

# 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.**