

CRITICAL THINKING THROUGH SPORTS SCIENCE



HWB - EFFECTIVE CONTRIBUTORS

UNCOVER THE SCIENCE BEHIND FITNESS, AND LEARN TO GUIDE OTHERS TO PEAK PERFORMANCE.

The main aim of this course is to develop the knowledge and practical skills required to plan, prepare for, and deliver safe and effective fitness sessions to groups.

Course content includes anatomy and physiology, fitness testing, the principles of training, healthy lifestyle choices, and practical leadership skills.

You will gain wider experience by learning how to plan and lead different types of fitness classes: bodyweight, fixed weight, free weight, cardiovascular and exercise to music.

The course provides strong DYW links to careers in sports coaching, fitness instructing, and the leisure industry.

Please note – This course is both practical and classroom based.



SKILLS FOCUS



COMMUNICATING



COLLABORATING



LEADING



CURIOSITY



CREATIVITY



CRITICAL THINKING



INITIATIVE



ADAPTING



FOCUSING



RECOGNITION OF ACHIEVEMENT



SENIOR PHASE PROGRESSION

Higher PE

L6 NPA Exercise & Fitness Leadership



LEARNING INTENTION, SUCCESS CRITERIA & CAREER OPPORTUNITIES

Learning Intentions

I will:

- build my leadership by planning and leading fitness sessions.
- improve my communication by giving clear explanations and demonstrations when leading fitness sessions.
- develop my creativity when planning personalised fitness sessions.

Success Criteria

I can:

- plan and execute a safe and appropriate fitness session for a class/client.
- communicate clearly so that participants understand how to complete exercises safely and effectively.
- apply your understanding of anatomy and physiology to create effective and personalised fitness sessions.

Career Opportunities

- Fitness Instructor
- Sports Coaching and Development
- PE Teaching

The Four Capacities

