<table>
<thead>
<tr>
<th>Unit Name</th>
<th>Main Ideas</th>
<th>Duration (weeks)</th>
<th>Assessment Item</th>
<th>Due Date</th>
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| **Program #1 – 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 | 10 weeks | Practical teaching of peer client | **Term 3:**  
Week 1 – 20th July  
Week 2 – 26th July  
Week 3 – 2nd Aug  
Week 4 – 9th Aug |
| **Program #2 – 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 | | Practical sessions to be completed outside of class time | Ongoing |
| **Program #3 – 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 | | | |
| **Anatomy and Physiology** | Students will:  
• translate information on the anatomy and physiology of the human body as it applies to exercise delivery  
• Use anatomical directional terms (e.g. proximal, distal, superficial)  
• Use specific terminology regarding movement (including planes of movement) and muscle actions;  
• Explain the functions of major muscles during exercise and movement  
• Explain the types of muscle contractions.  
• Apply knowledge of anatomy and physiology, when developing warm and cool downs | | | |
| **Provide CPR (HLTAID001)** | Students will:  
• Update their CPR skills and knowledge | | | |
| **Independent Study** | Students will:  
• Complete outstanding activities / tasks from course that were not completed  
• have study / sport lessons depending on student requirements. | 6 weeks (Term 4) | | **Term 4, Week 2:**  
Friday 19th October 2018 |
### 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**: 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.

### 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.
- **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.