

# SISSPAR009 Participate in conditioning for sport

## Practical Assessment

### Task 1:

Consult with a strength and conditioning specialist. Create a log tracking your participation in conditioning sessions. Participate in at least 3 training sessions that are a minimum of 30 minutes each.

### Task 2:

Write an evaluation of your experience with your specialist. Include the following:

- Advice given by your specialist
- What was included in the training sessions
- Feedback given
- What can you change in your personal life for better results