difference between the two **Aerobic** and **Anaerobic system** systems.

**ACTIVITY 5**

Explain the effects of different exercises on the following major body systems:

- Nervous
- Skeletal

**Nervous**

The system is our control system of the body. It is responsible for stimulating the muscles and causing them to contract.

**Skeletal**

The skeletal system consists of the bone ligament that connect bone to other bone and cartilage that protects bones from wear and tear. Exercise promotes bone density through weight lifting and strength training.

**Outcome for Activity 5**

- ☐ Satisfactory  
☒ Not satisfactory

**Trainer/Assessor comments**

A little more detail please.

## CASE STUDIES

### CASE STUDY 1

Mark is an 18 year old who has some experience (less than 6 months) with resistance training. He is not interested in cardiovascular training, but has listed in his goals that he wants to reduce body fat and improve his general feeling of wellbeing. Mark is a non-smoker, but drinks most weekends. His other listed goals include improve strength and growth.

Mark is interested in training three (3) times per week for up to 90 minutes per session. He will be training with a training partner, who is of similar experience. Mark is currently working as an apprentice carpenter, and complains of tightness in his lower back.

Respond to the following points:

- a) Consider what you should do with Mark before he even enters the gym:
  - Identify some general advice you could give Mark with regards to meeting his goals. Consider the signs and symptoms of training intolerance.
  - Would you recommend Mark to an Allied Health Professional (AHP) before commencing work with him?
- b) Consider the most appropriate training style for Mark:
  - Is it a good idea for Mark to completely ignore cardiovascular training?
  - With his listed goals, is resistance training alone going to be the best method to achieve them?
  - Suggest a basic circuit training session that Mark could use to keep up his cardiovascular fitness while still suiting his preferences. Calculate Mark's maximum heart rate (roughly calculated as 220 minus his age) and include the rate of perceived exertion in your description.
- c) With Mark's goals in mind, create a program that best suits his current experience and time commitment to training. Use the *Fit to Learn Program Card* template.

#### Before entering the gym

*General advice*

Pre-screening test

*AHP recommendation*

See AHP about his back

#### Training style

*Ignoring cardiovascular training*

Greg doesn't specifically need to do cardio as his fitness program will keep his heart rate up.

*Resistance training alone*

Having a partner to push Greg would be great as motivation.

*Basic circuit training session*

z- circuit

| FIT TO LEARN PROGRAM CARD             |                                                                                                 |                      |             |                                   |             |
|---------------------------------------|-------------------------------------------------------------------------------------------------|----------------------|-------------|-----------------------------------|-------------|
| <b>Name</b>                           | Greg                                                                                            |                      |             |                                   |             |
| <b>Trainer</b>                        | Sade Ferguson                                                                                   |                      |             |                                   |             |
| <b>Date</b>                           | 23/05/2018                                                                                      |                      |             |                                   |             |
| <b>Goals/Aims</b>                     | -Reduced body fat<br>-Improve his general feeling and wellbeing<br>-Improve strength and growth |                      |             |                                   |             |
| <b>Contraindications</b>              | Yes lower back referred to AHP                                                                  |                      |             |                                   |             |
| <b>Session length</b>                 | 90mins                                                                                          |                      |             |                                   |             |
| <b>Exercise</b>                       | <b>Sets</b>                                                                                     | <b>EPC</b>           | <b>Reps</b> | <b>%1RM/Weight</b>                | <b>Rest</b> |
| <i>Squat</i>                          | 3                                                                                               | 202                  | 8-10        | 70%                               | 60 sec      |
| Lunge                                 | 3                                                                                               | 202                  | 12          | 40-60%                            | 30sec       |
| Leg press                             | 3                                                                                               | 202                  | 12          | 40-60%                            | 30sec       |
| Bench press                           | 3                                                                                               | 202                  | 12          | 40-60%                            | 30sec       |
| Seated row                            | 3                                                                                               | 202                  | 12          | 40-60%                            | 30sec       |
| Lat pull down                         | 3                                                                                               | 202                  | 12          | 40-60%                            | 30sec       |
| Crunches                              | 3                                                                                               | 202                  | 12          | 40-60%                            | 30sec       |
| Reverse crunch                        | 3                                                                                               | 202                  | 12          | 40-60%                            | 30sec       |
| Back extension                        | 3                                                                                               | 202                  | 12          | 40-60%                            | 30sec       |
| <b>Cardiovascular training method</b> |                                                                                                 | <b>Time/Distance</b> |             | <b>Level/Resistance/Intensity</b> |             |
| Bike                                  |                                                                                                 | 10mins               |             | Low impact                        |             |
|                                       |                                                                                                 |                      |             |                                   |             |
| <b>Cool down</b>                      | 5mins walking on treadmill                                                                      |                      |             |                                   |             |
| <b>Stretches</b>                      | Quad stretch, bicep stretch, triceps stretch.                                                   |                      |             |                                   |             |

