Modular summative observation – Training techniques and methods

During the course your assessor will observe you instructing a selection of the following training techniques/ methods. You may be assessed on one or more than one occasion.

To ensure you are appropriately prepared for your modular summative observation, you will need to plan the detail of each training method/technique prior to assessment. You will need to select and prepare a minimum of:

- Three different cardiovascular training techniques.
- Four different resistance training techniques to include as a minimum, one muscular endurance technique and one hypertrophy strength technique.
- Three flexibility training techniques.

You must prepare a list of your selected techniques and present this to your assessor prior to your modular summative observation. Your assessor will select from the list and you will instruct:

- One advanced cardiovascular technique.
- Two advanced resistance techniques (one muscular endurance and one hypertrophy technique).
- One advanced flexibility technique.

Examples of training techniques that can be used in this assessment (this list is not exhaustive)		
Cardiovascular training techniques	**Resistance training techniques**	**Flexibility techniques**
• Tempo training. • Interval training (e.g. aerobic, anaerobic, high-intensity intervals). • Fartlek training. • Cardiovascular circuits.	• Pyramids or wave loading. • Supersets. • Drop sets. • Partial reps. • Forced reps. • Negative reps. • Cluster sets. • Resistance circuits.	• Partner stretch (maintenance or developmental). • Contract-Relax PNF stretch. • Contract-Relax-Agonist-Contract PNF stretch.

You must include a copy of your plan within your portfolio.

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