

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: iUSP170 - Instructing kettlebell training sessions

Total contact tuition hours proposed: 8

Lecturer(s) responsible:

Learning objectives	Lecture content	Suggested resources	Approx. hours
Introductory session	<ul style="list-style-type: none"> College rules and regulations College mission statement VTCT (ITEC) rules and regulations Health & safety Timetable Dates – holidays etc. Syllabus Recommended books 	<ul style="list-style-type: none"> Lecture Q&A Using all the documents listed to ensure the students understand the college expectations and their commitment to the course 	
1. Preparation for kettlebells			
Prepare self for kettlebell training sessions	<ul style="list-style-type: none"> Professional appearance Punctuality time keeping Familiarisation with equipment Presenting a positive image of yourself and your organisation Wearing appropriate attire – professional sports wear e.g. a polo shirt with clean, tidy tracksuit bottoms or shorts and trainers with socks No jewellery except a wedding band and stud earrings No body odour No bad breath No chewing of gum or sucking of sweets Hair neat, clean and tied back 	<ul style="list-style-type: none"> Whiteboard Lecture Q&A Handout Homework Test 	1

Select appropriate equipment for kettlebell training sessions	<ul style="list-style-type: none"> • Giving demonstration of the workings of the equipment • Identifying and labelling parts of the kettlebell • Clearly instructing students on how to choose the correct weight for different populations 		
Prepare the environment and equipment to meet the client's needs	<ul style="list-style-type: none"> • Floor space • Floor type • Ventilation • Temperature • Lighting • Music • Kettlebells weight and size are appropriate for clients' needs • Clean, hygienic working surroundings and equipment • Sufficient equipment to perform the task 		

2. Be able to instruct kettlebell training sessions			
Demonstrate technically correct kettlebell exercises and lifts	<ul style="list-style-type: none"> • Technique, safety and instruction <ul style="list-style-type: none"> - Hip flexion, posture correction and joint integrity - Teaching the idea of bending at the hip joint before the knee joint - Pointing out the benefits of steel rod back and tight core - Demonstrating how to hold the joint in the socket so the momentum doesn't pull the joint forward • Basic technique 1 <ul style="list-style-type: none"> - Sumo deadlift – picking up the kettlebell - Demonstrating the correct technique - Providing students with the advantages and disadvantages of using certain techniques • Basic technique 2 <ul style="list-style-type: none"> - The jerk, the snatch, the long cycle, swings - Wall squat – to build up flexibility for the squatting movement - Demonstrating the correct technique involved - Informing the students of the benefits of such an exercise - Providing students with the advantages and disadvantages of using certain techniques - Halo – upper body mobility - Demonstrating the correct technique involved - Informing the students of the benefits of such an exercise - Providing students with the advantages and disadvantages of using certain techniques • Basic technique 3 <ul style="list-style-type: none"> - Double hand swing – demonstrating the correct technique involved - Providing students with the advantages and disadvantages of using certain techniques • Basic technique 4 <ul style="list-style-type: none"> - Single hand swing – demonstrating the correct technique involved - Providing students with the advantages and disadvantages of using certain techniques 	<ul style="list-style-type: none"> • Whiteboard • Lecture • Q&A • Handout • Homework • Test 	5

