

Lesson plan

iUSP154 – Programming personal training with clients

Aims and objectives of session:	
Cardiovascular machines used:	
Cardiovascular approaches to training <i>(e.g. interval, fartlek and continuous):</i>	
Resistance machines and free weights used:	
Resistance approaches to training <i>(e.g. pyramid systems, Super-setting, giant sets, tri sets, forced repetitions, Pre/post exhaust, negative/eccentric training, muscular strength endurance/muscular fitness):</i>	
Core stability exercise <i>(e.g. exercises to improve muscles associated with stabilisation (local) and mobilisation (global):</i>	

Plan progression (to include: short, medium and long term goals):	
Teaching points:	
Evaluation of plan:	

External examiner name: _____

External examiner signature: _____ Date: _____

Lecturer/Assessor name: _____

Lecturer/Assessor signature: _____ Date: _____

Learner name: _____

Learner signature: _____ Date: _____

Document History

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