

SISFFIT004 - Incorporate anatomy and physiology principles into fitness programming

Practical Assessment

Task 1 (report)

Choose two exercises that are suitable for each of the following client types (10 in total)

- female adults
- male adults
- clients aged 55 years or over
- sedentary clients
- active clients

Task 2 (report)

For each exercise you selected, Explain why you chose them, and outline the relationship between the exercise and its beneficial impacts on the body and health, and muscular function.

Outline any associated injury risk factors if safe exercise technique is not adhered to.

Task 3 (Submit Video or book in Prac Assessment)

For each of the Exercises listed in Task 1

- demonstrate safe and effective exercise technique to a client/s during either individual or group exercise session, provide a plain language explanation
- demonstrate safe exercise technique for each exercise, and include technique aspects / cues for the client to focus on

Task 4 (report)

Select 3 different resources that include useful information about anatomy and physiology relevant to fitness instruction from three credible sources, selecting specific information for use in different areas of fitness instruction work.

Write a brief review of each source (100 words each)

- What was the source (journal, book, website etc – please site exact source/s)
- What did you find most useful about this resource ?
- How could the resource be more helpful ?

Assessment Submission:

Written Component – email to admin@globalfitness.edu.au

(Please ensure your name is on the document, or in the saved file name)

Practical Component:

This can be assessed in person (by appointment only) with your Tutor.

Or if submitting via video – upload to the following link

<https://drive.google.com/drive/folders/1WOKzFCq209YKHVybSvDyen4VWu6KT3Zw?usp=sharing>