



VTCT

USP195 – Planning and instructing strength and conditioning sessions

LO6 Be able to instruct, supervise and review strength and conditioning sessions

Content and Assessment Criteria

- 6.1. Prepare self to instruct strength and conditioning sessions
- 6.2. Welcome and verbally screen clients to check their readiness to participate
- 6.3. Instruct a safe and effective strength and conditioning session
- 6.4. Instruct a safe and effective main session that is appropriate to the client's programme and environmental needs
- 6.5. Instruct a safe and effective cool down and stretch component that is appropriate to the client, programme and environment needs
- 6.6. Demonstrate appropriate communication and instructional skills to lead and manage groups and individuals
- 6.7. Monitor exercise safety and intensity and respond to group and individual needs
- 6.8. Leave the environment in an acceptable condition for other users
- 6.9. Gather information to evaluate and review strength and conditioning sessions



Prepare self to instruct strength and conditioning sessions

Professional image self-presentation

- Appropriate attire and footwear
- Personal hygiene and appearance
- Positive first impression, for example, smile, meet and greet, say 'hello'
- Punctuality – arrive early
- Behaviour and language
- Organised
- Polite



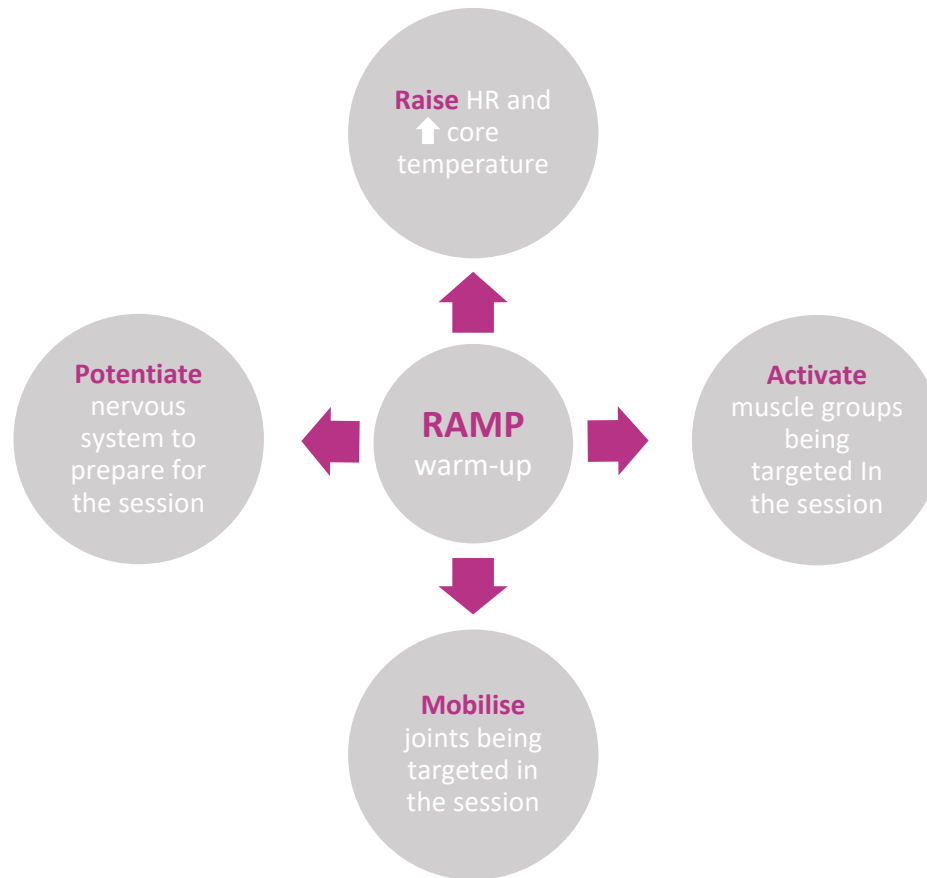
Welcome and verbally screen clients to check their readiness to participate

Begin the session with appropriate communication skills.

