SISFFIT043 Develop and instruct personalised exercise programs for body composition goals

Practical Activity 1

Part A (Written Report)

Design and outline a 12 week training program aimed at fat loss

Explain the rationale of the program as it pertains to fat loss.

Demonstrate your knowledge of :

- progressive overload
- specificity
- appropriate selection of exercises / Include diagrams of each exercise
- equipment required
- appropriate training loads / frequency

Part B (Video submission)

Conduct a training session, for an otherwise healthy client, from week 1 of your training program.

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