	<ul style="list-style-type: none"> • Basic technique 5 <ul style="list-style-type: none"> - Alternating hands – demonstrating the correct technique involved - Providing students with the advantages and disadvantages of using certain techniques • Warming up with kettlebells <ul style="list-style-type: none"> - Pulse raiser (no impact, unilateral movements at low intensity) - Mobility phase (Rotational movements, increasing ROM) - Mid intensity (increase intensity further) - Higher intensity (increased impact to pre-cardio levels/muscular strength and endurance) - Outlining how to develop the movements into a warm-up phase - The appropriate exercises, selection and sequencing of exercises • Muscular exercise – technique 1 <ul style="list-style-type: none"> - Swing clean and dead clean – demonstrating the correct technique involved - Outline the difference for males and females - Providing students with the advantages and disadvantages of using certain techniques • Muscular exercise – technique 2 <ul style="list-style-type: none"> - Swing snatch and dead snatch – demonstrating the correct technique involved - Providing students with the advantages and disadvantages of using certain techniques • Muscular exercise – technique 3 <ul style="list-style-type: none"> - Turkish get up – demonstrating the correct technique involved - Providing students with the advantages and disadvantages of using certain techniques - Resistance exercises - Demonstrating the various resistance training exercises that can be done with a kettlebell - Demonstrating the correct techniques involved - Providing students with the advantages and disadvantages of using certain techniques • Core training <ul style="list-style-type: none"> - Review of anatomy, core bracing, pelvic tilts - Demonstrating different techniques involved • Core training techniques <ul style="list-style-type: none"> - Specific core exercises and progressions - Demonstrating the correct technique involved - Providing students with the advantages and disadvantages of using certain techniques • Cardiovascular exercise techniques <ul style="list-style-type: none"> - Outlining the appropriate movements and training principles to receive a cardiovascular training effect - Outlining the F.I.T.T. principle and training principles involved with this section of training - Demonstrating the movements • Programme design <ul style="list-style-type: none"> - Outlining guidelines and progressions for programme design - Muscular strength 		
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	<ul style="list-style-type: none"> - Muscular endurance - Cardiovascular fitness - Power development - Designing and observation of various programmes for different components of fitness • Functional training <ul style="list-style-type: none"> - Outlining the benefits received from kettlebell training with regards to: <ul style="list-style-type: none"> ▪ Functional movements ▪ Mobility ▪ Core stability ▪ Balance ▪ Joint stability - Giving practical examples of functional training and sport specific uses • Cool down <ul style="list-style-type: none"> - Outlining how to cool down using kettlebell training - Decreasing heart rate with low intensity movements - Removing lactate build-up through gradual progressive stretching - Outlining how to develop the movements into a cool down phase - Discussing the appropriate exercises, selection and sequencing of exercises 		
Provide clear and concise explanations for each kettlebell exercise and lift	<ul style="list-style-type: none"> • Teaching points • Use of correct terminology • Technique • Breathing patterns • Heart rate • PRE/RPE scales • Safety points • Muscles used • Choreography • Cueing • Voice projection • Tempo 		
Adopt appropriate positions to observe clients	<ul style="list-style-type: none"> • Change teaching positions • Precise explanation • Teaching points • Observation from different angles 		
Monitor safety, effectiveness and intensity of kettlebell training sessions	<ul style="list-style-type: none"> • Recognise signs of overexertion • Demonstration of correct techniques • Safety when using kettlebells • Check environmental/participant and equipment health and safety aspects • Monitor exercise intensity 		

	<ul style="list-style-type: none"> • Introductions • Screening • Contra-indications • Warm-ups • Pre, post and dynamic stretching techniques • Main phases • Cool downs • Adaptations • Progressions • Kettlebell weight • Training types • Reps • Rest • Sets 		
Adapt exercises with suitable progression and regression according to clients' needs	<ul style="list-style-type: none"> • Identifying different methods of adapting exercises for different types of: <ul style="list-style-type: none"> - Clients - Fitness levels - Goals etc. • Progression and regression exercises • Check kettlebell weights for individual participants' needs 		

3. Be able to communicate effectively			
Demonstrate the use of verbal and non-verbal communication	<ul style="list-style-type: none"> • Verbal and non-verbal cueing • Reinforced teaching points • Motivation • Rest positions • Postural advice • Precise explanations • Understanding terminology • Group and individual management skills • Creativity • Improvisation and adaptability 	<ul style="list-style-type: none"> • Whiteboard • Lecture • Q&A • Handout • Homework • Test 	1
Provide feedback and instructing points which are timely, clear and motivational	<ul style="list-style-type: none"> • Asking for feedback • Use of mirrors • Competition • Communication in a way that makes the client feel valued • Use of motivational styles appropriate to setting • Principle of reinforcement 		

	<ul style="list-style-type: none"> • Outcomes or goals achieved • Use of training diaries 		
Communicate as appropriate to clients' needs and the environment	<ul style="list-style-type: none"> • Precise explanations • Teaching points • Change of teaching position • Observation from different angles • Correcting of individuals • Asking for feedback • Helping the client to reach his/her objectives <ul style="list-style-type: none"> - Providing exercises adequate for the client - Providing challenges by increasing intensity depending on level of fitness and ability - Well-rounded workout 		

4. Be able to reflect on kettlebell training sessions			
Give feedback to the client on their performance	<ul style="list-style-type: none"> • Clear communication • Communicate with clients in turn making them feel valued • Use motivational styles appropriate to the clients and the exercise format • Evaluate the designated exercises and alter if necessary • Encourage rapport • Encouragement • Positive praise/reinforcement • Motivation 	<ul style="list-style-type: none"> • Whiteboard • Lecture • Q&A • Handout • Homework • Test 	1
Gain feedback from the client on session	<ul style="list-style-type: none"> • Open questioning techniques • How they felt physically/mentally • Weak muscles • Heart rate • RPE/PRE scale • Technique • Tightness • Identifying training gaps • Encourage rapport • Participants summary of session • Enjoyment and satisfaction of participant • Discussion 		
Evaluate session and own performance	<ul style="list-style-type: none"> • Teaching styles • Motivation 		

	<ul style="list-style-type: none"> • Amount of time • Outcomes achieved • Effectiveness of session • Weakness in other components of fitness • Negative or positive • Posture checks • Training effects • Tempo • Breathing techniques • Meeting the goals for the session • Identifying ways to improve the session • Discuss evaluation with appropriate colleague • Reflective practice • Appropriateness of exercises/lifts 		
Record areas for improvement	<ul style="list-style-type: none"> • Written reviews • Personal action plan • Aims and objectives of future sessions • Professional development and CPD 		

Document History

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