

# SISXCAI009 - Instruct strength and conditioning techniques

## Practical Assessment

### Task 1 (report)

Instruct strength and conditioning techniques in (3) separate three sessions, where each session meets the needs of participants and is **at least 30 minutes** in duration.

For each session, write a training plan outlining

- Exercises selected
- Training load (sets & reps)
- Warm Up / Cool down exercises

These 3 sessions must be conducted in the presence of an assessor, either in person (or on video)

### Assessment Submission:

Written Component – email to [admin@globalfitness.edu.au](mailto: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>