



Getting Ahead – Pre-course Work

#ThinkBrock

Health, Fitness & Exercise Instruction Level 2 Diploma

Welcome to **Health, Fitness & Exercise Instruction**. In preparation for the start of the course, please complete these tasks and have them with you to hand in during your first week of college in September.

These tasks should take you approximately four and a half hours to complete and are designed to give you an introduction to the subject, and the expectations we have for you to complete at least four and a half hours of independent study, per subject, per week.

Task 1 – Who is your sporting/fitness hero? You need to explain why you have chosen them.

Task 2 – Answer the following Anatomy & Physiology questions:

1. How many chambers does the Heart have?
2. A long bone is a type of bone of the skeleton, name 3 others?
3. Name 4 muscles of the leg and 2 muscles of the arm?
4. Name 2 gases that are breathed out at rest and exercise?
5. During the upward phase of a Bicep curl, what is the movement at the elbow called?
6. Name the 5 sections of the spine?
7. What are the sacs called in the Lungs that put Oxygen into the blood stream and take Carbon Dioxide out?
8. Name 2 places on the body where you would find Phlanges?
9. Usain Bolt had lots of Fast Twitch muscle fibres for sprinting. What are these called?
(circle the correct answer)

Type I

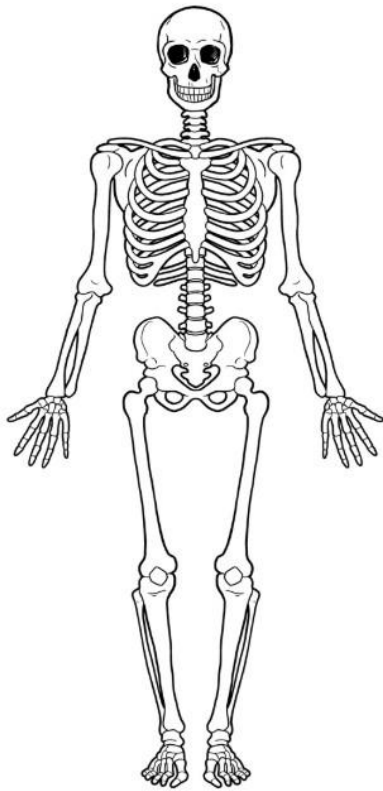
Type II b/x

Type II a



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10. Label the following bones:

Cranium
Humerus
Pelvis
Metatarsals
Patella
Fibula
Phalanges
Ulna
Tibia
Sternum

Task 3 – Design a Circuit training session that uses the Upper Body, Lower Body, Core and Cardio Vascular areas of the body.

Put an exercise in each box below

Plan a ONE-hour fitness session for a client, the session must include:

- Warm up – Dynamic stretches – Pulse raiser
- Main session –
- Muscular Strength Endurance – 5 exercises
- CV – One exercise



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- Core – 3 exercises

You will need to include SET and REPS in this plan as well as rest periods. Also have a mixture to weights and body weight exercises.

- Cool down – Reduce Heart rate – Static Stretches

Can you include the full body and be as detailed as possible.



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Task four: Nutrition

Design a meal plan that covers Breakfast / Lunch / Dinner for a footballer to ensure they have good nutrition for training and matches. Also include fluid intake per day

	Food	Fluids
Breakfast		
Lunch		
Dinner		

Be specific with information – how many portions.