

ACTIVITY 1

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

In groups of 5 – Create a infographic 1 slide (per concept) presentation with definition and a practical example of how this relates to our job

Specificity	Exercising related to a specific sport or movement
Progressive overload	Gradually increasing weight or reps or frequency
Contraindications	A reason for someone to not participate because there are risks involved
Isolation exercise	Only training one specific muscle or muscle group without training
Split programming	Split programming is when a session is split into two or more different body parts or functions for example upper body and lower body

Case Study 2

You will be assigned a partner from the class teacher. Screen them for their general

Respond to the following points:

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.

This program will be part of a 2 day split.

FIT TO LEARN PROGRAM CARD				Client Name: Koby	
Trainer:	Jack Gordon			Date:	14/10/21
Goals/Aims	Overall strength.				
Contraindications	Rolled ankle				
Session length	45 minutes				
Warm up	Ankle mobility work				
Exercise	EPC	Sets	Reps	%1RM/Weight	Rest
Bench press	201	3	8-10	60%	1-2 mins
UL shoulder press	301	3	8-10	60%	1-2 mins
Chin ups		3	8-10	60%	1-2 mins
Lat pull down	211	3	8-10	60%	1-2 mins
EZ bar Bicep curls	211	3	8-10	60%	1-2 mins
Skull crushers	211	3	8-10	60%	1-2 mins
Other training methods: AMRAP / INTERVAL / TABATA					
Cardiovascular training method		Time/Distance		Level/Resistance/Intensity	
Mobility walking		30metres x 4		60%	
Cool down	Walk down, possibly on treadmill				
Stretches	Focus on angle				

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.

Exercise	Muscles targeted	Joint action
<i>Example: Calf raise</i>	<i>Gastrocnemius, Soleus, Tibialis Anterior</i>	<i>Ankle: Dorsi and Plantar Flexion</i>
Squats	Semimembranous, quadriceps, gluteus maximus	The hip and knee joints flex while the ankle joint
Box jumps	Gluteus maximus, quadriceps, gastrocnemius, and	The knee flexion and extension and knee joint
Bulgarian squat	Quadriceps, gluteus maximus	Knee flexion and extension and hip joints
Calve raises	Gastrocnemius, soleus, tibialis	Ankle: dorsi and plantar flexion
Leg press	Semimembranous, quadriceps, gluteus maximus	Knee flexion and extension

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.

RESISTANCE EXERCISE						
Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<i>Example: Calf Raise</i>	<i>Reps: 10 Sets: 3 %1RM: 70%</i>	<i>Reps: 12 Sets: 3 %1RM: 75%</i>	<i>Reps: 8 Sets: 3 %1RM: 75%</i>	<i>Reps: 10 Sets: 3 %1RM: 80%</i>	<i>Reps: 12 Sets: 3 %1RM: 85%</i>	<i>Reps: 8 Sets: 4 %1RM: 80%</i>
Squats	Reps:8 Sets:3	Reps:10 Sets:3 %1RM:	Reps:6 Sets:3 %1RM:	Reps: 8 Sets:4 %1RM:	Reps:10 Sets:3 %1RM:	Reps: Sets: %1RM:

	%1RM: 60%:	70%	75%	75%	80%	
Bulgaria n split squat	Reps:8 Sets:3 %1RM:60	Reps:6 Sets:3 %1RM:70	Reps:5 Sets:2 %1RM:75	Reps:5 Sets:2 %1RM:75	Reps:3 Sets:2 %1RM:80	Reps:1 Sets:1 %1RM:100
Bench press	Reps:8 Sets:3 %1RM:60	Reps:7 Sets:3 %1RM:75	Reps:6 Sets:3 %1RM:75	Reps:6 Sets:2 %1RM:80	Reps:3 Sets:1 %1RM:90	Reps:1 Sets:1 %1RM:100
Deadlifts	Reps:12 Sets:4 %1RM:50	Reps:8 Sets:3 %1RM:60	Reps:6 Sets:3 %1RM:65	Reps:5 Sets:2 %1RM:70	Reps:3 Sets:1 %1RM:85	Reps:1 Sets:1 %1RM:100
Bent over row	Reps:10 Sets:3 %1RM:60	Reps:8 Sets:3 %1RM:65	Reps:6 Sets:2 %1RM:70	Reps:5 Sets:2 %1RM:75	Reps:3 Sets:1 %1RM:85	Reps:1 Sets:1 %1RM:100

CARDIOVASCULAR EXERCISE						
Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Example: Treadmill	Time: 20 minutes Level: 4 Incline: 0%	Time: 25 minutes Level: 4 Incline: 3%	Time: 30 minutes Level: 5 Incline: 3%	Time: 15 minutes Level: 6 Incline:3%	Time: 20 minutes Level: 6 Incline: 3%	Time: 30 minutes Level: 7 Incline: 0%
Bike	Time : 30 minutes Intensity: Low	Time: 35 minutes Intensity: low	Time: 35 minutes Intensity: medium	Time: 40 minutes Intensity moderate	Time: 35 minutes Intensity: high	Time: 40 minutes Intensity: High

Day 2 Program

FIT TO LEARN PROGRAM CARD				Client Name: Kobi	
Trainer:	Jack Gordon			Date:	
Goals/Aims	Overall strength				
Contraindications	Rolled ankle				
Session length	45 minutes				
Warm up	Ankle mobility exercises with a warm up stretch				
Exercise	EPC	Sets	Reps	%1RM/Weight	Rest
Squats		3	8-10	60%	1-2 mins
Bulgarian squat		3	8-10	60%	1-2 mins
Weighted lunges		3	8-10	60%	1-2 mins
Calve raises		3	8-10	60%	1-2 mins
Box jump		3	8-10	60%	1-2 mins
Leg press		3	8-10	60%	1-2 mins
Other training methods: AMRAP / INTERVAL / TABATA					
Cardiovascular training method		Time/Distance		Level/Resistance/Intensity	
Mobility walking with weights possibly		30m x 4-6		60-70%	
Cool down	Row or on the bike working on rotation				
Stretches	Overall stretches plus ankle mobility work				