

Unit 14 Instructing Physical Activity And Exercise

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Unit 14: Instructing Physical Activity and Exercise Experienced instructors will always review their sessions and obtain feedback from others. The unit will explore different methods for collecting feedback on performance, enabling learners to identify their strengths and areas for improvement.

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This assignment starts by outlining the principles of training health and safety aspects as well as a consideration which can be made for adaptations for training. It then provides an in depth training program which illustrates what needs to be done. It ends with a review and recommendations of the training program. This assignment is highly detailed.

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Unit 15: Instructing Physical Activity Unit presentation Designing a 6 week training plan Swim Warm up 800m as: 200m freestyle, 200m backstroke, 200m drill, 200m freestyle Drill 6 x 75m hand drills Main set 15 x 100 as: 100m off 1.20, 100m off 1.15, 100m off 1.10. Repeat x 5.

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