

# iUSP177 – Planning kettlebell training sessions

URN – A/617/5683

**Guided Learning Hours: 8**

Learning outcome	Assessment criteria	Taught content to include
LO1 Understand the history and origins of kettlebell training	1.1. Describe the origins of the kettlebell	<ul style="list-style-type: none"> <li>• Origins over 2000 years ago</li> <li>• Origins in:               <ul style="list-style-type: none"> <li>- Ancient Greece – during Roman invasion</li> <li>- United States – 1960’s</li> <li>- Russia – early 1700’s</li> <li>- Western world – 1990’s</li> </ul> </li> <li>• Used as a weight measure</li> <li>• Development into a sport by Dr. Kraevsky</li> <li>• Declared an ethnic sport in 1974</li> <li>• 1948 first competition where most reps completed made champions</li> <li>• Cast iron weight</li> </ul>
	1.2. Describe the history of kettlebell training	<ul style="list-style-type: none"> <li>• History</li> <li>• Various branding</li> <li>• Styles and examples of equipment</li> <li>• Present information</li> <li>• Various competition weights of kettlebells</li> </ul>
	1.3. Describe the component parts of kettlebells	<ul style="list-style-type: none"> <li>• Metal cannon</li> <li>• Flat bottom</li> <li>• Moulded handle</li> <li>• Horns/bell</li> <li>• Various weights and sizes (6 to 40 kg)</li> <li>• Height 280mm</li> <li>• Body diameter 210mm</li> <li>• Handle diameter 35mm</li> </ul>

LO2 Understand the benefits of kettlebell training	2.1. Understand the benefits of kettlebell training	<ul style="list-style-type: none"> <li>• Agility</li> <li>• Functional strength</li> <li>• Power</li> <li>• Co-ordination and balance</li> <li>• Local muscular endurance</li> <li>• Flexibility</li> <li>• Core engagement</li> <li>• Rehabilitation</li> <li>• Versatility for different abilities of participants</li> <li>• Entire body workout</li> <li>• Progression using different weights</li> </ul>
	2.2. Explain the role of kettlebells in functional training	<ul style="list-style-type: none"> <li>• Use of multiple joints and muscles</li> <li>• The jerk</li> <li>• The snatch</li> <li>• The long cycle</li> </ul>
	2.3. Describe the physiological adaptations to kettlebell training	<ul style="list-style-type: none"> <li>• Knowledge of key body structures and pathology for correct application of kettlebells</li> <li>• Linking theory to practical application</li> <li>• Planning of classes and correct alignment strategies</li> <li>• To include improved: <ul style="list-style-type: none"> <li>- Motor skills</li> <li>- Strength</li> <li>- Power</li> <li>- Flexibility</li> <li>- Endurance</li> <li>- Stability</li> <li>- Cardiovascular performance (aerobic and anaerobic)</li> <li>- Mobility</li> <li>- Core strength</li> <li>- Sporting performance</li> </ul> </li> </ul>
LO3 Understand health and safety considerations for kettlebell training	3.1. Identify health and safety considerations when instructing kettlebell training sessions	<ul style="list-style-type: none"> <li>• Health and safety</li> <li>• Code of conduct</li> <li>• Code of ethics</li> <li>• Environment</li> <li>• Working relationships</li> </ul>

		<ul style="list-style-type: none"> <li>• Organisation's standards and procedures</li> <li>• Verbal screening</li> <li>• Contra-indications</li> <li>• Correct participant clothing/footwear</li> <li>• Correct lifting and handling techniques</li> <li>• Teaching points</li> <li>• Participant observation</li> <li>• Correct techniques</li> <li>• Correct weight choice for participants</li> <li>• Training areas</li> <li>• Warm ups/cool down</li> </ul>
	<p>3.2. Identify possible contra-indications to kettlebell training</p>	<ul style="list-style-type: none"> <li>• Any joint conditions</li> <li>• Total or restricted medical contra-indications</li> <li>• Fitness levels</li> <li>• Osteoporosis</li> <li>• High blood pressure unless medical permission has been granted</li> <li>• Heart conditions or any history of heart disease</li> <li>• Any acute fevers including influenza, glandular fever, common cold, etc.</li> <li>• Any inflammatory joint conditions including arthritis, rheumatoid arthritis, osteoarthritis</li> <li>• Any neurological disorders including strokes, multiple sclerosis unless medically supervised</li> <li>• Any undiagnosed illness</li> <li>• Any musculoskeletal problems including joint or back pain</li> <li>• Any pain and soreness in muscles caused by trauma or injury</li> <li>• Pregnancy – medical permission must be sought before continuing</li> <li>• After a heavy meal or under the influence of alcohol</li> <li>• If over-tired or exhausted</li> <li>• If under the influence of painkilling drugs</li> <li>• If there has been any difficulty with exercise in the past</li> </ul>
	<p>3.3. Describe potential risks associated with kettlebell training</p>	<ul style="list-style-type: none"> <li>• Potential risks associated with kettlebell training</li> <li>• Safety and the user</li> <li>• Safety and the equipment</li> <li>• Kettlebell training and special populations</li> <li>• Fitness levels</li> <li>• Training areas</li> </ul>

