

Foundation Skills: Fitness Assistant Pre-Competition Activity

Project title

Pre- competition Activity for Foundation Skills: Fitness Trainer

The Task

Pre-competition

Competitors will be judged for a strict 15 minutes.

Competitors must demonstrate/utilise at least 5 exercises or pieces of equipment (1 using free weights, 1 using CV machinery, 1 using resistance machinery and 2 of the competitor's choice).

Competitors will be asked to list the exercises demonstrated after their session and may be asked to explain why they chose those exercises or pieces of equipment.

Competitors will have access to the fitness suite and a range of equipment (exact equipment list will not be confirmed in advance of the day)

Free Weights:

- barbells
- dumbbells

CV – at least 3 of the following:

- treadmill
- upright Cycle
- rower
- elliptical machine/cross trainer.

Resistance – at least 6 of the following or 5 including a DAP:

- low pulley or seated row
- high pulley or lat pull down (or substitute both pulleys for DAP)
- chest press
- shoulder press
- leg press
- mats
- assisted dips
- assisted pull ups.

Marking and assessment

Assessment will be through:

- observation
- inspection of completed tasks.

The criteria for marking and the allocation of marks for each criterion are set out on the attached marking schedule:

MARKING SHEET		
Assessment / Judgement - Description	Max Mark	Marks Awarded
<ul style="list-style-type: none"> • Introduce themselves to the client, making them feel welcome and at ease to start the session. 		
<ul style="list-style-type: none"> • Establish the client's current fitness level and any possible risks from participation in the activity. 		
<ul style="list-style-type: none"> • Explain the purpose and value of the proposed programme and broke it down into warm-up - main session - cool down. 		
<ul style="list-style-type: none"> • Explain the facility's emergency procedures. 		
<ul style="list-style-type: none"> • Check all the equipment to be used for safety ensuring sufficient space for each exercise to be performed. 		
<ul style="list-style-type: none"> • Demonstrate communication skills (both verbal and non-verbal) appropriate to the client and start to establish an effective rapport. 		
<ul style="list-style-type: none"> • Provide instructions, demonstrations and feedback that were technically correct and safe 		
<ul style="list-style-type: none"> • Provide motivating positive reinforcement throughout. 		
<ul style="list-style-type: none"> • Position correctly to observe and monitor activities completed by the client. 		
<ul style="list-style-type: none"> • Start and finish the session promptly - allocating appropriate time for each component and putting equipment away immediately after the activity. 		
<ul style="list-style-type: none"> • Provide feedback at the end of the session and ensured the client understands how to carry out the exercises without supervision. 		
TOTAL MARKS		

Resources required

- competitors may bring with them and use: A clipboard, something to write with/on and a stopwatch
- competitors will receive a health & safety briefing at the start of the competition
- competitors will start, and finish work as instructed by the judges
- competitors who arrive late for the event will not receive additional time.

Instruction for in house comp

- make sure learners are given competition date and times at least 4 weeks prior to competition
- ensure learner has had a competition brief and is aware of the rules
- hold a 1-hour competition question and answer class
- up to competition learners need to evaluate all treatments to progress and fine tune areas.