

Phase overview Year 2018 to 2019 - Castledon Sixth Form College

Year Group 12/13	Autumn - Term 1	Spring - Term 2	Summer - Term 3
<p>Level 2 Gateway Exercise and Fitness Instruction</p>	<p>1 Know about planning exercise and fitness sessions and programmes.</p> <p>1.1 Outline the principles to be considered when planning an exercise programme and individual fitness sessions.</p> <p>1.2 Describe the health and safety considerations to be taken into account when planning fitness sessions.</p> <p>1.3 Outline the personal factors to be considered when planning exercise and fitness programmes for individuals, and the way in which each factor influences the design and content of an individual's programme.</p>	<p>2 Be able to design exercise and fitness programmes.</p> <p>2.1 Produce exercise programmes for different types of client, which meet their specific needs.</p> <p>3 Be able to lead aspects of fitness sessions.</p> <p>3.1 Lead elements of fitness sessions designed to improve different specific aspects of fitness (e.g. resistance, cardiovascular and circuit training).</p> <p>3.2 Demonstrate appropriate motivation and communication skills when leading activity.</p> <p>3.3 Provide explanations to participants of the specific fitness benefits of activities.</p>	<p>4 Be able to assess a fitness session.</p> <p>4.1 Outline aspects of a fitness session that worked well</p> <p>4.2 Outline improvements needed.</p>