

**Sport Lifestyle and Recreation**  
**Preliminary HSC Assessment Task #1**

**Subject:** SLR

**Module:** Resistance Training

**Marks:** /100

**Task Number:** 1

**Time allowed:** 2 weeks

**Date Issued:** Week 8

**Date Due:** Friday 5<sup>th</sup> April Week 10 session plans by 9:10am. Presentation in class

**Weighting:** 35%

**Outcomes to be assessed:**

- 2.1 explains the principles of skill development and training
- 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
- 4.4 demonstrates competence and confidence in movement contexts

**Task Background:**

**Part # 1: Training Programs - 75 marks**

- You and a partner are personal trainers who train a lot of people. You need to design **3 different Gym Sessions** for one of your clients that have a particular area or focus. Ensure to cater for ALL of the 4 key syllabus areas listed below:

**1- Power**

**2- Strength**

**3- Muscular Endurance**

- Each Session is to be an hour in length
- Each session has a different purpose:

**1 x Free Weights Session and Cross Fit equipment -25 marks**

**1 x Cardio Session** (machines, free weights, cross fit equipment or no equipment)– **25 marks**

**1 x Body weight resistance training** (NO equipment) – **25 marks**

- You will need to include warm up, dynamic/static stretches and cool/warm down, type of activity and explanations of how to do the activity along with key training terms and reference to body anatomical terms of bones, muscles joint and movements.

**Part #2: Class Practical Participation- 25 marks**

- Students are to actively participate and present ONE of your sessions in practical resistance training classes. You will be marked on attendance and competence levels for consistent applied effort and leadership skills.

**References:**

Include a list of resources you used in your research paper. State the title, author and date you sourced them.

- Ensure you use various types of information from at least 3 different websites, books or articles etc. to ensure the accuracy of your information.

**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
- demonstrates competence and confidence in movement contexts

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**Part 1- Training programs**

Assessment Guidelines	Mark
<ul style="list-style-type: none"> <li>• 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>• 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>• <b>Effectively</b> designed each program in a coherent, creative, logical, manner, by using resistance training terminology <b>extensively and appropriately</b></li> <li>• <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>• Each program <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> </ul>	<p><b>A</b> <b>65-75</b></p>
<ul style="list-style-type: none"> <li>• Demonstrates <b>thorough</b> knowledge and understanding of <b>mostly effective</b> resistance training techniques that would be <b>mostly</b> engaging, and challenging for their clients to see ongoing results.</li> <li>• 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>• Designed each program in a clear, and logical, manner, by using resistance training terminology <b>appropriately</b></li> <li>• <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>• 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> </ul>	<p><b>B</b> <b>45-64</b></p>
<ul style="list-style-type: none"> <li>• 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>• 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>• <b>Good attempt to</b> design each program in a coherent, creative, logical, manner, by using <b>some</b> resistance training terminology</li> <li>• <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>• 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> </ul>	<p><b>C</b> <b>25-44</b></p>
<ul style="list-style-type: none"> <li>• Demonstrates <b>basic</b> knowledge and understanding of resistance training techniques, however to not manage to fully engaging, or challenge their clients.</li> <li>• 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>• Designed a <b>basic</b> program with <b>errors</b> in terminology and a <b>basic</b> description of activities/exercises</li> <li>• 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> </ul>	<p><b>D</b> <b>8-22</b></p>
<ul style="list-style-type: none"> <li>• <b>limited</b> to training techniques provided in each program</li> <li>• <b>limited</b> information about the specified key area, with little to no explanation of exercises or terminology included in programs.</li> <li>• Each program <b>does not</b> meet 1hour time frame and does not include safety precautions or modifications.</li> <li>• unsatisfactory/ non attempt to complete any outcomes of the course</li> </ul>	<p><b>E</b> <b>1-7</b></p>
<ul style="list-style-type: none"> <li>• unsatisfactory/ non attempt to complete any outcomes of the course</li> <li>• did not submit fitness session plans</li> <li>• N-Award</li> </ul>	<p><b>F</b> <b>0</b></p>

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**Part 2- Class practical participation**

