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| **Assessment Session Plan** | |
| Name:  Component:  Duration of Component: | Venue:  Date:  Fitness Level: |
| Discipline\*: | |

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| SHOW:  Time/intensity\*  Sets/Reps\*  Stretch no of secs\*  \*delete as appropriate | EXERCISES:  Where appropriate name muscles/draw diagrams (e.g. prep stretch, RT exercises. Cool down stretch) | TEACHING POINTS:  (e.g. bullet points) | PROGRESSION/  ADAPTATION  Karvones formula  220-  MHR  (HRR  RHR |
| min intensity PE  Client is experienced on this machine so will not complete demo, but will give teaching points to correct poor technique | N Cross trainer  M Quadriceps  Hamstrings  Gluteus  Deltoids  Pectorals  Trapiziues | Use static rail to support  Place foot on lower pedal then follow with the other foot  Feet face forward  Don’t raise your heel  Relaxed neck and shoulders  Work the abdominals to support lower back and posture  Press quick start to get machine going  Once technique good increase the resistance  Ensure knuckles are facing forwards and elbows are in line with hands  Allow client after discussion to get onto machine without demo, however, instruct as they carry out task. | Increase the intensity to 50% of max HR after 1 min  Maintain for five and reduce with no delay once 5 minutes is complete |
|  |  | Discussion  H and S of machine  Technique  Intensity  Machine Info  Why warm up prepare physically and mentally, increase heart rate, temperature of muscle and connective tissue, improve muscle function, injury prevention. |  |

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| Candidate Signature | Date: |
| Assessor Signature | Date: |

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| **Assessment Session Plan** | |
| Name:  Component: **Stretches**  Duration of Component: | Venue:  Date:  Fitness Level: |
| Discipline\*: | |

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| **SHOW:**  Time/Intensity\*  Sets/Reps\*  Stretch no. of secs.\*  (•delete as appropriate) | **EXERCISES**  Where appropriate name muscles/draw  diagrams(e.g. prep stretch, RT exercises, cool  down stretch) | **TEACHING POINTS**  • Sitting position  • Ensure on bottom of bum bone  • Active abdominals to support lower back  • Shoulders relax and high chest | **PROGRESSION *I* ADAPTATION** |
| 8·10 secs Static Maintenance | N Triceps Stretch  M Triceps | • Raise the elbow and place the hand between shoulder  blades.  • Other hand apply light pressure to the opposing elbow  • Keep abs tight to support lower back.  • Chin of chest and relax the shoulders | Take supporting arm over your head and pull the opposing elbow  Increase the pressure. |
| 8·10 secs  Static Maintenance | N Deltoid stretch  M Deltoid | • Raise arm across your chest, keeping soft elbow  • With other arm, above or below elbow pull your arm the  across your body.  • Shoulders level •  • Relaxed neck  • Use abdominals to support lower back. | Rotate the trunk towards direction of the stretch.  Raise/lower the height of the stretch |
| 8·10 secs  Static Maintenance | N Trapizius and rhomboid  M Trapezius and rhomboid | • Hands clasped together in front of chest  • Soft elbows  • Use abdominals to maintain good posture  • Lower shoulders  • Extend the arms while maintaining the clasp  • Try and pull shoulder blades apart | Ensure you breath through stretches |
| 8-10 secs Static Maintenance | N Gluteus Stretch  M Gluteus | Lie flat on back raise opposite knee foot flat on the  floor.  Active abdominals neutral spine  Raise leg and place shin on fleshy part of opposite  knee.  Using the tower leg, raise both legs towards the chest.  Place hands on floor to maintain balance if needed  Can clasp behind leg to support/pull leg towards  chest.  Try and maintain shoulders on the matt and ensure  you breath. |  |
| 8-10 secs Static Maintenance | N Quadriceps stretch  M Quadriceps | Lying on your side, can be on your elbow for support.  Clasp ankle or laces, flex foot and pull leg from the  knee behind the body.  Ensure knees stay In line  Nice straight line through body.  How does that feel? | Progression tighten the  gluteus  Tilt the hips forwards |
| 8-10 secs Static Maintenance | N Gastrocnemius  M Gastrocnemius | Press up position  Front knee In line ankle  Direction of knee same as foot  Extend leg backwards  Push into the rear heat  Can you feel the stretch | Extend leg further  back |
| 8-10 secs Static maintenance | stretch  M Hamstrings | • Small step forwards, toes and heel In line  • Knee in line with ankle  • Bend front knee into sitting position  • Ensure hips parallel  • Ensure hips level  • Increase sitting position  • Ensure chest upright  • Tilt hips downwards to ensure stretch |  |
| 8-10 secs Static Maintenance | N Gastrocnemius stretch  M Gastrocnemius | • Feet parallel and hip width apart.  • Large stride backwards keeping your heels and toes in  line  • Front knee in line ankle  • Direction of knee same as foot  • Can still see your toes? ~  • Maintain front knee position  • Use of abdominals to support lower back  • Chest leant forward In line with the angle of the back  leg.  • Push into the rear heal |  |
| 8-10 secs Static Maintenance | N (hip flexors)  Ilious Pholous Stretch  M Ilious Pholus | • Feet parallel hip width  • Large stride back  • Front knee above ankle  • Still see your toes  • Use abdominals to support back  • Raise rear heal and lower rear knee- 90/90  • Tilt hips upwards to gain quality stretch |  |
| 8-10 secs Static Maintenance | N Aductors stretch  M Aductors | • Feet over shoulder width apart.  • One foot 45 degree one straight ahead  • Knee over ankle-;'leg no longer moves  • Other foot slides to opposite side to increase the stride.  • Trunk to stay square on  • Use abdominals to support lower back  • Relaxed shoulders. |  |
| 8-10 secs Static Maintenance | N Gluteus Stretch  M Gluteus | • Stand close to support •  • Hold onto support  • Raise inner leg and place on the fleshy part of the  opposite knee/thigh  • Lower knee to the side  • Squat or sit In this position •  • Keep chest upright | Use a wall or mirror to support from behind with hands  Support the back |