- Ensure clients are made to feel at ease at the beginning of the session
- Stay professional throughout and ensure you communicate with your client, allowing them to provide feedback on how they feel, if they are ready for the session, etc. Build a rapport with your client
- Verbal screening
- Any injuries/specific needs to be highlighted before beginning the session
- Planned session to be modified if minor injuries/muscle tightness identified in the verbal screening. Refer clients if major injuries identified



Discuss the purpose, value and demand of exercises with your client





Activity

Discuss the benefits of incorporating each of the following exercises into your client's session:

- Foundation Movements
- Strength-based training and explosive activities
- Energy system training protocols
- High intensity running-based activities
- Cool-down component



Instruct a safe and effective strength & conditioning session

Using either the planning and consultation analysis from the 12 week plan or a separate consultation analysis on a healthy individual, instruct a safe and effective S&C sessions for your chosen client or small group.

- The session should be planned and delivered over a 60 minute period
- The following slides provide an overview of the structure of the session

Also see learning Outcomes 4/5



Instruct a safe and effective warm-up component to strength & conditioning

RAMP warm-up (6-8 minutes)

- Appropriate for group and or individual's client consultation requirements
- Ensure intensity and environment (space) is appropriate
- Appropriate movement patterns (activate and mobilise) are selected
- Appropriate choice of activity (potentiate) to enhance aims of the session

Also see learning Outcome 4/5



Instruct a safe and effective foundation movement component to the client's needs

Demonstrate 3 safe and effective foundation movement training exercises e.g.

- Squat
- Lunge (including multi-planar)
- Hinge
- Jump (including bilateral and unilateral variations)
- Quadrupedal
- Push & Pull
- Rotation
- Running

Also see learning Outcome 5



Instruct a safe and effective strength training session

Part 2 – Strength training coaching session (40 minutes in total)

- Plan to coach four strength-based exercises from the following categories

One lower body dominant, bilateral leg, e.g.	One lower body dominant, unilateral leg, e.g.
Back squat Overhead squat Front squat Goblet squat	Split squat Bulgarian split squat Barbell lunge Step up
One pulls, e.g.	One push, trunk or vertical press e.g.
Suspension row Single arm suspension row Horizontal inverted suspension row Inverted row Bent over row	Push up Resisted push up Bench presses Strict presses (from behind and front) ½ kneeling press Push presses (from behind and front) Planks (plank, side and reverse) Deadbug Superman Barbell rollouts Back extension and hold Side hold Suitcase carry and farmers walk



Instruct a safe and effective strength, explosive, energy system and high intensity running based activities

Demonstrate strength (3-4), explosive, energy systems and high intensity running based activities.

- Appropriate for group and or individual's client consultation requirements
 - Ensure intensity and environment (space) is appropriate for all activities
 - Use of mats, exercise bands, dumbbells, barbells, etc. are selected where appropriate
 - Intensity, repetitions, rate, range of motion and rest all appropriate for session aims

Also see learning Outcome 4/5



Instruct a safe and effective cool down and stretch component that is appropriate to the client, programme and environment

Maintenance and Developmental cool-down static stretches.

- Appropriate for group and individuals' client consultation requirements
- Whole body approach
- Ensure intensity and environment (space) is appropriate
- Use of mats/exercise bands, are selected where appropriate
- Intensity, repetitions, rate, range of motion all appropriate for session aims



Effective instruction and communication skills for individual clients



- Walking around your clients to ensure you get good coaching angles/views to correct posture when/if needed
- Consistently reinforcing good posture, showing off positive body language to your client
- Always engaged and ensuring you are observant with every movement/repetition that your client performs



- Standing still with negative body language and looking disinterested in your client's movement
- Leaning on other machines when watching your client execute a movement or exercise
- Not giving any corrective or reinforcement in relation to the client's posture



Effective instruction and communication skills for individual clients



- Breaking down a movement or exercise using teaching points in the rest periods
- Using positive language and detailing what changes need to be made in the subsequent exercises/sets performed
- Interacting with your client and listening to any issues they may have had with the exercise
- Asking the client specifically what they felt was working during the exercise, to help correct technique if required



- No interaction with the client in the rest period. Long bouts of silence
- Client not provided with any feedback on how they executed the movement/exercise
- Client not provided the opportunity to feed back to the trainer on how they felt they performed the exercise
- Rest period too long and session lacks any real intensity



Effective instruction and communication skills for individual clients



- Exercises are catered specifically to each individual client
- Regression and progression are implemented to ensure correct technique is performed on all exercises
- Trainer is aware of when exercise needs to be changed and does not wait for the client to perform all repetitions until change is implemented
- Trainer is confident in stopping something that is not working to change it to suit the client better



