

# SISXCAI010 - Develop strength and conditioning programs

## Practical Assessment

### Task 1 (written report)

Plan, implement and evaluate (3) three strength and conditioning programs that include at least (8) eight training sessions each and meet the needs of participants.

For each training program, Outline

- Objective of program
- Equipment and facilities required
- The modes of training employed
- The exercises selected
- Training loads (time/distance/ sets & reps)

These 3 Training Programs must be presented in a chart/diary format

### 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>