



Activity worksheets; Training Systems Log & Practice:

Learner / PT Mentor guidance

The worksheets included in this pack should be printed to allow the learner to record the Training systems used.

Pages 2-8 to be completed by the learner after observing the PT Mentor demonstration for each element

Pages 9 &10 to be completed by the PT Mentor once learner has completed pages 2-8

- PT mentor to select the exercises for observation at random from the activity sheets



WORKSHEET 1: CARDIOVASCULAR

Training System	CV Equipment / Activity	Timings	Workload / target Training zone/s	Teaching points
Continuous				
Interval				
Fartlek				



WORKSHEET 2a: RESISTANCE - FREE WEIGHTS

Training System	Example exercises	Time Under Tension	Sets / reps % 1RM & rest periods	Teaching points
Pyramid Systems				
Super Setting				
Forced Repetitions				



WORKSHEET 2b: RESISTANCE - FREE WEIGHTS

Training System	Example exercises	Time Under Tension	Sets / reps % 1RM & rest periods	Teaching points
Giant Sets				
Pre or post exhaust				



WORKSHEET 2c: RESISTANCE - FREE WEIGHTS cont.

Training System	Example exercises	Time Under Tension	Sets / reps % 1RM & rest periods	Teaching points
Tri Sets				
Negative / Eccentric training				



WORKSHEET 2d: RESISTANCE - FREE WEIGHTS cont.

Training System	Equipment	Time	Sets / reps	Teaching points
Multiple sets				
Circuit				
Matrix				
Drop sets				



WORKSHEET 4: PT TRAINING SYSTEMS OBSERVED ASSESSMENT

PT Mentor to observe learner demonstration & explanation on each T-system element. Key: Competent mark a tick () Not competent mark a cross (x) Competent with a comment mark a bullet point (•) Question mark a (Q), please note feedback and answers to questions on page provided.

Delivering the training session: The learner has:	CV 1	TS 1	TS 2	Core
1. Demonstrated correct technique and safe use of equipment and exercises				
2. Given clear / accurate explanations of each exercise to the client				
3. Selected safe and effective exercises				
4. Adapted the exercise appropriately for the client when necessary				
5. Given appropriate alternatives to the client when necessary				
6. Used / reinforced key instruction points to improve client's performance and encourage independence				
7. Used appropriate teaching position to enable observation / correction of client				
8. Selected the correct speed for exercises				
Please name each Training system observed				
Please initial when each piece of equipment has been observed (PT Mentor)				
Result: Tick as appropriate and date:	COMPETENT		NOT COMPETENT	



WORKSHEET 4: PT MENTOR FEEDBACK AND QUESTIONS – OBSERVED SESSION

Performance criteria	Questions / Feedback