

SISXCAI005 - Conduct individualised long-term training programs

Practical Assessment

Task 1 (Written report)

Plan, conduct and evaluate at least five (5) long-term training programs for participants with different individual sporting skills or physical capacity, incorporating:

Task 2 (Practical Task)

Explanation and demonstration of:

- suitable skills-related exercises/drills and techniques
- progressive skill acquisition and whole or part skills drills
- warm-up and cool-down exercises/techniques
- tactical, competition or performance

A variety of appropriate training methods for:

- specificity
- rest and recovery
- reversibility
- frequency
- intensity
- duration
- periodisation
- tapering
- peaking
- individuality
- maintenance.

Submit:

5 x Training plans (minimum 6 month training cycle)

Contents as per guidelines above

Practical Observation:

Demonstration of training activities, drills, warm ups, cool downs (either in person, or submit video)

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>