		<ul style="list-style-type: none"> <li>• Outlining the importance of the session</li> <li>• Giving practical examples of safety tips and advice</li> <li>• Providing case studies of correct and incorrect situations</li> <li>• Concentration</li> <li>• Breathing patterns</li> <li>• Dropping of kettlebells</li> <li>• Potential injuries</li> <li>• Incorrect techniques and posture</li> </ul>
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LO4 Understand how to incorporate kettlebell training into resistance sessions	4.1. Identify different types of classes/training that kettlebell exercises/lifts can be integrated into	<ul style="list-style-type: none"> <li>• Basic exercises <ul style="list-style-type: none"> <li>- Clean and jerk</li> <li>- Snatch</li> <li>- Lunge</li> <li>- Press</li> <li>- High pull</li> <li>- Side press</li> </ul> </li> <li>• Swings <ul style="list-style-type: none"> <li>- Two armed swings</li> <li>- One arm snatch</li> <li>- Around the body pass</li> <li>- Squat with two kettlebells</li> <li>- Windmill</li> <li>- Alternating kettlebell row</li> <li>- Bottoms up clean (press)</li> <li>- One arm kettlebell clean</li> </ul> </li> <li>• Variety of exercises depending on session objectives and level of participants</li> <li>• All muscle groups <ul style="list-style-type: none"> <li>- Back</li> <li>- Shoulders</li> <li>- Arms</li> <li>- Chest</li> <li>- Abdominal</li> <li>- Gluteals</li> <li>- Legs</li> </ul> </li> </ul>
	4.2. Explain the different resistance training systems that kettlebells can be used with	<ul style="list-style-type: none"> <li>• The various resistance training exercise that can be performed with a kettlebell</li> <li>• The correct techniques involved</li> </ul>

		<ul style="list-style-type: none"> <li>• Simple sets</li> <li>• Progression pyramid</li> <li>• Super setting</li> <li>• Progressive overload</li> <li>• Aerobic and anaerobic</li> </ul>
LO5 Be able to plan kettlebell training sessions	5.1. Plan aims and objectives for kettlebell training sessions	<ul style="list-style-type: none"> <li>• Preparation</li> <li>• Warm up routine</li> <li>• Pre-stretching routines</li> <li>• Assistance strength training</li> <li>• Pure strength</li> <li>• Endurance</li> <li>• Cardiovascular</li> <li>• Techniques</li> <li>• Reps</li> <li>• Timeframes</li> <li>• Associated lifts</li> <li>• Circuits</li> <li>• Cool down</li> </ul>
	5.2. Select appropriate kettlebell lifts/exercises to include in the training session	<ul style="list-style-type: none"> <li>• Variety of exercises depending on session objectives and level of participants</li> <li>• Basic exercises</li> <li>• The snatch</li> <li>• The clean</li> <li>• The rack position</li> <li>• The swing</li> <li>• The long cycle</li> <li>• The press</li> <li>• The lunge</li> <li>• Two armed swings</li> <li>• One arm snatch</li> <li>• Around the body pass</li> <li>• Squat with two kettlebells</li> <li>• Windmill</li> <li>• Alternating kettlebell row</li> <li>• Bottoms up clean (press)</li> <li>• One arm kettlebell clean</li> </ul>

		<ul style="list-style-type: none"> <li>• High press</li> <li>• Side press</li> </ul>
	5.3. Plan exercise order, timings and rest for kettlebell training sessions	<ul style="list-style-type: none"> <li>• Repetitions</li> <li>• Sets</li> <li>• Rest</li> <li>• Speed</li> <li>• Range of movements</li> <li>• Type of exercise</li> <li>• Competition kettlebell weight for men, women and juniors <ul style="list-style-type: none"> <li>- 32kg, 24kg, 16kg</li> </ul> </li> <li>• Percentage of 1RM</li> <li>• Equal load method</li> <li>• Gradual</li> <li>• Pyramid</li> <li>• Timed sets</li> </ul>
	5.4. Identify adaptations/changes to session due to equipment, facilities or the client	<ul style="list-style-type: none"> <li>• Floor space</li> <li>• Floor type</li> <li>• Kettlebell type, weight and sizes</li> <li>• Other users</li> <li>• Footwear</li> <li>• Biomechanics</li> <li>• Joint mobility</li> <li>• Adaptations</li> <li>• Progressions</li> <li>• Rest</li> <li>• Participants ability/current level of fitness/experience</li> </ul>
	5.5. Record content of kettlebell training sessions	<ul style="list-style-type: none"> <li>• Warm ups</li> <li>• Main phase</li> <li>• Cycle</li> <li>• Reps</li> <li>• Percentage of 1RM</li> <li>• Tempo</li> <li>• Cool down</li> <li>• Stretches</li> <li>• Teaching points</li> <li>• Lesson plan</li> </ul>

**Assessment**

Portfolio of evidence

Containing 3 practical performances

**Guide to taught content**

The content contained within the unit specification is not prescriptive or exhaustive but is intended to provide helpful guidance to teachers and learners with the key areas that will be covered within the unit, and, relating to the kinds of evidence that should be provided for each assessment objective specific to the unit learning outcomes.

**Document History**

<b>Version</b>	<b>Issue Date</b>	<b>Changes</b>	<b>Role</b>
v1	13/08/2019	First published	Qualifications and Regulation Co-ordinator