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| 30secs + Developmental stretch | Hip flexors  lliousous | • Kneeling position  • Front knee above ankle and ensure you can see your  toes.  • Extend rear leg back  • Square shoulders with hips  • Tilt hips upwards and tighten the gluteus  • Progression stretches so hold the tension till it  subsides then without releasing the tension move  back leg further back or tighten the gluteus.  • Hold for another 10 then rpt once tension has been  reduced.  • When standing up hands supported on leg and slowly  stand up | Tighter gluteus  Tilt pelvis  Move back leg |
| 30 secs + Developmental Stretch | N Hamstring stretch  M Hamstrings | Lie flat on back raise opposite knee foot flat on the floor.  Active abdominals neutral spine  Raise foot in the air, foot flexed towards the shin.  Soft knee clasp above/below the knee -  Pull leg towards chest.  Progression as above, however, when tension eases  pull the leg further towards the chest. | Ensure you breath through developmental stretches |
| 30secs+ Developmental stretch | N Abductors stretch  M Abductors | • Souls of feet to touch •  • Rest elbow onto fleshy part of thigh  • Trunk to stay square on  • Use abdominals to support lower back position  • Relaxed shoulders. •  • Move forwards towards feet bring feet in to progress  the stretch.  • Maintaining the tension hold for 20 secs, when tension is reduced, move feet towards body/ body towards feet. Ask how this feels. Rpt then release tension b(\  raising knees | Develop flexibility within sporting (centre) |
| 30 secs  Developmental Stretch | N Pectorals Stretch  M pectorals | • Clasp hands behind back  Maintain good posture  • Soft elbows  • Raise hands  • Maintain tension In stretch  • Can you feel that?  • When tension starts to ease, without releasing tension  raise hands higher, and hold for 10 secs, rpt once  tension reduces.  • Ensure chest upright  • We do these stretches, through every day activities  these muscles become tight {position at work) | Increase range of movement for everyday living, maintain or promote good posture |

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| Assessor Signature | Date: |

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| **Assessment Session Plan** | |
| Name:  Component: **Resistance machines**  Duration of Component: | Venue:  Date:  Fitness Level: |
| Discipline\*: | |

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| SHOW Time/Intensity\* Sets/Reps\*  Stretch no. of secs.\*  (\*delete as appropriate) | E XERCISES Where appropriate name  muscles/draw diagrams  (e.g. prep stretch, RT exercises,  cool down  stretch) | TEACHING POINTS  (e.g. bullet points) | PROGRESSION *I* ADAPTATION |
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|  |  | • Discussion  • H and s of machine  • Technique  • Intensity  • Machine info  • Discuss possible progressions and long term adaptations, |  |