|                                  |                                                                                                                                                                                                                                                                                                                                                                                              |
|----------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Outcome for Case Study 1</b>  | <input type="checkbox"/> Satisfactory<br><input checked="" type="checkbox"/> Not satisfactory                                                                                                                                                                                                                                                                                                |
| <b>Trainer/Assessor comments</b> | <p>Hi Sade, please go into more detail for the short response questions, making sure you answer all dot points in your response.</p> <p>Please review your program. If I was programming Greg I would not superset with the same muscle groups as he is fairly inexperienced and I would avoid exercises that put load on the lower back until Greg has rectified his lower back issues.</p> |

**CASE STUDY 2**

Refer to a pre-exercise health screening you have conducted with an individual of the general public (e.g. Case Study 3 of *SISFFIT001*, *SISFFIT006* & *SISXCCS001* Workbook).

Respond to the following points:

- a) Use this information to create an exercise training program that suits the needs and goals of the individual. Use the *Fit to Learn Program Card* template.
- b) From the exercise program created, select five (5) movements to examine further (include at least one body weight movement). Identify the muscles targeted by the movement as well as the joint action the movement encompasses.
- c) Write a 300 word justification of your client's fitness program. Be sure to discuss:
  - Exercise selection
  - Exercise order
  - Connection to the client's goals
  - Programming requirements for balance and coordination
  - The importance of rest, EPC, %1RM, Sets
  - How you, as a trainer, can contribute to the ongoing fitness and health of your client over the long term
  - What you would change six (6) months in to your client's training, to ensure continued improvements and progressions
- d) Plot the progressive overload that will exist for your client in both their cardiovascular and resistance training, using the table provided. Begin with Week 1 information and show how, over the course of six (6) weeks, you will adapt this training to ensure the client is continually going to improve their fitness and be challenged by your program.

| FIT TO LEARN PROGRAM CARD                             |                                |            |             |                                   |             |
|-------------------------------------------------------|--------------------------------|------------|-------------|-----------------------------------|-------------|
| <b>Name</b>                                           | General public                 |            |             |                                   |             |
| <b>Trainer</b>                                        | Sade Ferguson                  |            |             |                                   |             |
| <b>Date</b>                                           | 23/05/2018                     |            |             |                                   |             |
| <b>Goals/Aims</b>                                     | -Lose weight and tone muscles. |            |             |                                   |             |
| <b>Contraindications</b>                              | No contraindications           |            |             |                                   |             |
| <b>Session length</b>                                 | 60 min                         |            |             |                                   |             |
| <b>Exercise</b>                                       | <b>Sets</b>                    | <b>EPC</b> | <b>Reps</b> | <b>%1RM/Weight</b>                | <b>Rest</b> |
| <i>Squat</i>                                          | 3                              | 202        | 8-10        | 70%                               | 60 sec      |
| Leg press                                             | 3                              | 202        | 12          | 60-70%                            | 45sec       |
| Bench press                                           | 3                              | 202        | 12          | 60-70%                            | 45sec       |
| Lunge<br>(balance assistance<br>provided if required) | 3                              | 202        | 12          | 60-70%                            | 45sec       |
| Lat pull down                                         | 3                              | 202        | 12          | 60-70%                            | 45sec       |
| Sit ups                                               | 3                              | 202        | 12          | 60-70%                            | 45sec       |
| Seated press                                          | 3                              | 202        | 12          | 60-70%                            | 45sec       |
| Plank                                                 | 3                              | 202        | 1min        | 60-70%                            | 45sec       |
| Leg extension                                         | 3                              | 202        | 12          | 60-70%                            | 45sec       |
| <b>Cardiovascular training<br/>method</b>             | <b>Time/Distance</b>           |            |             | <b>Level/Resistance/Intensity</b> |             |
| Row                                                   | 5min                           |            |             | 50%                               |             |
|                                                       |                                |            |             |                                   |             |
| <b>Cool down</b>                                      | Bike 10mins low intensity      |            |             |                                   |             |
| <b>Stretches</b>                                      | Quad ,hamstring, bicep, tricep |            |             |                                   |             |

