Scheme of work

For each VTCT (ITEC) qualification, the lecturer/centre must complete a scheme of work for each unit indicating how the Lecturer is planning to cover the unit content throughout the course. Set out the planned sessions in terms of learning outcomes to be achieved. These should match those stated within the VTCT (ITEC) unit specification. Include all units of each course offered. Hours should meet the minimum guided learning hours listed within the unit specification.

Unit title: iUSP171 - Planning a suspension training session

Total contact tuition hours proposed: 10

Lecturer(s) responsible:

Learning objectives	Lecture content	Suggested resources	Approx. hours
Introductory session	• College rules and regulations • College mission statement • VTCT (ITEC) rules and regulations • Health & safety • Timetable • Dates – holidays etc. • Syllabus • Recommended books • Uniform	• Lecture • Q&A • Using all the documents listed to ensure the students understand the college expectations and their commitment to the course	
1. Know the origins and history of suspension training			
Describe the origins and history of suspension training	• Romans • Chinese • 19th century combat units • Mountain exhibition training • Navy seals • Parachute webbing • Randy Hetrick • Functional bodyweight-based training • Systemic collection of best practices • Variables modified and formalized into a single coherent bodyweight exercise	• Whiteboard • Lecture • Q&A • Homework • Test	1

2. Understand the benefits of suspension training			
Describe the benefits of suspension training	• Functional strength • Agility • Power • Co-ordination and balance • Local muscular strength • Flexibility • Core strength	• Whiteboard • Lecture • Q&A • Homework • Test	2
Describe the physiological adaptations of suspension training	• Core stabilisation • Displacement of centre of gravity • Stability and balance • Body alignment • Flexibility • Breathing techniques • Linking theory to practical application		
List the types of equipment	• Suspension anchor • Intermediate anchor loops • Anchor carabiner • Bottom anchor loop • Main carabiner • Equaliser loop • Locking loop • Mid-length marks • Adjustment tabs • Cam buckles • Handles • Foot cradles • Main strap		
Evaluate the benefits of suspension training when compared to other exercise methods	• Peripheral heart rate training • Functional training • Core stabilisation • All round body workout • Specific muscular training • Increased benefit to stabilizer muscles • Eccentric training effects • Skill related components of fitness • Portable equipment		

	• Affordable • Adaptable to all abilities		

3. Understand health and safety considerations			
Identify health and safety considerations when instructing suspension training	• Environment • Screening (PAR-Q) • Code of conduct • Footwear and clothing • Organisations' standards and procedures • Teaching points • Mobility • Specific health and safety considerations for equipment • Manufacturers' instructions	• Whiteboard • Lecture • Q&A • Homework • Test	3
Identify possible contra-indications to suspension training	• Any joint conditions • Vertigo • Total or restricted medical contra-indications • Fitness levels • Osteoporosis • High/low blood pressure • Heart conditions • Any acute fevers including influenza • Glandular fever • Common cold etc. • Any inflammatory joint conditions including arthritis, rheumatoid arthritis, osteoarthritis • Any neurological disorders including strokes, multiple sclerosis unless medically supervised • Any undiagnosed illness • Any musculoskeletal problems including joint or back pain, any pain and soreness in muscles caused by trauma or injury • Pregnancy – medical permission must be sought before continuing • After a heavy meal or under the influence of alcohol • Any recreational or painkilling drug • If over-tired or exhausted • If there has been any difficulty with exercise in the past		
Outline the potential risks associated with suspension training	• Safety and the user • Safety and the equipment • Suspension training and special populations		

	• Fitness levels • Training areas • Outlining the importance of the session • Practical examples of safety tips and advice • Correct alignment advice, centre of gravity, pulling levers etc.		
Identify the correct body position relative to equipment and anchor points	• Different hand grip • Breathing techniques • Supine (hamstring curl) • Prone (crunch or push up) • Vertical • Incline • Decline • Horizontal • Plank position (sideways) • Standing facing towards the anchor point • Standing facing away from the anchor • Standing sideward to the anchor points		

4. Be able to plan a suspension training session			
Select suitable exercises, equipment and programme variables to meet specific objectives	• Lower body exercises - Suspension squat - Single leg squat (with hop) - Assisted lunge - Step side lunge - Step back lunge - Balance lunge (with hop) - Crossing balance lunge - Abducted balance lunge - Lunge (with hop) - Crossing lunge - Abducted lunge - Hamstring curl - Hip press - Hip abduction - Standing hip extension - Leg extension • Upper body exercises - Chest press (single leg/arm) - Incline press (leg up) - Chest fly	• Whiteboard • Lecture • Q&A • Homework • Test	4

	- Push up - Atomic push up - Oblique atomic push up - High row - Mid row - Low row (single/double arms) - Power pull - Low deltoid fly - Triceps press - Triceps kickback - Triceps extension - Bicep curl • Core exercises - Overhead back extension - Torso rotation - Standing hip drop - Overhead squat - Standing roll out - Kneeling roll out - Assisted sit up - Bent leg raise (single leg) - Supine runner - Sit up - Resisted sit up - Suspension plank (with variations) - Suspension supine plank (with variations) - Suspension crunch - Oblique crunch - Suspension pike - Suspension mountain climber - Suspension pendulum - Suspension saw - Side plank (with variations)		
Adapt the programme to meet the client's needs and fitness goal	• Repetition ranges • Varying performance time and rest time • Adaptations for beginners and progressions for the more advanced • FITT principle • Progressive overload • Adjusting straps • Introduction of competition within class		
Record the suspension training plan	• Exercises and equipment		

	• Any adaptations according to client's needs and fitness		

Document History

Version	Issue Date	Changes	Role
v1	27/09/2019	First published	Qualification Administrator