- Exercises are generic to all clients. A disregard to the client's movement
- No regressions or progressions are implemented even when movement of a client warrants this change
- Technique is incorrect throughout the exercise and trainer does not make any effort to correct, potentially leading to injuries



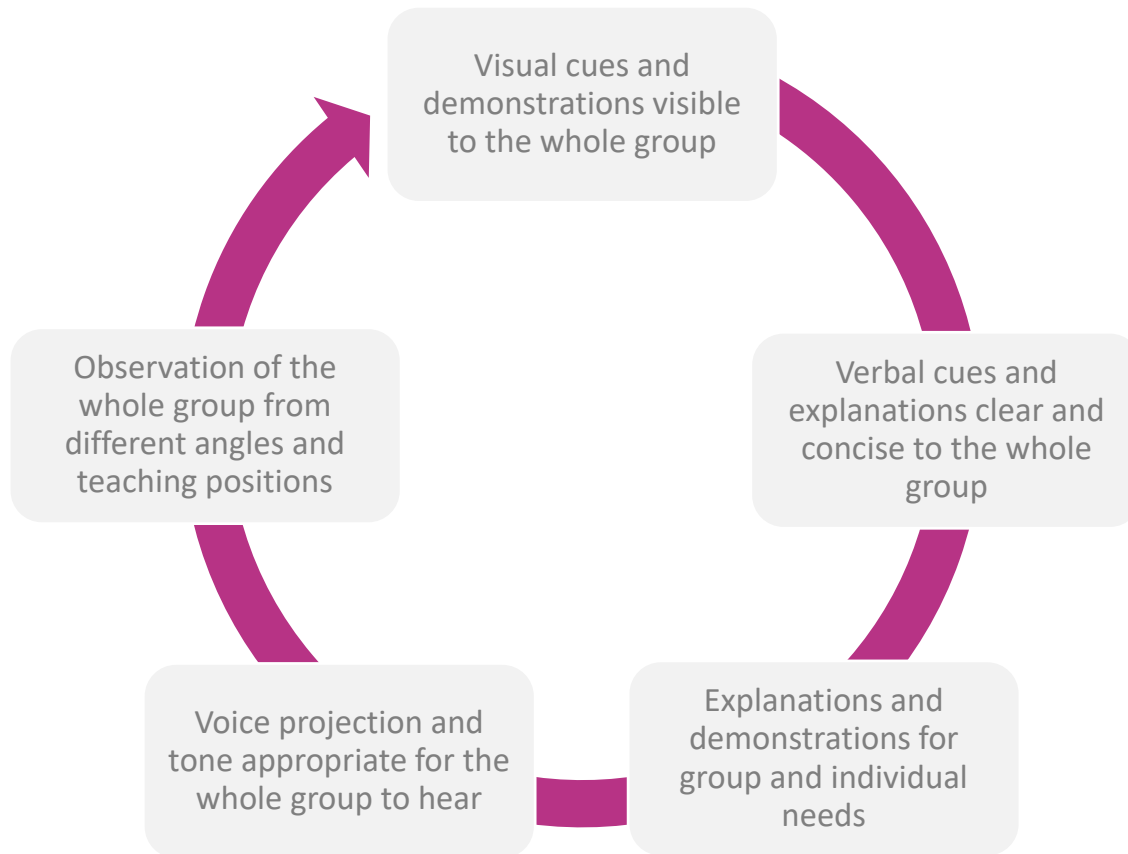


Activity

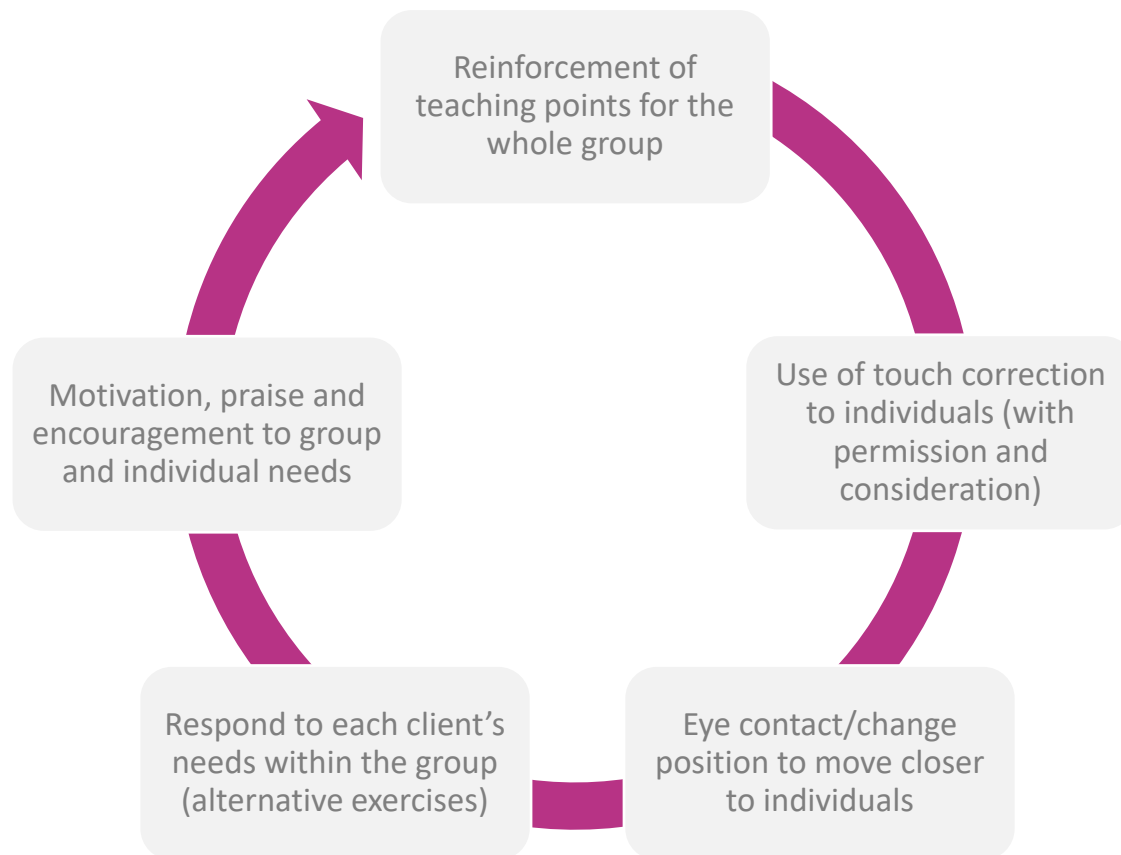
What makes for effective instruction and communication when training group clients?



Demonstrate appropriate communication and instructional skills to lead and manage the group



Demonstrate appropriate communication and instructional skills to lead and manage the group



*See Learning Outcome 3



Monitor exercise safety and intensity and respond to meet group and individual needs

Methods to focus on:

- Observation
- Talk test
- RPE. Use the 1-10 RPE scale
- HR monitoring



Monitor exercise safety and intensity and respond to meet group and individual needs

What to look out for:

- Breathlessness. Does the client find it difficult to talk
- Pain or discomfort/loss of coordination
- Change in skin colour. Client may become pale during the session. Indication of blood pooling in the legs
- Client's verbal expression



