



GLOBAL FITNESS
INSTITUTE

PRACTICAL TASK

SISXCAI009 – Instruct strength and conditioning techniques

You are required to demonstrate/explain a new exercise training program to a client. This is to be carried out in class and assessed. (Online students to submit VIDEO of each demonstration - see below for link)

Please ensure the following criteria are covered:

- Technique demonstrations
- Explanations used when demonstrating exercises/activities
- Feedback and questioning skills displayed in order to demonstrate effective communication
- Ability to adjust teaching skills to meet client needs

Student Name: _____ Signature: _____ Date: _____

1. DEMONSTRATE AND EXPLAIN THE BENEFITS AND EXPLAIN THE APPLICATION OF EACH OF THE STRENGTH TRAINING METHODS BELOW:

Forced Repetitions

Negative Repetitions / eccentric

Super Sets

21's



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Partial repetitions

Drop Sets

Pyramid Training

Tri Sets

2. Using an exercise of your choice, coach a client through the application of each method.

Strength Training Method	Exercise Used	
Forced Repetitions		
Negative Repetitions / eccentric		
Super Sets		
21's		
Partial repetitions		
Drop Sets		
Pyramid Training		
Tri Sets		

ASSESSOR COMMENTS:

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Assessor: _____ Signature: _____ Date: _____

When completed, email report to : admin@globalfitness.edu.au

Please include your name in file name.

VIDEO UPLOAD LINK:

FITNESS STUDENTS:

<https://drive.google.com/drive/folders/1WOKzFCq209YKHVybSvDyen4VWu6KT3Zw?usp=sharing>

SPORTS STUDENTS:

<https://drive.google.com/drive/folders/1jL43LzmX7GWwhnpdIsGQLo35CGxkkvb?usp=sharing>

