**Circuit training for As Physical Education**

**2013 BHASVIC**

**This page must state your goals of each personal exercise programme**

o muscle groups, muscle fibres, energy systems targeted

o specific, measurable goals which are evaluated during and on completion of the programme

**This page must consist of your rationale for the design and implementation of each programme.**

Rationale for the design and implementation of each programme

Number and frequency of sessions determined

Number of sets, repetitions, rest intervals, weights determined

How progression is implemented and measured

**Identification and detailed description of each exercise involved**

Detailed description of personal warm up and cool down

Health and safety implications for each programme

Record of implementation of each programme with evaluative comments; detail of progression should be present

Assessment and evaluation of goals

The depth and detail of coverage of the above elements in the log book should demonstrate the candidates’ awareness, understanding and application of principles of training in the design and/or implementation of their exercise programmes, including:

Specificity

Progression

Overload

Regression

Tedium

Adaptation

**Fitness assessment**

Completion of each exercise scores

**Fitness session plan**

**Date Programme Wk. Week 1**

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| **H/S****Warm up:** | **How did you feel before the session****☺ ☹**  |
| **Sets** | **Reps** | **Content:** | **Assessment :** |
|  |  | **Name of exercise:** |  |
| **Cool down;****Target:** |

**Description of exercise for Body weight exercises**

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| **Description of exercise**Main muscle being worked, synergist, fixator. | **T.P** | **Image/ adaptations** |
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 **Description of exercise for Free weights**

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| **Description of exercise** | **T.P** | **Image** |
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Detailed description of personal warm up and cool down

**Personal stretches prior to completion of circuit sessions**

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| **Assessment of Warm up session** |
| **Name:****Component:****Fitness level:** |
| **Discipline:** Circuit warm up |

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| **Show**Time intensity/ sets/reps/ stretch no secs. Delete as appropriate | **Exercise**Where appropriate name muscle/ state type of stretch | **T.P**(e.g.,) bullet points | **Progression/adaptation** |
| 8-10 secsStatic maintenance  | N = tricep stretchM= tricep | Feet should widthSoft kneesRaise elbow and place hands between shoulder bladesOther hand applies gentle pressure to elbow.Chin off chest | Take supporting arm over the head. Triceps stretch |
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**Personal stretches prior to completion of circuit sessions**

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| **Assessment of Cool down session** |
| **Name:****Component:****Fitness level:** |
| **Discipline:** Circuit warm up |

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| **Show**Time intensity/ sets/reps/ stretch no secs. Delete as appropriate | **Exercise**Where appropriate name muscle/ state type of stretch | **T.P**(e.g.,) bullet points | **Progression/adaptation** |
| Developmental stretch 15+15 | N =PectoralsM= pectorals | Clasp hands behind your backMaintain good postureSoft elbowWhen tension eases, without releasing tension increase stretch for further 15 secs | Increase range of movement; use a static object to press against. Chest Stretch |
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