

Park Fitness Centre
CYQ Instructing In Fitness -CIRCUIT TRAINING - LESSON PLANNING

CANDIDATE NAME: _____ ASSESSMENT DATE: _____

ANTICIPATED FITNESS LEVEL: _____ VENUE: _____

WARM UP – MOBILISATION & PULSE RAISER

ACTIVITY, TIMINGS, TEACHING POINTS,
JOINT ACTIVITY

PREPARATORY STRETCHES (with diagrams)

MUSCLE GROUPS, HELD POSITION, TEACHING POINTS,
PROGRESSIONS/ADAPTAIONS

2nd Pulse Raiser:

CIRCUIT EXERCISES:—MUSCULAR STRENGTH AND ENDURANCE AND CV EXERCISES

EXERCISE	EQUIPMENT	MUSCLES USED	TIMINGS	TEACHING POINTS (with adaptations and progressions)
<p>EXAMPLE:</p> <p>SQUATS</p>	<p>DUMB BELLS</p>	<p>QUADS GLUTES HAMSTRINGS</p>	<p>30 SECS</p>	<p>FEET HIP/SHOULDER WIDTH, UPRIGHT POSTURE, BEND AT KNEE AND HIP, KNEES IN LINE WITH FEET, KNEES DON'T GO OVER TOES, PUSH BUM BACK, KNEES DON'T BEND MORE THAN 90 DEGREES ADAPT: DON'T BEND SO FAR PROG: HOLD DUMBBELLS PROG: JUMP SQUAT - land on the ball of the foot and let the heel touch the floor, and push off through the toes</p>

Floor Plan of circuit

class:

Include order of exercises,
and layout of circuit.

Timings, rests and time
between circuits.

Cool Down:

DEVELOPMENTAL STRETCHES (with diagrams)

MUSCLE GROUPS, HELD POSITIONS, TEACHING POINTS, PROGRESSIONS/ADAPTAIONS

CANDIDATES SIGNATURE:

Assessor Signature:

I.V Signature:

Date: / /2010