



Activity worksheets; Exercise Log, & Practice:

Learner / PT Mentor guidance

The worksheets included in this pack should be printed to allow the learner to record the exercises and equipment used.

Pages 2-11 to be completed by the learner after observing the PT Mentor demonstration for each element

Pages 12 & 13 to be completed by the PT Mentor once learner has completed pages 2-11

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



WORKSHEET 1: CARDIOVASCULAR MACHINE EXERCISES

Equipment	Main muscles used	Teaching points	Advantages / disadvantages
Upright cycle			
Recumbent cycle			
Treadmill			
Stepper			
Rowing machine			
Elliptical trainer			
Cross trainer			



WORKSHEET 2a: RESISTANCE MACHINE EXERCISES

Exercise	Muscles used	Teaching points	Advantages / disadvantages
Seated chest press (neutral grip)			
Seated row (low pulley) Seated row (neutral grip)			
Shoulder press			
Lat pull-down (in front of chest)			
Seated chest press (BB grip) Push ups			



WORKSHEET 2b: RESISTANCE MACHINE EXERCISES

Exercise	Muscles used	Teaching points	Advantages / disadvantages
Seated row (BB grip)			
Triceps push-down (high pulley) Triceps press			
Bicep curl (low pulley) Seated bicep curl			
Total hip			
Seated adductor			
Seated abductor			
Seated knee extension			



WORKSHEET 2c: RESISTANCE MACHINE EXERCISES

Exercise	Muscles used	Teaching points	Advantages / disadvantages
Lying thigh curl			
Seated thigh curl			
Leg press			
Ab machine			
Lower back machine			
Other (specify)			
Other (specify)			



WORKSHEET 3a: FREE WEIGHT EXERCISES AND SPOTTING

Exercise	Muscles used	Teaching points	Advantages / disadvantages
Supine triceps press (BB) with spotting			
Bent arm pullover (DB) with spotting			
Bench press with spotting			
Flyes (DB) with spotting			
Lower back machine			
Other (specify)			
Other (specify)			
Other (specify)			



WORKSHEET 3b: FREE WEIGHT EXERCISES

Exercise	Muscles used	Teaching points	Advantages / disadvantages
Prone flye (DB)			
Single arm tricep press (DB)			
Bicep curl (BB) (DB)			
Lunge (BB, DB optional)			
Dead lift (BB) (DB)			
Squat (DB) (BB)			



WORKSHEET 3c: FREE WEIGHT EXERCISES

Exercise	Muscles used	Teaching points	Advantages / disadvantages
Front raise (DB)			
Single arm row (DB)			
Shoulder press (DB)			
Lateral raise (DB)			
Upright row (BB)			
Prone flye (DB)			



WORKSHEET 3c: FREE WEIGHT EXERCISES

Exercise	Muscles used	Teaching points	Advantages / disadvantages
Front raise (DB)			
Single arm row (DB)			
Shoulder press (DB)			
Lateral raise (DB)			
Upright row (BB)			
Prone flye (DB)			



WORKSHEET 4: BODY WEIGHT RESISTANCE EXERCISES

Exercise	Muscles used	Teaching points	Advantages / disadvantages
Abdominal curl			
Back raise			
Assisted pull-up Chin			
Press-up			
Lunge			
Squat			
Other (specify)			
Other (specify)			



WORKSHEET 5: STRETCHING EXERCISES

Exercise	Position / Method	Teaching points	Advantages / disadvantages
Hamstrings			
Quadriceps			
Adductor			
Pectorals			
Triceps			
Gastrocnemius and soleus			
Erector spinae			
Other (specify)			
Other (specify)			
Other (specify)			



WORKSHEET 6: GYM INSTRUCTOR OBSERVED ASSESSMENT

PT Mentor to observe learner demonstration & explanation on each gym based 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 exercise session: The learner has:	CV	RM	Free weight	Body weight
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 piece of equipment / exercise observed				
Please initial when each piece of equipment has been observed (PT Mentor)				
Result: Tick as appropriate and date:	COMPETENT		NOT COMPETENT	