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| 15 reps 3 sets 20kg | Leg Curl  Hamstrings | • Demo Set Up  • Sitting on tl1e machine set your weight  • Adjust tl1e seat so The knee is in line wiU1 The central pivot  • Use yellow handle to lower cushions  • Place lower legs on bottom cushion. Adjust to ensure lower leg  connects  • Flexed abdominals and shoulders back  • Exercise  • Flex at the knee leading wiU1 the foot  • SmooU1 action and returned to start point wiU1 control  • Maintain tension throughout set | Lower leg  hamstring  raise. |
| 15 reps 3 sets15kg | Leg extension Quadriceps | • Demo Set Up  • Sitting on the machine set your weight  • Adjust U1e seat so the knee is in line wiU1 The central pivot  • Use yellow handle to lower cushions  • Place lower legs on bottom cushion. Adjust to ensure lower leg  connects  • Flexed abdominals and shoulders back  • Exercise  • extend at the knee leading with the foot  • Smooth action and returned to start point with control  • Maintain tension throughout set | • Leg press |
| 15 reps 3 sets Shoulder press15kg | Shoulder press Deltoids | • Demo Set up •  • Sitting on The machine adjust seat so elbows are in line with  shoulders.  • Feet flat on the floor  • Strong wrist above elbow.  • Abdominals working to support back  • Chest high  • Exercise  • Raise hands upwards keeping elbow In line with the shoulder  • Relaxed neck looking down slightly | Frontal raise or lateral rise with free weights |
| 15 reps 3 sets20kg | Upright row Trapezius Latemas Dorsi | • Demo Set up  • Sitting on machine adjust chest plate so you can reach the  handle comfortable  • Adjust weights  • Feet on floor or on pedals  • Knuckles facing forwards strong wrist  • Flexed abdominals  • Relaxed shoulders  • Exercise  • Draw The shoulder blades togeU1er before you take tension of  the weight  • Slide The elbow back past the body line  • Return under control  • Try and look down slightly to relax the neck | • Lateral pull down |
| 15 reps 3 sets15kg | Pectorals deck Pectorals | • Demo Set up  • Adjust The seat so your hands on The grips are in line with your  Chest/nipples  • Knuckles facing forwards wrists in line with elbow  • Relaxed shoulders  • Abdominals flexed  • High chest  • Exercise  • Extend at the elbow  • Soft elbows at the top of the lift Them return under control | Press up |

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| SHOW Time/Intensity\* Sets/Reps\*  Stretch no. of secs.\*  (\*delete as appropriate) | E XERCISES Where appropriate name  muscles/draw diagrams  (e.g. prep stretch, RT exercises,  cool down  stretch) | TEACHING POINTS  (e.g. bullet points) | PROGRESSION *I* ADAPTATION |
| CV workout20 min at RPE s.a For this client I recommend working at RPE 8 as she has a high fitness level and no injuries The client is very experienced so I'll direct with the client on the machine checking technique before progressing intensity. | N Running machine  M Quadriceps Hamstrings  Deltoids  Gluteus  Trapizieus  Pectorals | • Demo the jog.  • Using hand rails to support walk on the side rail to the  front of the machine.  • Step onto runners  • Outline health and safety. •  • Ask client to use quick start Increase the intensity to a fast walk. RPE 5  • Quick discussion regarding technique then increases  intensity to suit client at 5·8. (discuss with client) •  • Heel toe action  •Relaxed shoulders  • Highlight the muscles being used  • High chest  • Chase the hand rail as a marker on the machine  • Increase gradient to 0.5 | • Use Karvonen Formula to determine Maximum heart rate Use observational analysis |
| Times min RPE 3  Client is very experienced so I will instruct and support where appropriate but will not need to do a lead demo. | N Bicycle  M Quadriceps Hamstrings  Gastrocenemiou | • Ensure seat Is In line with client's hip, adjust as you see  fit.  • Lower foot first into pedal s  • Adjust pedal if appropriate  • Sit on bottom of bum  • High chest  • Use quick start and Increase Intensity to allow some resistance  • Flat foot on cycle rotation  muscles being used.  • RPE 5-3  • Reduce Intensity under control | 50% of RPE  Long Term adaptation  Stroke Volume  Strength maintenance  Weight reduction |