

SISSSTC402A Develop strength & conditioning programs

Practical Learning Activity

In your class or gym setting, Students are to be instructed in and perform the following exercises, with a particular focus on the key teaching points and safety tips, as per the theory module in your online portal :

BARBELL SQUAT
BARBELL DEADLIFT
LEG PRESS
LEG EXTENSION
LEG CURL
WIDE GRIP CHIN UPS
CLOSE GRIP CHIN UP
LAT PULLDOWN (TO FRONT)
SEATED ROW
BARBELL BENT OVER ROW
SINGLE ARM ROW
BARBELL BENCH PRESS
DUMBBELL INCLINE PRESS
DUMBBELL FLYS
DIPS
DUMBBELL SHOULDER PRESS
DUMBBELL LATERAL RAISE
DUMBBELL /CABLE REVERSE FLY
DUMBBELL BICEP CURL
BARBELL BICEP CURL
DUMBBELL PREACHER CURL
TRICEP PUSHDOWN
LYING TRICEP EXTENSION
OVERHEAD TRICEP EXTENSION
CLOSE GRIP BENCH PRESS

Practical Assessment

Select 6 of the Exercises listed above.

Instruct a client in the exercises listed in the above practical activity

During instruction, make the teaching and safety instructions to the client for each exercise clear and audible.

Submit the video link/s in the relevant question in your online assessment.