



**PLAN, TEACH AND  
EVALUATE A GYM BASED  
EXERCISE SESSION**

***[Activity Session  
Template]***

Title Plan, Teach and Evaluate a Gym Based Exercise Session

Assessment Session Plan of Proposed Gym Induction

Assessment Number 1

Candidate Number \_\_\_\_\_

Class: \_\_\_\_\_

Date: \_\_\_\_\_

**Outcome Objective: Plan a gym based session for a specified client group.**

Knowledge & Skills	Assessors Comments:
(a). Relevant information gathering	
(b). Gym based exercise session objective setting	
(c) Gym based exercise session planning	
(d) Gym based exercise session risk assessment	

For Official Use			
Assessment Outcome (Please Circle)	Pass	Remediation	Fail
Staff Signature	IV Signature		

## Assessment Instructions for Outcome 1

This assessment involves the planning of an introductory exercise session for a client.

This person should be a 'real' client and not a member of your class group.

You should carry out the following tasks in order to plan the session:

1. Carry out an in-depth screening consultation with your client. This should utilise a questionnaire enabling you to identify client goals, exercise preferences, exercise history, any barriers which the client may encounter.
2. Analyse the results of the screening process, and identify exercises which will help you to meet the client's identified goals. A rationale should be provided for exercise selection, and should include cardiovascular, resistance, and flexibility exercises.
3. You should identify and provide a rationale for warm up and cool-down, and identify which machines should be used for each.
4. Exercises must include:
  - a minimum of five of the following types of cardiovascular equipment — upright cycle; recumbent cycle; treadmill; stepper; rowing machine; cross trainer, elliptical trainer
  - resistance training utilising a minimum of nine free and nine fixed weight exercise
  - a dead lift, at least two barbell exercises, and at least two dumbbell exercises
  - a minimum of four dynamic warm up exercises, one PNF stretch, and four static cool-down stretches. Rationale for selection should be given.

This information should be professionally presented in the form of a portfolio including:

- a copy of the completed screening questionnaire
- your analysis and rationale for exercise selection which explains why your chosen exercises will enable the client to meet their identified goals
- reasons for and selection of exercises for warm up and cool-down
- an exercise bank explaining how exercises should be safely performed, key muscles used, and joint actions involved in each (see 4 above)

## Outcome 1

Gather the following information from your client prior to the practical assessment and complete the boxes below.

Specified client group:	
Fitness level:	
Client name:	
Date of birth:	
Contact number (s):	
Occupation:	
Address:	
Emergency contact details:	

Ensure that the clients' objectives are clearly stated in the box below.

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Detail the emergency procedures that you must adhere too within the facility in the box below.

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Provide **two** potential reasons for the client to be temporarily deferred from exercise.

Example 1

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Example 2

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**Warm up / Cardiovascular Machine 1:** \_\_\_\_\_

Programme (Time/ Intensity, method of monitoring intensity and %HR )	Teaching Points (Minimum of 5)	Progression/Adaptations (Minimum of one progression and one adaptation)
Diagram		
Main muscles worked	Joint Action	

**Mobility / Dynamic stretch**

Name the exercises, rationale for selection and time the stretch should be held	Exercise Diagram and muscles worked	Teaching Points	Progression/ Adaptations (Minimum of one progression and one adaptation)
1			
2			

## Mobility / Dynamic stretch

Name the exercises, rationale for selection and time the stretch should be held	Exercise Diagram and muscles worked	Teaching Points	Progression/ Adaptations (Minimum of one progression and one adaptation)
3			
4			



## PNF Stretch

Name the exercises, rationale for selection and time the stretch should be held	Exercise Diagram and muscles worked	Teaching Points	Progression/ Adaptations (Minimum of one progression and one adaptation)
5			

**Cardiovascular Machine 2 : \_\_\_\_\_**

Programme (Time/ Intensity, method of monitoring intensity and %HR )	Teaching Points (Minimum of 5)	Progression/Adaptations (Minimum of one progression and one adaptation)
Diagram		
Main muscles worked	Joint Action	

**Cardiovascular Machine 3:** \_\_\_\_\_

Programme (Time/ Intensity, method of monitoring intensity and %HR )	Teaching Points (Minimum of 5)	Progression/Adaptations (Minimum of one progression and one adaptation)
Diagram		
Main muscles worked	Joint Action	

**Cardiovascular Machine 4:** \_\_\_\_\_

Programme (Time/ Intensity, method of monitoring intensity and %HR )	Teaching Points (Minimum of 5)	Progression/Adaptations (Minimum of one progression and one adaptation)
Diagram		
Main muscles worked	Joint Action	

**Fixed weight machine 1:** \_\_\_\_\_

Programme (Time/ Intensity, method of monitoring intensity and %HR )	Teaching Points (Minimum of 5)	Progression/Adaptations (Minimum of one progression and one adaptation)
Diagram		
Main muscles worked	Joint Action	

**Fixed weight machine 2:** \_\_\_\_\_

Programme (Time/ Intensity, method of monitoring intensity and %HR )	Teaching Points (Minimum of 5)	Progression/Adaptations (Minimum of one progression and one adaptation)
Diagram		
Main muscles worked	Joint Action	

