



PRACTICAL COMPONENT

SISSTC301A – Instruct strength and conditioning techniques

You are required to demonstrate/explain a new exercise training program to a client. This is to be carried out in class and assessed. (Correspondence students to submit a DVD of this session)

Please ensure the following criteria are covered:

- Training program outline
- Technique demonstrations
- Explanations used when demonstrating exercises/activities
- Feedback and questioning skills displayed in order to demonstrate effective communication
- Ability to adjust teaching skills to meet client needs

Student: _____ Signature: _____ Date: _____

1. OUTLINE THE BENEFITS AND EXPLAIN THE APPLICATION OF EACH OF THE STRENGTH TRAINING METHODS BELOW:

Forced Repetitions
Negative Repetitions

Super Sets

21's



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Partials

Drop Sets

Pyramid Training

Tri Sets

2. Using an exercise of your choice, coach a client through the application of each method.

Strength Training Method	Exercise Used	Competent	Not Yet Competent
Forced Repetitions			
Negative Repetitions			
Super Sets			
21's			
Partials			
Drop Sets			
Pyramid Training			
Tri Sets			

ASSESSOR COMMENTS:

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Assessor: _____ Signature: _____ Date: _____

