

PROGRAMME GUIDANCE *for*

NZC in Exercise Level 4 (NZQA ref 3563)



Date August 2018

Version 1.1

Overview and use of guidance

This guidance has been developed in collaboration with the Exercise industry and reflects their expectations for the design and delivery of programmes leading to the award of the NZC in Exercise Level 4 (NZQA ref 3563). Providers developing programmes leading to this qualification should consider this guidance in their programme design to ensure that students and graduates seeking employment, or already employed (paid or volunteering) in the industry, meet the expectations employers and industry.

As part of the programme approval processes, NZQA expects TEOs to contact Skills Active (as the Qualification Developer) and request comment on your proposed programme – mainly to ensure that it complies with the formal programme conditions, as outlined in the qualification. For more information on the programme consultation process, see the [Skills Active website](#).

Overview of the NZC in Exercise Level 4

This qualification will provide New Zealand with graduates who have the skills and knowledge to deliver exercise instruction for individuals within the general population. Graduates will operate within a framework of health and wellness in relation to individual, group or community needs and contribute to the cultural, social and economic wellbeing of Aotearoa New Zealand.

Graduates can adapt and deliver appropriate exercise programmes and will have knowledge of exercise training principles and concepts.

Graduates will be eligible to register with the New Zealand Register of Exercise Professionals (REPs).

Within this qualification, health and safety knowledge and skills are implicit in all activities and tasks, including, following industry codes and guidelines.

General Conditions

All learning and assessment within a programme leading to this qualification must be carried out in accordance with the following, as relevant to their role:

- relevant legislation including Health and Safety at Work Act 2015, Privacy Act 1993, and Human Rights Act 1993
- industry codes and standards
- organisational policies and procedures including Emergency Action Plans (EAPs), Standard Operating Procedures (SOPs), and the use of personal protective equipment (PPE).

Pre-requisite/Entry Conditions

It is a recommendation that learners entering this programme should have a baseline anatomy knowledge as covered in unit standard *30636 Demonstrate knowledge of the human body and its movement during exercise and stretching* or be able to demonstrate equivalent skills and knowledge prior to entry.

Programme providers may wish to set their own pre-requisites/entry conditions based on the learning and assessment requirements of their programmes.

Award Requirements

Graduates must be able to demonstrate that they have met all of the Graduate Profile Outcome requirements specified within the qualification.

Theory and Practical Requirements

This qualification recommends that the candidate is assessed on planning, designing and delivering programmes for six different exercise participants within realistic industry/community settings to practice and demonstrate competence. The exercise participants must be from at least four different demographics from: male – over 45 years old, male – under 45 years old, female – over 55 years old, female –under 55 years old, pre-screen outcome of moderate risk, or pre-screen outcome of low risk

Industry expectation is that graduates of this qualification will complete a range of 40-60% of this qualification within a practical setting.

Recommended industry publications/standards/websites

There are a number of useful and recommended industry publications and resources which should be referred to and utilised within a programme. These include but are not limited to:

- *Exercise Association of New Zealand website, including the Health and Safety Guide for Exercise Professionals* - www.exercisenz.org.nz
- *NZ Register of Exercise Professionals (REPS) website, including The New Zealand Pre-screening Guide and the Code of Ethical Practice* – – www.reps.org.nz
- *ACC Sport Smart website* – www.accsportsmart.co.nz
- *Standard Exercise Schedule A* – www.skillsactive.org.nz
- *American College of Sports medicine (ACSM)* – www.acsm.org
- *Personal Trainers Council of New Zealand* – www.ptcouncil.co.nz
- *FitSafe* – www.fitsafe.co.nz

Skills and Knowledge to be covered per Graduate Profile Outcome

This section of the specifications provides more information on the skills, knowledge and behaviours that should be covered per graduate profile outcome. It also provides a reference to an appropriate unit standard that could be used to assess the outcome if developing a standards based programme.

