

SISFFIT049 - Use exercise science principles in fitness instruction

Practical Assessment

Task 1 – Principles of Training (Written Report)

Define and explain, providing an example, of each of the key aspects (below) relevant to fitness instruction and identify how they can be used in the design and implementation of personalised exercise programs.

- adaptation
- overload
- specificity
- individualisation
- progression and regression
- reversibility

Task 2 – Program Design (Written Report)

Design four (4) client programs, recording the following details for each client:

- a profile of the client and how individual characteristics of age, sex, fitness levels and basic physical characteristics have been used to design the program
- how the program is systematically structured to provide progression towards planned goals and adaptations
- rationale for the selection of exercises that relate to the principle of specificity
- how the principle of overload has been used to determine the volume and intensity of exercises and frequency of sessions
- rationale for the types of recovery that are incorporated into sessions, and how sessions are sequenced to allow recovery from specific types of exercises between sessions.

Explain how exercise science principles are incorporated into the design of Each of these programs

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>