**Fixed weight machine 3:** \_\_\_\_\_

Programme (Time/ Intensity, method of monitoring intensity and %HR )	Teaching Points (Minimum of 5)	Progression/Adaptations (Minimum of one progression and one adaptation)
Diagram		
Main muscles worked	Joint Action	

**Fixed weight machine 4:** \_\_\_\_\_

Programme (Time/ Intensity, method of monitoring intensity and %HR )	Teaching Points (Minimum of 5)	Progression/Adaptations (Minimum of one progression and one adaptation)
Diagram		
Main muscles worked	Joint Action	



**Fixed weight machine 5:** \_\_\_\_\_

Programme (Time/ Intensity, method of monitoring intensity and %HR )	Teaching Points (Minimum of 5)	Progression/Adaptations (Minimum of one progression and one adaptation)
Diagram		
Main muscles worked	Joint Action	

**Fixed weight machine 6:** \_\_\_\_\_

Programme (Time/ Intensity, method of monitoring intensity and %HR )	Teaching Points (Minimum of 5)	Progression/Adaptations (Minimum of one progression and one adaptation)
Diagram		
Main muscles worked	Joint Action	

**Fixed weight machine 7:** \_\_\_\_\_

Programme (Time/ Intensity, method of monitoring intensity and %HR )	Teaching Points (Minimum of 5)	Progression/Adaptations (Minimum of one progression and one adaptation)
Diagram		
Main muscles worked	Joint Action	

**Fixed weight machine 8:** \_\_\_\_\_

Programme (Time/ Intensity, method of monitoring intensity and %HR )	Teaching Points (Minimum of 5)	Progression/Adaptations (Minimum of one progression and one adaptation)
Diagram		
Main muscles worked	Joint Action	

**Fixed weight machine 9:** \_\_\_\_\_

Programme (Time/ Intensity, method of monitoring intensity and %HR )	Teaching Points (Minimum of 5)	Progression/Adaptations (Minimum of one progression and one adaptation)
Diagram		
Main muscles worked	Joint Action	

### Free weight exercise 1: Deadlift

Programme (Time/ Intensity, method of monitoring intensity and %HR )	Teaching Points (Minimum of 5)	Progression/Adaptations (Minimum of one progression and one adaptation)
Diagram		
Main muscles worked	Joint Action	

**Free weight exercise 2:** \_\_\_\_\_

**(Must be a barbell exercise)**

Programme (Time/ Intensity, method of monitoring intensity and %HR )	Teaching Points (Minimum of 5)	Progression/Adaptations (Minimum of one progression and one adaptation)
Diagram		
Main muscles worked	Joint Action	

**Free weight exercise 3:** \_\_\_\_\_

**(Must be a barbell exercise)**

Programme (Time/ Intensity, method of monitoring intensity and %HR )	Teaching Points (Minimum of 5)	Progression/Adaptations (Minimum of one progression and one adaptation)
Diagram		
Main muscles worked	Joint Action	



**Free weight exercise 4:** \_\_\_\_\_

**(Must be a dumbbell exercise)**

Programme (Time/ Intensity, method of monitoring intensity and %HR )	Teaching Points (Minimum of 5)	Progression/Adaptations (Minimum of one progression and one adaptation)
Diagram		
Main muscles worked	Joint Action	

**Free weight exercise 5:** \_\_\_\_\_

**(Must be a dumbbell exercise)**

Programme (Time/ Intensity, method of monitoring intensity and %HR )	Teaching Points (Minimum of 5)	Progression/Adaptations (Minimum of one progression and one adaptation)
Diagram		
Main muscles worked	Joint Action	

**Free weight exercise 6:** \_\_\_\_\_

Programme (Time/ Intensity, method of monitoring intensity and %HR )	Teaching Points (Minimum of 5)	Progression/Adaptations (Minimum of one progression and one adaptation)
Diagram		
Main muscles worked	Joint Action	

**Free weight exercise 7:** \_\_\_\_\_

Programme (Time/ Intensity, method of monitoring intensity and %HR )	Teaching Points (Minimum of 5)	Progression/Adaptations (Minimum of one progression and one adaptation)
Diagram		
Main muscles worked	Joint Action	

**Free weight exercise 8:** \_\_\_\_\_

Programme (Time/ Intensity, method of monitoring intensity and %HR )	Teaching Points (Minimum of 5)	Progression/Adaptations (Minimum of one progression and one adaptation)
Diagram		
Main muscles worked	Joint Action	

**Free weight exercise 9:** \_\_\_\_\_

Programme (Time/ Intensity, method of monitoring intensity and %HR )	Teaching Points (Minimum of 5)	Progression/Adaptations (Minimum of one progression and one adaptation)
Diagram		
Main muscles worked	Joint Action	

**Cardiovascular machine 5:** \_\_\_\_\_

Programme (Time/ Intensity, method of monitoring intensity and %HR )	Teaching Points	Progression/Adaptations
Diagram		
Muscles Group Used	Joint Action	

### Cool down / Static stretch (x4)

Name the exercises and time the stretch should be held	Exercise Diagram and muscles worked	Teaching Points	Progression/ Adaptations
1			
2			
3			
4			