

Unit 14 Instructing Physical Activity And Exercise

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This assignment starts by outlining the principles of training health and safety aspects as well as a consideration which can be made for adaptations for training. It then provides and in depth training program which illustrates what needs to be done. It ends with a review and recommendations of the training program. This assignment is highly detailed.

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Unit 15: Instructing Physical Activity Unit presentation Designing a 6 week training plan Swim Warm up 800m as: 200m freestyle, 200m backstroke, 200m drill, 200m freestyle Drill 6 x 75m hand drills Main set 15 x 100 as: 100m off 1.20, 100m off 1.15, 100m off 1.10. Repeat x 5.

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