WORKSHEET 6: PT MENTOR FEEDBACK AND QUESTIONS – OBSERVED SESSION

Performance criteria	Questions / Feedback

Planning gym-based exercise

Unit accreditation number: F/600/9018

Instructing gym-based exercise

Unit accreditation number: A/600/9020

Table 1 - Lift list

Joint/ movement	Resistance machine	Free weight	Body weight
Shoulder flexion	Seated chest press (neutral grip)	Front raise (DB)	
Shoulder extension	Seated row (low pulley) Seated row (neutral grip)	Single arm row Bent arm pullover (DB)	
Shoulder abduction	Shoulder press	Shoulder press (DB) Lateral raise (DB) Upright row (BB)	
Shoulder adduction	Lat pull down (in front of chest) Assisted pull up		Chins
Shoulder horizontal flexion	Bench press Seated chest press (BB grip) Pec dec	Bench press Flyes (DB)	Press up
Shoulder horizontal extension	Seated row (BB grip)	Prone flye (DB)	
Elbow extension	Triceps pushdown (high pulley) Tricep press	Supine Triceps press (BB) Single arm Triceps press (DB)	Press up
Elbow flexion	Biceps curl (low pulley) Seated bicep curl	Biceps curl (BB DB)	
Hip extension	Leg press Total hip	Lunge (BB, DB optional) Dead lift (BB DB)	Lunge
Hip adduction	Seated adductor Total hip		
Hip abduction	Seated abductor Total hip		
Knee extension	Seated knee extension Leg press	Lunge Dead lift (BB DB) Squat (DB BB)	Lunge Squat
Knee flexion	Lying thigh curl Seated thigh curl		
Trunk flexion	Abdominal machine		Abdominal curl
Spinal extension	Lower back machine	Dead lift (BB DB)	Back raise

Muscular fitness



Frequency	Two-three days a week for each major muscle group. Non-consecutive days. 48 hours rest between sessions for any specific muscle group.
Intensity	Resistance <ul style="list-style-type: none">• 40-50% of 1RM for older adults or sedentary adults.• 60-70% of 1RM for beginners.• > 80% of 1RM for experienced. Repetitions <ul style="list-style-type: none">• 8-12 repetitions.• 10-15 repetitions for beginners.• 15-20 repetitions for endurance. Sets <ul style="list-style-type: none">• Single sets effective for beginners or older adults.• 2-4 sets for adults.• < 2 sets is effective for endurance. Rest <ul style="list-style-type: none">• Intervals or 2-3 minutes between sets.
Time	<ul style="list-style-type: none">• No specific time recommended.

Muscular fitness programming



Three primary types of muscular fitness training

- Muscular endurance
- Muscular hypertrophy
- Muscular strength

To achieve each set objective the programme planning and exercise prescription will be different



Training goal	Strength	Hypertrophy	Endurance
Intensity	High	Moderate	Low
Load as % of 1 RM	>85% of 1 RM	67-85% of 1 RM	<67% of 1 RM
Repetitions	1-5 repetitions per set	6-12 repetitions per set	12+ repetitions per set
Recovery time between sets	3-5 minutes' rest between sets	1-2 minutes' rest between sets	30-60 seconds' rest between sets
Sets per exercise	2-6 sets per exercise	3-6 sets per exercise	2-3 sets per exercise
Frequency per muscle group	1-2 per week per muscle group	1-2 per week per muscle group	2-3 per week per muscle group

Baechle and Earle, 2000

Basic programming rules



The exercises selected and the order in which these exercises are performed can profoundly influence the effectiveness of a workout

Key resistance training programme design rules include:

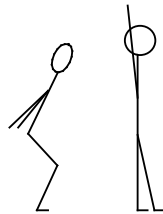
- Promote muscular balance
- Train large muscle groups earlier
- Complex / high skill exercises earlier
- Synergists and fixators later



Warm up stretches (diagram and time to be held):

Squat to overhead arm swing – 8-10 reps

*Posterior lunge with overhead reach – 8-10 reps
(be sure to include a diagram)*



*Standing dynamic pectoral stretch – 8-10 reps
(be sure to include a diagram)*

Cool down stretches in addition to above (diagram and time to be held):

Static lying hamstring stretch (developmental)

Take stretch to point of bind, hold for 10-15s until the tension within the muscle has reduced. Relax and increase range of motion of the stretch until tension is felt again. Again hold for 10-15s until tension has released. Repeat the previous steps before returning to the start position



How could the exercises / physical activities in this session be adapted if the client was not able to participate as planned

Additional comments and progress review (changes to short, medium or, long-term goals) notes:

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Instructional acronym



- N** • Name the exercise, purpose and muscles used.
- A** • Adjust equipment to suit client.
- S** • Silent demonstration with perfect form.
- T** • Teaching points to reinforce observation.
- Y** • Your client's turn.

How do we train cardiovascular fitness?



Frequency	Three to five days a week.
Intensity	Moderate to vigorous intensity. <ul style="list-style-type: none">•Moderate: 50-65% of MHR or 5 - 6 RPE.•Vigorous: 65-90% of MHR or 7 - 9 RPE.
Time	20-30 minutes or up 60 minutes of continuous or intermittent activity. <ul style="list-style-type: none">•Moderate intensity: 30 minutes, which can be accumulated•Vigorous intensity: 20 minutes sustained.
Considerations	Untrained or deconditioned individuals will need to work towards these recommendations

RPE Scale

Rate of Perceived Exertion

10

Max Effort Activity

Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time.

9

Very Hard Activity

Very difficult to maintain exercise intensity. Can barely breath and speak only a few words

7-8

Vigorous Activity

Borderline uncomfortable. Short of breath, can speak a sentence.

4-6

Moderate Activity

Breathing heavily, can hold short conversation. Still somewhat comfortable, but becoming noticeably more challenging.

2-3

Light Activity

Feels like you can maintain for hours. Easy to breathe and carry a conversation

1

Very Light Activity

Hardly any exertion, but more than sleeping, watching TV, etc