

Planning Chart

Grade: 11

Subject: Fitness Leadership

Unit: Module 5: Components of a Fitness Class

Outcomes

Demonstrate various fitness exercises in a progressive order (FL11)

Instruction

Can take place in fitness centre using machines or in gym using free weights, exercise tubing, stability balls etc.

Assignments for Practice and Development

Title: **Research Concept Task**

Description:
Students will do basic research on specific fitness concepts that interests them and using their fitness journal entry explain the importance of these principles on their current program development.

What to Look for:
Understands the principles related to sports specific training

Title: **Poster for Fitness Centre**

Description:
Students are given the opportunity to prepare a poster (8.5 x 11) that will hang near fitness machine (ie treadmill) that will motivate clients to use the machine safely and progressively.

What to Look for:
Understands the principles related to sports specific training

Title: **1 on 1 fitness Instruction**

Description:
Students can work in pairs to instruct each other how to perform basic fitness exercises using proper technique.

What to Look for:
Demo's various fitness exercises using proper technique

Title: **Group fitness Instruction**

Description:
Students will be given the opportunity to deliver large group instruction on basic fitness exercises using proper technique

What to Look for:
Demo's various fitness exercises using proper technique

Culminating Tasks

A) Title: **Task Card for Client**

Description:
Student will be given the choice to prepare a task card specific to an area of their interest (sport, PA etc) that may be given to a client at a fitness centre they are working for.

What to Look for: (knowing & valuing)

- 1. Student will provide a detailed task card with exercises arranged in proper progression**
- 2. Can explain the importance of why progression should be followed.**

B) Title: **Peer Instruction**

Description:
Student will take turns delivering their program through peer instruction (2-3 clients). Peer (client) will provide detail feedback through peer evaluation

What to Look for: (doing)

- 1. Student will perform / demonstrate tasks as indicated on task card.**