



<b>Task Number</b>	1	<b>Task Name</b>	Training Program
<b>Course</b>	Yr. 11 SLR	<b>Faculty</b>	PDHPE
<b>Teacher</b>	Mr Presland, Mr Everson	<b>Head Teacher</b>	Mr Eakin
<b>Issue date</b>	Week 7 Term 1	<b>Due date</b>	Friday 5 <sup>th</sup> April (Week 10). Before 1pm.
<b>Focus (Topic)</b>	Strength and Conditioning	<b>Task Weighting</b>	35%

### Outcomes

#### A student:

- 2.2 analyses the fitness requirements of specific activities
- 2.3 selects and participates in physical activities that meet individual needs, interests and Abilities
- 3.2 designs programs that respond to performance needs
- 3.3 measures and evaluates physical performance capacity

### Task description

#### Training Program - 60 marks total

- You are a personal trainer who trains a lot of people. You need to design **3 Sessions** for **one** of your clients that have a particular area or focus. From **one** of the key syllabus areas listed:
  - 1- Power
  - 2- Strength
  - 3- Muscular Endurance
  - 4- Muscular gain and body shaping
- Each Session is to be an hour in length
- Each session has a different purpose:
  - 1 x Free Weights Session -20 marks**
  - 1 x Cardio Session – 20 marks**
  - 1 x Activity using NO equipment – 20 marks**
- You will need to include warm up, cool down, type of activity and explanations of how to do the activity along with key training terms.

### Assessment Criteria

Students will be assessed on their ability to:

- designs programs that respond to performance needs
- analyses the fitness requirements of specific activities
- plan, implement and monitor a resistance program based on personal goals

Marking Criteria for Each Session	Mark/Grade
<ol style="list-style-type: none"> <li>1. Demonstrates <b>extensive</b> knowledge and understanding of <b>effective</b> resistance training techniques that would be <b>highly</b> engaging, and challenging for their clients to see ongoing results.</li> <li>2. Displays <b>comprehensive</b> understanding of resistance training activities by designing all three programs focusing on one of the specific key areas: power, strength, muscle endurance, muscle gain or body shaping. Three separate sessions for free weights, cardio and no weights are detailed.</li> <li>3. <b>Effectively</b> designed program in a coherent, creative, logical, manner, by using resistance training terminology <b>extensively and appropriately</b></li> <li>4. <b>Effectively</b> describes the relationship between anatomy, physiology and performance by indicating <b>specific</b> muscle groups that each exercise is targeting, with <b>correct</b> anatomical terminology.</li> <li>5. <b>Adequately</b> meets 1 hour time frame and includes <b>highly appropriate</b> safety precautions and modifications for a variety of fitness levels.</li> </ol>	<p>A 18-20</p>
<ol style="list-style-type: none"> <li>1. Demonstrates <b>thorough</b> knowledge and understanding of <b>mostly effective</b> resistance training techniques that would be <b>mostly</b> engage, and challenge their clients to see ongoing results.</li> <li>2. Displays <b>competent</b> understanding of <b>several</b> resistance training activities by designing all three programs with correct and original methods. Three separate sessions for free weights, cardio and no weights are explained.</li> <li>3. Designed each program in a clear, and logical, manner, by using resistance training terminology <b>appropriately</b></li> <li>4. <b>Adequately</b> describes the relationship between anatomy, physiology and performance by indicating muscle groups that each exercise is targeting, with <b>mostly correct</b> anatomical terminology</li> <li>5. Each program <b>adequately</b> meet 1 hour time frame and includes <b>highly appropriate</b> safety precautions and modifications for a variety of fitness levels.</li> </ol>	<p>B 14-17</p>
<ol style="list-style-type: none"> <li>1. Demonstrates <b>sound</b> knowledge and understanding of <b>good</b> resistance training techniques that would be <b>moderately</b> engaging, and challenging for their clients to see ongoing results.</li> <li>2. Displays <b>sound</b> understanding of <b>some</b> resistance training activities; however programs may not focus on one specific key area from: power, strength, muscle endurance, muscle gain and body shaping. Three separate sessions for free weights, cardio and no weights are provided.</li> <li>3. <b>Good attempt to</b> design each program in a coherent, creative, logical, manner, by using <b>some</b> resistance training terminology</li> <li>4. <b>Attempts</b> to describes the relationship between anatomy, physiology and performance by indicating muscle groups that each exercise is targeting, with mistakes in the use of anatomical terminology</li> <li>5. Each program <b>may not fully</b> meet 1 hour time frame and includes <b>some</b> safety precautions, with minimal modifications for a variety of fitness levels.</li> </ol>	<p>C 8-13</p>
<ol style="list-style-type: none"> <li>1. Demonstrates <b>basic</b> knowledge and understanding of resistance training techniques, however to not manage to fully engaging, or challenge their clients.</li> <li>2. Displays <b>basic</b> understanding of a small amount of resistance training activities, however programs are lacking a focus on the specified: power, strength, muscle endurance, muscle gain or body shaping. One of the separate sessions for free weights, cardio and no weights may have been omitted.</li> <li>3. Designed a <b>basic</b> program with <b>errors</b> in terminology and a <b>basic</b> description of activities/exercises</li> <li>4. Some programs <b>fails to</b> meets 1 hour time frame and includes only <b>minimal</b> safety precautions with <b>few</b> modifications for a variety of fitness levels.</li> </ol>	<p>D 4-7</p>
<ol style="list-style-type: none"> <li>1. <b>limited</b> to training techniques provided in each program</li> <li>2. <b>limited</b> information about the specified key area, with little to no explanation of exercises or terminology included in programs.</li> <li>3. Each program <b>does not</b> meet 1hour time frame and does not include safety precautions or modifications.</li> </ol>	<p>E 0-3</p>

4. unsatisfactory/ non attempt to complete any outcomes of the course	
1. Late submission – no misadventure 2. Assessment not submitted	<b>Parental notification</b>