Graduate Profile Outcome	Skills, knowledge and behaviours to be covered	Possible unit standards
Core		
<p>Deliver safe and effective exercise programmes, including pre-screening, within own scope of practice and industry code of ethics.</p> <p>Credits 5</p>	<p>Principles of exercise</p> <ul style="list-style-type: none"> • What are the principles • How they relate to programmes • Components of fitness (e.g. strength, cardio) • FITT principle <p>Testing</p> <ul style="list-style-type: none"> • Identify which tests for which variable, its risks and the rationale for choosing the test for the client • How to interact with participants during testing – privacy, confidential, space, awareness • Explain how you can improve testing – variables, reliability, validity • Pre-screen, personal details, medical history, disease status, health status, lifestyle habits, exercise habits, exercise intentions, goals, exercise preferences, exercise contraindications, medical clearance • Fitness testing, normative data and recording data • Reasons for stopping testing • Initial baseline test and re-testing <p>Warm up and cool down</p> <ul style="list-style-type: none"> • Different types of stretching • Role of stretching for warm up/prepare for training type • Role of stretching for cool down/recover for training type <p>Programme delivery</p> <ul style="list-style-type: none"> • Plan, design and deliver programmes for 6 clients from differing demographics • Appropriate physical contact, privacy and confidentiality • Professional standards, responsibilities and codes of ethical practice • Disclosing conflicts of interest 	<ul style="list-style-type: none"> - 30635 Pre-screen, design, deliver and adapt exercise programmes <i>Level 4 Credits 15</i> - 30448 Work professionally and safely as an exercise instructor to promote health and wellbeing within an exercise facility <i>Level 3 Credits 8</i>
<p>Apply knowledge of anatomy and physiology to adapt and deliver safe and effective exercise programmes to individuals.</p> <p>Credits 15</p>	<p>Structure of skeletal muscle</p> <ul style="list-style-type: none"> • overview of the structure • muscle fibres • fixator, synergist, agonist antagonist • tendons and ligaments <p>Functions of skeletal muscle</p> <ul style="list-style-type: none"> • muscle action (steps) e.g. eccentric, concentric, isometric • force regulation (golgi body) • relationship between force, velocity and power in movement • basic physics • roles of muscles during a movement 	<ul style="list-style-type: none"> - 30634 Demonstrate knowledge of human anatomy, physiology and health risk factors <i>Level 4 Credits 13</i> - 30635 Pre-screen, design, deliver and adapt exercise programmes

	<p>Energy systems and their functions</p> <ul style="list-style-type: none"> • lactic • aerobic • anaerobic <p>Anatomy of the lungs, trachea, bronchi</p> <ul style="list-style-type: none"> • mechanics • transportation of gasses. <p>Anatomy of the heart, blood flow, arteries, veins, blood pressure</p> <ul style="list-style-type: none"> • mechanics • cardiac output and blood pressure <p>Anatomy nervous system, central nervous system and peripheral nervous system</p> <ul style="list-style-type: none"> • mechanics • sensory pathways <ul style="list-style-type: none"> • The function of fascia • The function of the lymphatic system and the effect muscles have on it • Physiological responses to exercise 	<p><i>Level 4 Credits 15</i></p> <ul style="list-style-type: none"> - <i>30448 Work professionally and safely as an exercise instructor to promote health and wellbeing within an exercise facility</i> <p><i>Level 3 Credits 8</i></p>
<p>Adapt programmes for apparently healthy people and common at risk groups using exercise science and testing.</p> <p>Credits 10</p>	<ul style="list-style-type: none"> • Apply industry recognised pre-screen tools such as the REPs NZ industry endorsed evidenced based pre-screen form and guide or equivalent including medical history, disease status, health status, lifestyle habits, exercise habits, exercise history, exercise intentions, goals, exercise contraindications, medical clearance. • Review and update exercise plans or programmes and apply relevant progression, regression and modification parameters for apparently health people and common at risk groups that could include obesity, arthritis, diabetes, pregnancy or age specific individuals, groups or communities. • Assess risk for exercise and special precautions for exercise programmes. Including adapting exercise intensity and duration, and absolute contra-indications to exercise. • Programme design –safe warm ups, positive and negative acute exercise responses to workouts, adjustments according to client tolerance and limitations, monitoring safety, comparison of the design and implementation against programme outcomes. 	<ul style="list-style-type: none"> - <i>30634 Demonstrate knowledge of human anatomy, physiology and health risk factors</i> <p><i>Level 4 Credits 13</i></p> <ul style="list-style-type: none"> - <i>30635 Pre-screen, design, deliver and adapt exercise programmes</i> <p><i>Level 4 Credits 15</i></p>
<p>Apply motivational and communication techniques to enhance individual participant commitment to a personalised exercise programme.</p> <p>Credits 10</p>	<ul style="list-style-type: none"> • Exercise adherence strategies to support and optimise client performance. • Monitoring progress and applying intervention strategies • Stages of behaviour change • Knowledge, skills, desires needed for behaviour change • What exercise professionals can do to enhance or promote behaviour change • Exercise professionals role in motivation – how can you improve motivation for your client 	<ul style="list-style-type: none"> - <i>30637 Apply motivational techniques to enhance exercise participant commitment to individual exercise programmes</i> <p><i>Level 4 Credits 5</i></p> <ul style="list-style-type: none"> - <i>30635 Pre-screen, design, deliver and adapt exercise programmes</i>

