

FURTHER GO



Sport

Barnet Southgate College 
HeadStart

Headstart Pack Task Sheet – YMCA

Student Name:

Topic – Circuit Training

Task:

1. Outline 2 reasons why screening participants prior to exercise is important	
a)	b)
2. Physical activity readiness questionnaire (PAR-Q) is important, explain why?	
3. Describe 3 factors/red flags that could be identified during screening which affect safe group exercise participation	Description
a)	
b)	
c)	
4. Identify 2 reasons for temporary deferral of exercise	
a)	b)

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5. A client that wishes to partake in the circuit has type 2 diabetes, how would you have to adapt your planning to accommodate for their needs.

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6. List 4 different objectives for participating in group circuit training sessions

a)	c)
b)	d)

7. Identify 2 circuit training exercises, together with the equipment required, which can be used to help develop each of the following components of fitness:

Component of fitness	Exercise	Equipment required
Cardiovascular fitness	a)	
	b)	
Muscular fitness	a)	

	b)	
Flexibility	a)	
	b)	
Motor skills	a)	
	b)	

8. Name and describe 2 circuit training methods	
Name	Description
a)	
b)	
13. Describe 2 types of circuit training formats	
a)	
B)	

9. Planning your session.

Using no equipment or equipment you can find in your house, design a circuit for an open space.

Examples of exercises:

Press ups, Dips, Squats, ab curl, ladders, hurdles, kettle bell exercises, Dumbbell exercises, use of unusual equipment: Water bottles, watering cans, tins of food, buckets etc.

Aim for 6 stations (1 minute on 1 minute off).

Record yourself completing the circuit and send it over to us!

Planned objectives for the session:				
Type and format for the circuit training session				
Type:		Format:		Music (Yes or No)
Diagram of circuit layout:				

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Phase	Exercises/activities	Equipment required	Alternatives/adaptations	Timings
Warm up				
Main component				
Cool down				

Final result: Choose an item.