| Exercise                       | Muscles targeted                                                                                                 | Joint action                                |
|--------------------------------|------------------------------------------------------------------------------------------------------------------|---------------------------------------------|
| <i>Example:<br/>Calf raise</i> | <i>Gastrocnemius, Soleus,<br/>Tibialis Anterior</i>                                                              | <i>Ankle: Dorsi and Plantar<br/>Flexion</i> |
| Leg press                      | Quadriceps, hamstrings,<br>gluteus Maximus, calves                                                               | Hip joint<br>Knee joint                     |
| Bench press                    | Triceps, pectoralis, deltoids,<br>traps and back as a<br>secondary muscle.                                       | Scapular elbow                              |
| Lunge                          | Glutes, hips, hamstrings,<br>quadriceps, calf<br>Back and core- stabilising<br>muscles.                          | Hip joint<br>Knee joint                     |
| Lat pull down                  | Latissimus dorsi, bicep and<br>forearm muscles are used as<br>helpers, several muscles<br>from the rotator cuff. | Shoulder<br>Scapular<br>elbow               |
| Seated press                   | Deltoids and pectoralis                                                                                          | Scapula elbow                               |

### Program justification

The program I have designed for the client suits their needs and goals. My client was looking for general muscle toning and weight loss. Therefore I have included a range of large muscle exercises which target upper back, chest, thighs and hips. The rest of the program is made up of push and pull exercises, as well as, upper and lower body exercises, so that every main muscle group is strengthened. To avoid fatiguing the client and overloading a specific muscle group, the program alternates between lower body and upper body exercises. Also having no more than two complex exercises following on from each other allows the client too intermittently to use high and low levels of skills.

The exercises chosen and the order in which they are programmed, provides an opportunity for improvement in cardiovascular health and general muscle toning this reflects the goals of the client. It's also recognises that the client will have limited balance and coordination.

Therefore the trainer has programmed in basic balance and coordination based exercises, which are achievable for the client.

Each phase of the clients program has a different focus: the warm up phase uses a rowing exercise to get the blood flow more active around the body and into the working muscles. However the conditioning phase is structured with 3 sets of 12 repetitions and 45 seconds rest periods between, which encourages maximum blood flow to the working muscles. This allows the client to make quicker progression towards their goals, while avoiding injury and fatigue. The cool down is used to decrease the heart rate and to assure the client doesn't leave with high levels of lactic acid. When moving forward in the program I would change the conditioning phase, by giving new exercises that use mainly large muscle groups and increase the intensity.

As the program progresses the client will gain strength and greater fitness. The trainer will alter the program in response to these changes.