		<i>Level 4 Credits 15</i>
<p>Apply a health and wellness framework and evidence based nutrition principles to support a personalised exercise programme and recommend referral pathways to allied health professionals.</p> <p>Credits 10</p>	<ul style="list-style-type: none"> • Advantages and disadvantages of common dietary philosophies. • Understand evidence based nutrition principles in relation to client goals and outcomes. • Techniques for gathering nutritional information and summarising data. • Nutritional referral pathways to allied health professionals including understanding their scope of practice. • When to refer on to other allied health professionals • Support your client to implement health and wellness strategies • Holistic person-centred approach according to health and wellness framework 	<p>- <i>30638 Demonstrate knowledge of how nutrition, health and wellness frameworks and allied health can promote health outcomes</i></p> <p><i>Level 4 Credits 7</i></p> <p>- <i>30639 Provide support to exercise participants on nutrition, health and wellness, and allied health to promote health outcomes</i></p> <p><i>Level 4 Credits 5</i></p>
<p>Use marketing and business tools and techniques to support business practices as an exercise professional.</p> <p>Credits 10</p>	<ul style="list-style-type: none"> • Business planning, budgeting and tax • Target markets • Marketing strategies • Communication and interpersonal skills • Strengths, weaknesses, self-analysis, opportunities, obstacles, expectations • Work plan for a work week • Attributes of a personal trainer • Business processes – fees schedule, promotion, bookings, REPs registration, duty of care, policies, cancellations, insurance, conversion rates and concessions • Advantage and disadvantage of different employment arrangements • Relevant health and safety legislation and responsibilities • Legislation – Privacy Act, Health and Safety Act, Fair Trading Act, Consumers Guarantee Act 	<p>- <i>30640 Develop marketing and business tools and procedures to support business practices as an exercise professional</i></p> <p><i>Level 4 Credits 8</i></p> <p>- <i>30448 Work professionally and safely as an exercise instructor to promote health and wellbeing within an exercise facility</i></p> <p><i>Level 3 Credits 8</i></p>

Assessment conditions and evidence

Within this qualification, health and safety knowledge and skills are implicit in all activities and tasks, including, following industry codes and guidelines.

Assessor Requirements

Programmes that have been developed using Skills Active unit standards must meet the approved Assessor Specific Requirements (ASRs) which have been developed and approved by industry. Programmes developed without unit standards are highly recommended to meet the below

requirements as they have been developed by industry to reflect the expectation of those teaching and/or assessing learners.

The approved Assessor Specific Requirements (ASRs) can be found on the Skills Active website [here](#).