Monitor exercise safety and intensity and respond to meet group and individual needs

How to respond appropriately:

- Adapt intensity of the session, e.g. decrease weight
- Modify/change exercises. Change lever lengths, regress difficulty of exercise
- Offer extended rest periods during sets



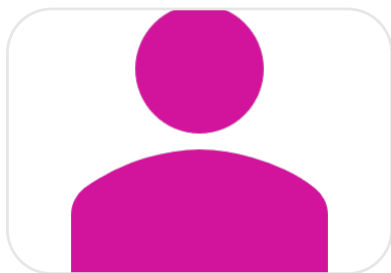


Activity

Describe how you would you leave the environment in acceptable condition for other users



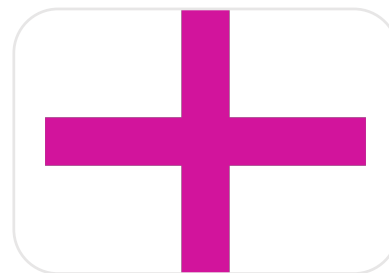
Gather information to evaluate and review a group exercise session



Gather information from
peers/group



Evaluate and review
session content,
communication,
motivation skills and H&S



Reflect on information
gathered: strengths and
areas to improve



Create an action plan to
improve personal practice;
to include reading,
workshops and mentoring

*See Learning Outcome 3





Learning check

- List the professional image and self presentation points that you need to prepare when training your clients
- Describe effective instruction and communication skills when training individual clients
- Describe effective instruction and communication skills when training group clients
- Explain the importance of evaluating and reviewing a group exercise session