| RESISTANCE EXERCISE            |                                                          |                                                          |                                                          |                                                         |                                                          |                                                          |
|--------------------------------|----------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------|---------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------|
| Exercise                       | Week 1                                                   | Week 2                                                   | Week 3                                                   | Week 4                                                  | Week 5                                                   | Week 6                                                   |
| <i>Example:<br/>Calf Raise</i> | <i>Reps: 10<br/>Sets: 3<br/>%1RM:<br/>70%</i>            | <i>Reps: 12<br/>Sets: 3<br/>%1RM:<br/>75%</i>            | <i>Reps: 8<br/>Sets: 3<br/>%1RM:<br/>75%</i>             | <i>Reps: 10<br/>Sets: 3<br/>%1RM:<br/>80%</i>           | <i>Reps: 12<br/>Sets: 3<br/>%1RM:<br/>85%</i>            | <i>Reps: 8<br/>Sets: 4<br/>%1RM:<br/>80%</i>             |
| Leg press                      | Reps: 10<br>Sets: 3<br>%1RM:<br>70%                      | Reps:12<br>Sets: 3<br>%1RM:<br>70%                       | Reps: 10<br>Sets: 3<br>%1RM:<br>75%                      | Reps: 12<br>Sets: 3<br>%1RM:<br>80%                     | Reps:8<br>Sets:4<br>%1RM:<br>85%                         | Reps:10<br>Sets:3<br>%1RM:<br>80%                        |
| Lunge                          | Reps: 10<br>Sets:3<br>%1RM:<br>70%                       | Reps:8<br>Sets:3<br>%1RM:<br>75%                         | Reps: 12<br>Sets:3<br>%1RM:<br>75%                       | Reps: 10<br>Sets:3<br>%1RM:<br>80%                      | Reps:12<br>Sets:3<br>%1RM:<br>80%                        | Reps: 8<br>Sets:4<br>%1RM:<br>85%                        |
| Bench Press                    | Reps: 10<br>Sets:3<br>%1RM:<br>70%                       | Reps:12<br>Sets:3<br>%1RM:<br>70%                        | Reps:8<br>Sets:4<br>%1RM:<br>75%                         | Reps: 10<br>Sets:3<br>%1RM:<br>80%                      | Reps:12<br>Sets:3<br>%1RM:<br>80%                        | Reps:8<br>Sets:3<br>%1RM:<br>85%                         |
| Lat Pull Down                  | Reps:10<br>Sets:3<br>%1RM:<br>70%                        | Reps:12<br>Sets:3<br>%1RM:<br>70%                        | Reps:8<br>Sets:4<br>%1RM:<br>70%                         | Reps:10<br>Sets:3<br>%1RM:<br>75%                       | Reps:12<br>Sets:3<br>%1RM:<br>80%                        | Reps:8<br>Sets:3<br>%1RM:<br>85%                         |
| Seated Press                   | Reps:10<br>Sets:3<br>%1RM:<br>70%                        | Reps:12<br>Sets:3<br>%1RM:<br>70%                        | Reps:8<br>Sets:4<br>%1RM:<br>75%                         | Reps:12<br>Sets:3<br>%1RM:<br>75%                       | Reps:10<br>Sets:3<br>%1RM:<br>80%                        | Reps:8<br>Sets:3<br>%1RM:<br>85%                         |
| CARDIOVASCULAR EXERCISE        |                                                          |                                                          |                                                          |                                                         |                                                          |                                                          |
| Exercise                       | Week 1                                                   | Week 2                                                   | Week 3                                                   | Week 4                                                  | Week 5                                                   | Week 6                                                   |
| <i>Example:<br/>Treadmill</i>  | <i>Time: 20<br/>minutes<br/>Level: 4<br/>Incline: 0%</i> | <i>Time: 25<br/>minutes<br/>Level: 4<br/>Incline: 3%</i> | <i>Time: 30<br/>minutes<br/>Level: 5<br/>Incline: 3%</i> | <i>Time: 15<br/>minutes<br/>Level: 6<br/>Incline:3%</i> | <i>Time: 20<br/>minutes<br/>Level: 6<br/>Incline: 3%</i> | <i>Time: 30<br/>minutes<br/>Level: 7<br/>Incline: 0%</i> |
| Treadmill                      | Time:20<br>minutes<br>Level:4<br>Incline: 1%             | Time:25<br>minutes<br>Level:4<br>Incline: 4%             | Time:30<br>minutes<br>Level:5<br>Incline: 2%             | Time: 20<br>minutes<br>Level:7<br>Incline:<br>3%        | Time: 15<br>minutes<br>Level: 8<br>Incline:<br>3%        | Time: 25<br>minutes<br>Level: 10<br>Incline: 2%          |
| Bike                           | Time: 15<br>minutes<br>Level: 5<br>Incline:0%            | Time:25<br>minutes<br>Level: 3<br>Incline:0%             | Time: 10<br>Minutes<br>Level:6<br>Incline:0%             | Time: 20<br>minutes<br>Level: 8<br>Incline:0%           | Time: 15<br>minutes<br>Level: 5<br>Incline:0%            | Time: 20<br>Minutes<br>Level: 8<br>Incline:0%            |
| Rower                          | Time: 10<br>minutes<br>Level: 5<br>Incline:0%            | Time: 15<br>minutes<br>Level:6<br>Incline:0%             | Time: 25<br>minutes<br>Level: 3<br>Incline:0%            | Time: 15<br>minutes<br>Level: 5<br>Incline:0%           | Time:10<br>minutes<br>Level: 10<br>Incline:0%            | Time: 30<br>minutes<br>Level: 2<br>Incline: 0%           |
| Treadmill                      | Time: 15<br>minutes<br>Level: 5<br>Incline:4%            | Time:25<br>minutes<br>Level:3<br>Incline:2%              | Time: 30<br>minutes<br>Level: 9<br>Incline:3%            | Time: 25<br>minutes<br>Level: 8<br>Incline:5%           | Time: 20<br>minutes<br>Level:10<br>Incline:5%            | Time: 15<br>minutes<br>Level:12<br>Incline:10%           |
| Rower                          | Time: 15<br>minutes<br>Level:7<br>Incline:0%             | Time:10<br>minutes<br>Level: 6<br>Incline:0%             | Time: 20<br>minutes<br>Level:4<br>Incline:0%             | Time: 15<br>minutes<br>Level:6<br>Incline:0%            | Time: 25<br>minutes<br>Level: 2<br>Incline:0%            | Time: 5<br>minutes<br>Level: 10<br>Incline:0%            |