Further information

This section provides even further detail about what should be covered in a programme:

STANDARD EXERCISE SCHEDULE A

This schedule is included as reference material in specified unit standards for the Exercise Industry. The schedule is intended to reflect desirable entry level exercise knowledge for work in the New Zealand Exercise Industry. The schedule covers a wide range of exercises and exercise descriptions but is not an exhaustive list and it is not intended to exclude those exercises or variations not listed. The exercise and equipment options should be used for guidance rather than a requirement. Exercises can be covered using free weights, body weight, pin loaded equipment, or any other form of equipment which adequately covers the exercises. The Standards Exercise Schedule A is available on the Skills Active Aotearoa website www.skillsactive.org.nz.

This Schedule contains

Section 1: Resistance Training Exercises

- Intended for all exercise instruction where resistance using free weights, machines and bands are used. Common free weights include barbells, dumbbells, kettlebells and plates.

Section 2: Bodyweight Exercises

- The section contains bodyweight exercises which do not use equipment to provide extra resistance.

Glossary:

- Definitions for muscle groups used in Section 1 & 2.

SECTION 1 - RESISTANCE TRAINING EXERCISES

Area of Body Targeted	Exercise Name	Major Muscles Targeted (Entry Level Knowledge)	Body Position	Variations Suggested	Equipment Options
Trunk and Legs	<ul style="list-style-type: none"> Lunge 	<ul style="list-style-type: none"> Quadriceps Group Gluteal Group Erector Spinae Abdominals 	<ul style="list-style-type: none"> Standing 		<ul style="list-style-type: none"> Bodyweight Free weights Medicine ball
	<ul style="list-style-type: none"> Squat 	<ul style="list-style-type: none"> Quadriceps Group Gluteal Group Hamstring Group Sartorius Popliteus Abdominal Group 	<ul style="list-style-type: none"> Standing 	<ul style="list-style-type: none"> Wide squat Narrow squat Partial squat 	<ul style="list-style-type: none"> Bodyweight Swiss ball (behind back, against wall) Free weights Machine, eg. Hack Squat, Smith Machine
Legs	<ul style="list-style-type: none"> Calf Raise (Heel Raise) 	<ul style="list-style-type: none"> Calf Muscles 	<ul style="list-style-type: none"> Standing Sitting 	<ul style="list-style-type: none"> Single leg 	<ul style="list-style-type: none"> Bodyweight Free weights Machine
	<ul style="list-style-type: none"> Hip Abduction (Side Leg Raise) 	<ul style="list-style-type: none"> Abductor Group 	<ul style="list-style-type: none"> Standing Side lying 		<ul style="list-style-type: none"> Band Machine Leg weights
	<ul style="list-style-type: none"> Hip Adduction 	<ul style="list-style-type: none"> Adductor Group 	<ul style="list-style-type: none"> Standing Side lying 		<ul style="list-style-type: none"> Band Machine Leg weights
	<ul style="list-style-type: none"> Hip Extension (Rear Leg Raise) 	<ul style="list-style-type: none"> Hamstring Group 	<ul style="list-style-type: none"> Standing Prone Lying Kneeling 		<ul style="list-style-type: none"> Band Machine Leg weights Swiss ball

Area of Body Targeted	Exercise Name	Major Muscles Targeted (Entry Level Knowledge)	Body Position	Variations Suggested	Equipment Options
Legs	<ul style="list-style-type: none"> Leg Curl (Hamstring Curl) 	<ul style="list-style-type: none"> Hamstring Group 	<ul style="list-style-type: none"> Standing Sitting Prone lying Supine lying with Swiss ball 	<ul style="list-style-type: none"> Single leg 	<ul style="list-style-type: none"> Band Machine Leg weights Swiss ball
	<ul style="list-style-type: none"> Leg Extension. 	<ul style="list-style-type: none"> Quadriceps Group 	<ul style="list-style-type: none"> Sitting 	<ul style="list-style-type: none"> Single on machine 	<ul style="list-style-type: none"> Band Machine Leg weights
	<ul style="list-style-type: none"> Leg Press 	<ul style="list-style-type: none"> Quadriceps Group Hip Flexors Gluteal group 	<ul style="list-style-type: none"> Standing Sitting Supine lying 	<ul style="list-style-type: none"> Feet straight Single leg on machine 	<ul style="list-style-type: none"> Machine
Trunk	<ul style="list-style-type: none"> Abdominal Curls (Crunches) 	<ul style="list-style-type: none"> Rectus abdominus 	<ul style="list-style-type: none"> Sitting Supine lying Swiss ball 	<ul style="list-style-type: none"> Arms straight (hands to thighs) Arms folded to chest Arms above shoulders (straight or hands touching side of head) Lying supine on Swiss ball Legs on Swiss ball 	<ul style="list-style-type: none"> Decline board Machine Swiss ball
	<ul style="list-style-type: none"> Back Extension 	<ul style="list-style-type: none"> Erector Spinae Group 	<ul style="list-style-type: none"> Prone lying on floor Prone lying on Swiss ball 	<ul style="list-style-type: none"> Arms held at sides Hands touching sides of head Forearms resting on floor Alternate arm and leg raise 	<ul style="list-style-type: none"> Bench Machine Swiss ball