Assessment Guidelines	Mark
<ul style="list-style-type: none"> <li>• adjust weights and resistance machines in a safe manner with <b>accurate</b> technique</li> <li>• demonstrate <b>correct and highly skilled</b> lifting technique on a variety of <b>basic and complex</b> exercises (eg squat, biceps curls, upright row, bench press)</li> <li>• demonstrate <b>highly challenging</b> exercises to develop the strength of the major skeletal muscles</li> <li>• <b>accurately and specifically</b> identify the major skeletal muscles involved in the production of human movement</li> <li>• demonstrates an <b>in-depth</b> understanding of how to assist a person with lifting free weights</li> </ul>	<p><b>A</b> <b>24-25</b></p>
<ul style="list-style-type: none"> <li>• adjust weights and resistance machines in a safe manner with <b>good</b> technique</li> <li>• demonstrate <b>correct</b> lifting technique on a variety of <b>basic and some complex</b> exercises (eg squat, biceps curls, upright row, bench press)</li> <li>• demonstrate <b>skilful</b> exercises to develop the strength of the major skeletal muscles</li> <li>• <b>correctly</b> identify the major skeletal muscles involved in the production of human movement</li> <li>• demonstrates <b>good</b> understanding of how to assist a person with lifting free weights</li> </ul>	<p><b>B</b> <b>18-23</b></p>
<ul style="list-style-type: none"> <li>• adjust weights and resistance machines in a <b>mostly</b> safe manner with sound technique</li> <li>• demonstrate <b>sound</b> lifting technique on a variety of <b>basic</b> exercises (eg squat, biceps curls, upright row, bench press)</li> <li>• demonstrate <b>sound ability in</b> exercises to develop the strength of the major skeletal muscles</li> <li>• identify <b>some of</b> the major skeletal muscles involved in the production of human movement</li> <li>• demonstrates a <b>sound</b> understanding of how to assist a person with lifting free weights</li> </ul>	<p><b>C</b> <b>12-17</b></p>
<ul style="list-style-type: none"> <li>• adjust weights and resistance machines in a manner that <b>is not completely</b> safe with <b>inconsistent</b> technique</li> <li>• demonstrate <b>some in-correct</b> lifting technique on <b>some basic</b> exercises (eg squat, biceps curls, upright row, bench press)</li> <li>• <b>attempts some</b> exercises to develop the strength of the major skeletal muscles</li> <li>• <b>basic ability</b> to identify the major skeletal muscles involved in the production of human movement</li> <li>• demonstrates a <b>basic</b> understanding of how to assist a person with lifting free weights</li> </ul>	<p><b>D</b> <b>6-11</b></p>
<ul style="list-style-type: none"> <li>• <b>limited</b> ability/ attempt to adjust weights and resistance machines in a safe manner</li> <li>• <b>limited</b> ability/attempt to demonstrate lifting technique on a variety of basic exercises (eg squat, biceps curls, upright row, bench press)</li> <li>• <b>limited</b> ability/attempt to demonstrate exercises to develop the strength of the major skeletal muscles</li> <li>• <b>limited ability</b> to identify the major skeletal muscles involved in the production of human movement</li> <li>• demonstrates a <b>limited</b> understanding of how to assist a person with lifting free weights</li> </ul>	<p><b>E</b> <b>1-5</b></p>
<ul style="list-style-type: none"> <li>• <b>unsatisfactory/ non attempt</b> to adjust weights and resistance machines in a safe manner</li> <li>• <b>unsatisfactory/ non attempt</b> to demonstrate lifting technique on a variety of basic exercises (eg squat, biceps curls, upright row, bench press)</li> <li>• <b>unsatisfactory/ non attempt</b> to demonstrate exercises to develop the strength of the major skeletal muscles</li> <li>• <b>unsatisfactory/ non attempt</b> to identify the major skeletal muscles involved in the production of human movement</li> <li>• <b>unsatisfactory/no demonstration</b> of understating of how to assist a person with lifting free weights</li> </ul>	<p><b>F</b> <b>0</b></p>
<p><b>Final Mark</b> _____</p> <p><b>Comment:</b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	

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**Year 11 Assessment Task #1**

**Student Name:** \_\_\_\_\_

**Teacher:** \_\_\_\_\_

**Session number-**

**Training method-**

**Targeted body area-**

**Key muscle groups used-**

**Training aim/goal of the session**

**Risk Management plan:**

*Identify potential injuries that could occur in this session and describe the correct technique or provide appropriate advice on how to prevent injuries occurring*

**List of equipment used-**

**Introduction and warm up and stretches**

**Time allocation-** \_\_\_\_\_

*Explain the importance of a warm up and provide a variety of light exercises and stretches that will effectively prepare the body for the session*

**Body of session-**

*Name and describe the exercises/activities that will effectively produce results for this training area. Make specific note of amount of sets, reps, and weight increase for each where necessary. **Also provide 1 modification for each exercise/activity.** (Note time allocation for each exercise/activity)*

**Debrief and cool down**

**Time allocation-** \_\_\_\_\_

*Explain the importance of a cool down and provide a variety of light exercises and stretches that will effectively prepare the body for the session*