<table>
<thead>
<tr>
<th>Unit Name</th>
<th>Main Ideas</th>
<th>Duration (weeks)</th>
<th>Assessment Item</th>
<th>Due Date</th>
</tr>
</thead>
</table>
| **Training program Development and Delivery for Older Adult Clients** | Students will:  
• design a program tailored to suit their older adult client  
• train their older adult client outside of class time in a supervised gym environment  
• record all sessions in the log book | 10 weeks | Practical | Term 3, Week 2: Wednesday 19<sup>th</sup> July 2017 |
| **Program #1 – Specific Population Clients (Scenario Clients)** | Students will:  
• design a program based on the scenario summary information and pre-filled templates provided for a specific population client.  
• Tailor the program to the goals of the client (e.g. general health, conditioning) and include resistance exercises, cardio activity and mobility work.  
• train your peer using the program that you have created for each specific population client.  
• Record all sessions in the log book | 6 weeks | P13a | Term 3, Week 7: Wednesday 23<sup>rd</sup> August 2017 |
| **Program #2 – Gentle Exercise Program** | Students will:  
• identify the equipment you have available and create a plan for your ‘gentle exercise’ program  
• run a ‘gentle exercise’ program for your peer (playing the role of an older adult client).  
• incorporate light resistance exercises (targeting smaller muscle groups), trigger-point therapy, stretching, and low-intensity functional movements  
• record all sessions in the log book | 6 weeks | P13b | Term 3:  
Week 9 – 6<sup>th</sup> Sept  
Week 10 – 7<sup>th</sup> Sept  
Week 10 – 11<sup>th</sup> Sept  
Week 10 – 13<sup>th</sup> Sept  
Week 10 – 14<sup>th</sup> Sept |
| **Provide First Aid (HLTAID004)** | Students will:  
• Complete all theory and practical aspects of the HLTAID003 – Provide First Aid course, including the Provide CPR component | 6 weeks | Exam, Quiz - K1, K2, K3, K4, K5, K6, K7, K17, P13c | Term 3, Week 9: Wednesday 6<sup>th</sup> September 2017 |
| **Independent Study** | Students will:  
• Complete outstanding additional activities from course that were not completed  
• have study / sport lessons depending on student requirements. | 6 weeks (Term 4) | Activities  
• 37  
• 38  
• 42  
• 43 | N/A |
**Literacy Components**

- **Speaking and Listening:** Students actively listen to client responses and clearly discuss and deliver instructions to clients during training sessions.
- **Reading & Viewing:** Students research and interpret information from a variety of written and visual sources during the specific clients’ needs and nutrition research and training program development phase.
- **Writing & Designing:** Students sequence training exercises into a training program for clients’ needs.

**Numeracy Components**

- **Number:** Students include appropriate number of sets and reps for clients’ in the development of training programs.
- **Algebra:**
- **Measurement:** Students complete a range of measurements during the fitness testing phase of program development.
- **Space:** Students calculate spatial requirements when developing training programs for older adult clients.
- **Chance & Data:**

**ICT/Technology Components**

- **Select and use ICTs in the processes of inquiry and research:** Students use ICTs to research nutrition, specific populations and relevant training exercises during training program development.
- **Select and use ICTs to create a range of responses to suit the purpose and audience:** Students present training programs in range of modes to retain clients interest and motivation levels.
- **Select and use ICTs to collaborate and enhance communication for an identified purpose and audience:**
- **Develop and apply ethical, safe and responsible practices when working with ICTs:** Students use safe research techniques and reliable sites while using research sites.
- **Use a range of advanced ICT functions and applications:** Students use a range of movement analysis programs and apps to improve client motivation and techniques.