Area of Body Targeted	Exercise Name	Major Muscles Targeted (Entry Level Knowledge)	Body Position	Variations Suggested	Equipment Options
Trunk	<ul style="list-style-type: none"> Oblique Abdominal Curl 	<ul style="list-style-type: none"> Oblique Abdominal Group (internal & external) 	<ul style="list-style-type: none"> Supine lying Side lying 	<ul style="list-style-type: none"> Arms at sides or reaching towards opposite knee Arms/hands at sides of head Twist legs and hips 	<ul style="list-style-type: none"> Decline board Swiss ball
	<ul style="list-style-type: none"> Reverse Abdominal Curls (Pelvic Tilt/Hip Lifts) 	<ul style="list-style-type: none"> Rectus Abdominus Transversus Abdominus 	<ul style="list-style-type: none"> Supine lying On arm support (knee raises on equipment) On Swiss ball 	<ul style="list-style-type: none"> Arms held at sides 	<ul style="list-style-type: none"> Incline board Swiss ball
Upper Body	<ul style="list-style-type: none"> Bench Press 	<ul style="list-style-type: none"> Pectoral group Anterior deltoid Triceps Serratus anterior 	<ul style="list-style-type: none"> Supine lying Sitting 	<ul style="list-style-type: none"> Incline Decline Flat Narrow grip Wide grip 	<ul style="list-style-type: none"> Free weights Band Machine On Swiss ball
• Presses	<ul style="list-style-type: none"> Push-Ups (Press-ups) 	<ul style="list-style-type: none"> Serratus anterior Triceps Deltoid group Pectoral major 	<ul style="list-style-type: none"> Prone lying (either full or half press-ups) 	<ul style="list-style-type: none"> Incline Decline Narrow grip Wide grip 	<ul style="list-style-type: none"> Body weight Swiss ball
	<ul style="list-style-type: none"> Overhead Press (Shoulder Press) 	<ul style="list-style-type: none"> Deltoid group Triceps Trapezius 	<ul style="list-style-type: none"> Standing Sitting on bench, Swiss ball, machine 	<ul style="list-style-type: none"> From chest (military press) 	<ul style="list-style-type: none"> Free weight Machine