|                                  |                                                                                                                                                                                                       |
|----------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Outcome for Case Study 2</b>  | <input type="checkbox"/> Satisfactory<br><input checked="" type="checkbox"/> Not satisfactory                                                                                                         |
| <b>Trainer/Assessor comments</b> | Great try.<br>For point b) please review your answer in the Joint Action column, describing the joint action movement.<br>d) really great effort here, just please review your leg press progression. |

**PRACTICAL TASK**

You are required to have a suitable observer verify your ability to complete the following tasks. These tasks may be simulated or real.

| TASKS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | VERIFIED                                               |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|
| <p>A. Over a period of at least eight (8) hours you are to plan, document, implement and evaluate five (5) fitness programs to suit clients' health-related goals and three (3) circuit training sessions with interrelated components. Each program/session must be developed during a separate client contact session, across which you are to complete the following:</p> <ul style="list-style-type: none"> <li>• Advise client of outcomes of pre-exercise health screening procedures               <ul style="list-style-type: none"> <li>○ Refer client to medical or allied health professionals, as required</li> </ul> </li> <li>• Select an appropriate area for the delivery of circuit training sessions, assemble resources and check equipment for safety and maintenance requirements. Research and document the facilities' policies and procedures with regards to:               <ul style="list-style-type: none"> <li>○ Overcrowding</li> <li>○ Ventilation and/or climate control</li> <li>○ Hygiene</li> <li>○ Participant to instructor ratio</li> <li>○ Emergency</li> <li>○ Standards of personal presentation</li> <li>○ Participants' clothing and footwear</li> </ul> </li> <li>• Demonstrate, explain and provide clear, supportive instruction for the following, including sets and reps, and program types (such as matrices, super-sets-, pre-fatigue and interval training):               <ul style="list-style-type: none"> <li>○ Cardiovascular exercises</li> <li>○ Dynamic warm-up and cool-down components</li> <li>○ Resistance exercises (i.e. squat, static lunge, push-up, triceps dips, prone back extension, shoulder press, abdominal crunches, bent over row, lateral raise, modified dead lift, prone hover)</li> <li>○ Flexibility exercises (i.e. static and dynamic stretches)</li> </ul> </li> <li>• Use a variety of standard equipment for resistance and cardiovascular training (e.g. free weights, machines, proprioception and stability training equipment). Take into consideration the number of participants, documenting a floor plan illustration of your equipment layout to set out the circuit program.</li> <li>• Provide guidance on injury prevention strategies specific to client needs and the program</li> <li>• Monitor/evaluate exercise program at appropriate intervals:               <ul style="list-style-type: none"> <li>○ Monitor client participation and performance to identify signs of exercise intolerance</li> <li>○ Monitor clients' rate of perceived exertion</li> <li>○ Observe loads lifted and adjust as required</li> <li>○ Request feedback from clients</li> <li>○ Respond to clients experiencing difficulties and answer questions as required</li> </ul> </li> <li>• Modify programs for clients, addressing at least three (3) of the following:               <ul style="list-style-type: none"> <li>○ Technical requirements</li> <li>○ Changing needs due to fitness adaptations</li> </ul> </li> </ul> | <input data-bbox="1305 376 1348 421" type="checkbox"/> |

|                                                                                                                                                                                                                                                                                                                                                                                                                      |  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <ul style="list-style-type: none"><li>○ Changing goals</li><li>○ Client needs/objectives/likes/dislikes</li><li>○ Technical difficulty adjustments of exercises</li><li>• Complete client record forms and document session plans including identified modifications/adjustments needed)</li><li>• Review own performance and identify areas needing improvement, emphasis or attention in future sessions</li></ul> |  |
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|-----------------------------------|------------------------------------------------------------------------------------|
| <b>Outcome for Practical Task</b> | <input type="checkbox"/> Satisfactory<br><input type="checkbox"/> Not satisfactory |
| <b>Trainer/Assessor comments</b>  |                                                                                    |