Area of Body Targeted	Exercise Name	Major Muscles Targeted (Entry Level Knowledge)	Body Position	Variations Suggested	Equipment Options
Upper Body • Rows or Pulls	▪ Dips	<ul style="list-style-type: none"> ▪ Triceps ▪ Deltoid group 	<ul style="list-style-type: none"> ▪ Suspended ▪ Feet/Arm supported 		<ul style="list-style-type: none"> ▪ Body weight ▪ Machine ▪ Free weight
	▪ Single Arm Bench Row	<ul style="list-style-type: none"> ▪ Biceps ▪ Latissimus Dorsi ▪ Pectoralis minor 	<ul style="list-style-type: none"> ▪ Kneeling on bench with 1 arm and knee supported. 		<ul style="list-style-type: none"> ▪ Free weight ▪ Bench
	▪ Bent-over Row	<ul style="list-style-type: none"> ▪ Biceps ▪ Rear (Posterior) Deltoid ▪ Latissimus Dorsi 	<ul style="list-style-type: none"> ▪ Standing bent over ▪ Standing bent over with unilateral support (Dumbbell only) 		<ul style="list-style-type: none"> ▪ Free weight ▪ Band ▪ Machine
	▪ Seated Row	<ul style="list-style-type: none"> ▪ Latissimus Dorsi ▪ Biceps ▪ Rhomboids 	<ul style="list-style-type: none"> ▪ Sitting with trunk support ▪ Sitting without trunk support 	<ul style="list-style-type: none"> ▪ Hands in neutral position ▪ Hands pronated ▪ Hands supinated ▪ Narrow grip ▪ Wide grip 	<ul style="list-style-type: none"> ▪ Machine • Band
	▪ Upright Row	<ul style="list-style-type: none"> ▪ Trapezius ▪ Deltoids 	<ul style="list-style-type: none"> ▪ Standing 	<ul style="list-style-type: none"> ▪ Narrow grip ▪ Wide grip 	<ul style="list-style-type: none"> • Free weight • Band • Machine

Area of Body Targeted	Exercise Name	Major Muscles Targeted (Entry Level Knowledge)	Body Position	Variations Suggested	Equipment Options
• Rows or pulls (cont'd)	▪ Chin Ups (Pull ups)	<ul style="list-style-type: none"> ▪ Biceps ▪ Deltoids ▪ Latissimus Dorsi ▪ Trapezius 		<ul style="list-style-type: none"> ▪ Hands supinated ▪ Hands in neutral position ▪ Hands pronated ▪ Pull to chest ▪ Narrow grip ▪ Wide grip ▪ Assisted 	<ul style="list-style-type: none"> • Machine • Bodyweight
	▪ Lat Pull Down.	<ul style="list-style-type: none"> ▪ Latissimus Dorsi ▪ Deltoids ▪ Trapezius ▪ Biceps 	<ul style="list-style-type: none"> ▪ Sitting ▪ Kneeling 	<ul style="list-style-type: none"> ▪ Hands supinated ▪ Hands in neutral position ▪ Hands pronated ▪ Pull to chest ▪ Narrow grip ▪ Wide grip 	<ul style="list-style-type: none"> • Machine • Band
• Shoulder	▪ Lateral Raise	<ul style="list-style-type: none"> ▪ Deltoids ▪ Trapezius 	<ul style="list-style-type: none"> ▪ Standing ▪ Sitting 	<ul style="list-style-type: none"> ▪ Single arm 	<ul style="list-style-type: none"> • Free weight • Band • Machine
	▪ Reverse Fly	<ul style="list-style-type: none"> ▪ Rear (posterior) Deltoids ▪ Rhomboids ▪ Trapezius 	<ul style="list-style-type: none"> ▪ Standing, bent forwards ▪ Seated, bent forwards ▪ Prone lying on bench 		<ul style="list-style-type: none"> • Free weight • Band • Machine
▪ Shoulder (cont'd)	▪ Frontal Raise	<ul style="list-style-type: none"> ▪ Frontal (anterior) Deltoids 	<ul style="list-style-type: none"> ▪ Standing ▪ Sitting 		<ul style="list-style-type: none"> ▪ Free weight ▪ Band ▪ Machine

Area of Body Targeted	Exercise Name	Major Muscles Targeted (Entry Level Knowledge)	Body Position	Variations Suggested	Equipment Options
	<ul style="list-style-type: none"> Shrugs 	<ul style="list-style-type: none"> Trapezius 	<ul style="list-style-type: none"> Standing Sitting 		<ul style="list-style-type: none"> Free weight Band Machine
<ul style="list-style-type: none"> Chest 	<ul style="list-style-type: none"> Flys (Cable Crossover) 	<ul style="list-style-type: none"> Pectoral group 	<ul style="list-style-type: none"> Standing Sitting 		<ul style="list-style-type: none"> Machine
	<ul style="list-style-type: none"> Pec Deck 	<ul style="list-style-type: none"> Pectoral group Deltoids (anterior) 	<ul style="list-style-type: none"> Sitting Standing 		<ul style="list-style-type: none"> Machine
	<ul style="list-style-type: none"> Pull-over 	<ul style="list-style-type: none"> Pectoral group Deltoid group Triceps 	<ul style="list-style-type: none"> Supine Lying 	<ul style="list-style-type: none"> Bent arm Straight arm 	<ul style="list-style-type: none"> Free weight Machine
<ul style="list-style-type: none"> Arms 	<ul style="list-style-type: none"> Bicep Curl 	<ul style="list-style-type: none"> Biceps 	<ul style="list-style-type: none"> Standing Sitting 	<ul style="list-style-type: none"> Hands supinated Hands pronated Hands in neutral position (Hammer Curls) Combination (pronated to supinated) 	<ul style="list-style-type: none"> Free weight Bench Band Machine
	<ul style="list-style-type: none"> Forearm Curl (Wrist Curls) (Wrist Extension) 	<ul style="list-style-type: none"> Wrist flexors Wrist extensors 	<ul style="list-style-type: none"> Sitting Kneeling (with forearms supported) 		<ul style="list-style-type: none"> Free weight Band
<ul style="list-style-type: none"> Arms 	<ul style="list-style-type: none"> Triceps Extension 	<ul style="list-style-type: none"> Triceps 	<ul style="list-style-type: none"> Standing Sitting Supine lying 	<ul style="list-style-type: none"> Narrow grip 	<ul style="list-style-type: none"> Free weight Band Machine

Area of Body Targeted	Exercise Name	Major Muscles Targeted (Entry Level Knowledge)	Body Position	Variations Suggested	Equipment Options
	<ul style="list-style-type: none"> ▪ Triceps Kick-back 	<ul style="list-style-type: none"> ▪ Triceps 	<ul style="list-style-type: none"> ▪ Standing bent-over ▪ Kneeling on bench with 1 arm and knee supported. 		<ul style="list-style-type: none"> ▪ Free weight ▪ Band

SECTION 2 - BODYWEIGHT EXERCISES

Area of Body Targeted	Exercise Name	Major Muscles Targeted (Entry Level Knowledge)	Body Position	Variations Suggested
• Legs	▪ Hopping	▪ Calf Muscles	▪ Standing	<ul style="list-style-type: none"> ▪ Direction: <ul style="list-style-type: none"> - forwards - backwards - laterally - astride, together ▪ Take off + landing: <ul style="list-style-type: none"> - both feet to both feet - both feet to one foot - one foot to both feet
	▪ Jumping	<ul style="list-style-type: none"> ▪ Calf Muscles ▪ Quadriceps group ▪ Gluteal group ▪ Hip Flexors 	▪ Standing	<ul style="list-style-type: none"> ▪ Direction: <ul style="list-style-type: none"> - forwards - backwards - laterally ▪ Take off + Landing <ul style="list-style-type: none"> - both feet to both feet - both feet to one foot - one foot to both feet ▪ Onto box
	▪ Running	<ul style="list-style-type: none"> ▪ Calf muscles ▪ Quadriceps group ▪ Hamstrings group ▪ Gluteal group ▪ Hip flexors 	▪ Standing	<ul style="list-style-type: none"> ▪ In water
• Legs (cont'd)	▪ Skipping	<ul style="list-style-type: none"> ▪ Calf muscles ▪ Quadriceps group ▪ Hamstrings group ▪ Gluteal group ▪ Hip flexors 	▪ Standing	<ul style="list-style-type: none"> ▪ With a rope

Area of Body Targeted	Exercise Name	Major Muscles Targeted (Entry Level Knowledge)	Body Position	Variations Suggested
	<ul style="list-style-type: none"> ▪ Kicking 	<ul style="list-style-type: none"> ▪ Calf muscles ▪ Quadriceps group ▪ Hip Flexors 	<ul style="list-style-type: none"> ▪ Standing 	<ul style="list-style-type: none"> ▪ Direction: <ul style="list-style-type: none"> - forwards - backwards - laterally ▪ Foot: <ul style="list-style-type: none"> - pointed (plantar flexed) - heel out (dorsi-flexed) ▪ Impact: <ul style="list-style-type: none"> - High impact - Low impact
	<ul style="list-style-type: none"> ▪ Raising & Lowering Legs 	<ul style="list-style-type: none"> ▪ Hip Flexion: <ul style="list-style-type: none"> - Quadriceps group - Hip flexor group ▪ Hip Extension: <ul style="list-style-type: none"> - Hamstrings group - Gluteal group ▪ Hip Adduction: <ul style="list-style-type: none"> - Adductor group ▪ Hip Abduction <ul style="list-style-type: none"> - Abductor group 	<ul style="list-style-type: none"> ▪ Standing ▪ Kneeling with arm support ▪ Prone lying ▪ Supine lying ▪ Side lying 	
<ul style="list-style-type: none"> • Trunk 	<ul style="list-style-type: none"> ▪ Trunk Extension 	<ul style="list-style-type: none"> ▪ Erector Spinae 	<ul style="list-style-type: none"> ▪ Prone lying 	<ul style="list-style-type: none"> - lift upper body - lift legs - lift opposite arm and leg
<ul style="list-style-type: none"> • Trunk (cont'd) 	<ul style="list-style-type: none"> ▪ Abdominal Curl (Crunch) 	<ul style="list-style-type: none"> ▪ Rectus Abdominus ▪ Hip flexors 	<ul style="list-style-type: none"> ▪ Sitting ▪ Supine lying ▪ Swiss ball 	<ul style="list-style-type: none"> ▪ Arms straight (hands to thighs) ▪ Arms folded to chest ▪ Arms above shoulders (straight or hands touching side of head)

Area of Body Targeted	Exercise Name	Major Muscles Targeted (Entry Level Knowledge)	Body Position	Variations Suggested
	<ul style="list-style-type: none"> ▪ Oblique Abdominal Curl 	<ul style="list-style-type: none"> ▪ Oblique Abdominal Group (internal & external) 	<ul style="list-style-type: none"> ▪ Supine lying ▪ Side lying 	<ul style="list-style-type: none"> ▪ Arms at sides or reaching towards opposite knee ▪ Arms/hands at sides of head ▪ Twist legs and hips
<ul style="list-style-type: none"> • Arms and Shoulders 	<ul style="list-style-type: none"> ▪ Push Up (Press-Ups) 	<ul style="list-style-type: none"> ▪ Serratus anterior ▪ Triceps ▪ Deltoid group ▪ Pectoral major 	<ul style="list-style-type: none"> ▪ Prone lying (either full or half press-ups) 	<ul style="list-style-type: none"> ▪ Incline ▪ Decline ▪ Narrow grip ▪ Wide grip
	<ul style="list-style-type: none"> ▪ Dips 	<ul style="list-style-type: none"> ▪ Triceps ▪ Deltoid group 	<ul style="list-style-type: none"> ▪ Feet/Arm supported 	<ul style="list-style-type: none"> ▪ Bent knee ▪ Straight leg

Glossary

Abdominal group	Rectus Abdominus, Transversus Abdominus, Internal & External Obliques
Abductor group	Gluteus medius, Gluteus minimus
Adductor group	Adductor Magnus, Adductor Brevis, Adductor Longus, Pectineus, Gracilis
Calf muscles	Gastrocnemius, Soleus
Deltoid group	Anterior Deltoid, Lateral Deltoids, Posterior Deltoid
Gluteal group	Gluteus Maximus, Gluteus Medius, Gluteus Minimus, Tensor Fasciae Latae
Hamstring group	Biceps Femoris, Semi-membranosus, Semi-tendinosus,
Hip Flexors	Iliacus, Psoas
Pectoral group	Pectoral major, Pectoral minor
Quadriceps group	Rectus femoris, Vastus Lateralis, Vastus Medialis, Vastus Intermedius
Trapezius group	Upper Trapezius, Lower Trapezius