

Skills programme 1: Managing yourself and the business

Learner Guide

Unit standard 254462

- Maintain a sport or fitness environment and equipment

Unit standard 8647

- Apply workplace communication skills

Unit standard 14483

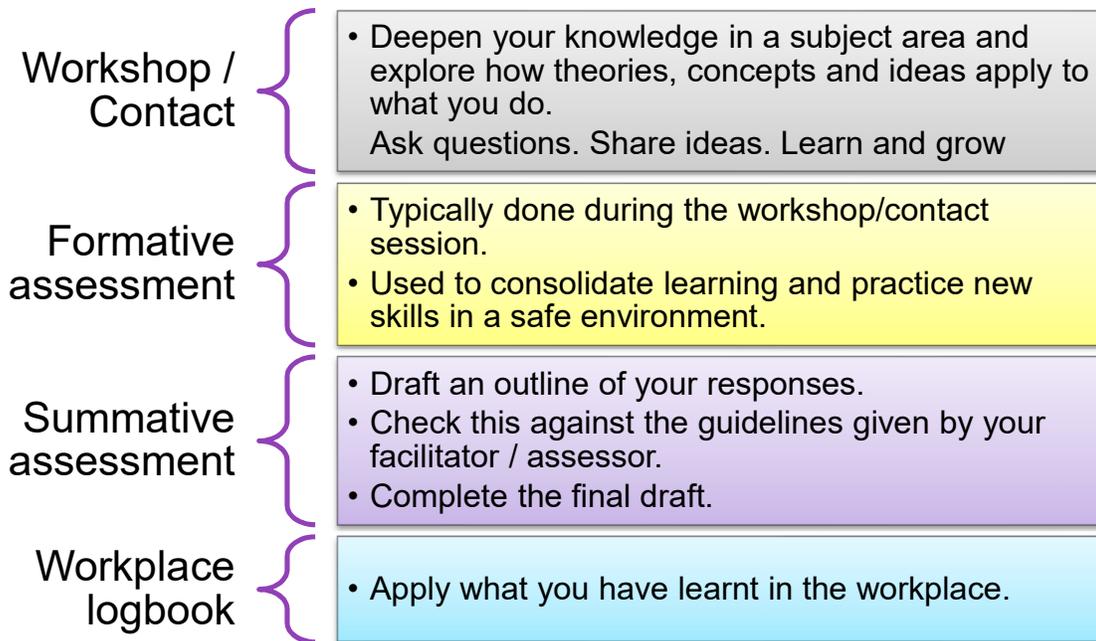
- Apply entrepreneurship to the administration of a sport or fitness business

Unit standard 258724

- Operate professionally in a sport, recreation or fitness environment

Recommended process

The recommended process of learning and applying your learning is as follows:



Material to support learning

You will be given the following material to support your learning:

- **Learner Guide:** The Learner Guide contains information that covers the outcomes (and associated assessment criteria) for the unit standards covered in this skills programme.
- **Learner Workbook:** The Learner Workbook contains the formative assessment activities that you will need to submit. Formative assessment are the class activities you will complete. These will allow you to practise your new knowledge and skills.
- **PoE Guide:** The Portfolio of Evidence (PoE) Guide contains the summative assessment activities you will need to submit. Summative assessment are activities that you need to complete in the workplace.
- **Workplace logbook:** This is a logbook that gives guidelines of workplace evidence you need to collect and organise.

You will submit the Learner Workbook and PoE Guide as your Portfolio of Evidence. This portfolio is NOT returned to you. It is kept as evidence of your competence. Make sure you keep a copy of the whole portfolio as the assessor's feedback will refer to specific page numbers of the submission.

Submission Details: Refer to your Timetable provided for submission and feedback dates.

Icons

The icons act as a signpost and direct you to an activity:



Formative assessment activity

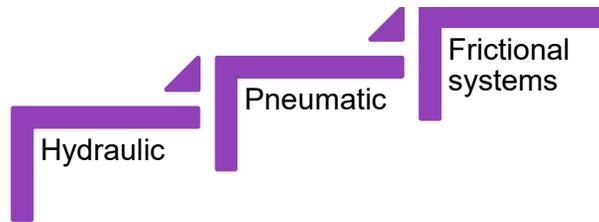
When you see this icon, you will know that you need to do a formative assessment activity in your Learner Workbook that will help you to think about content, ideas or skills and practise this.



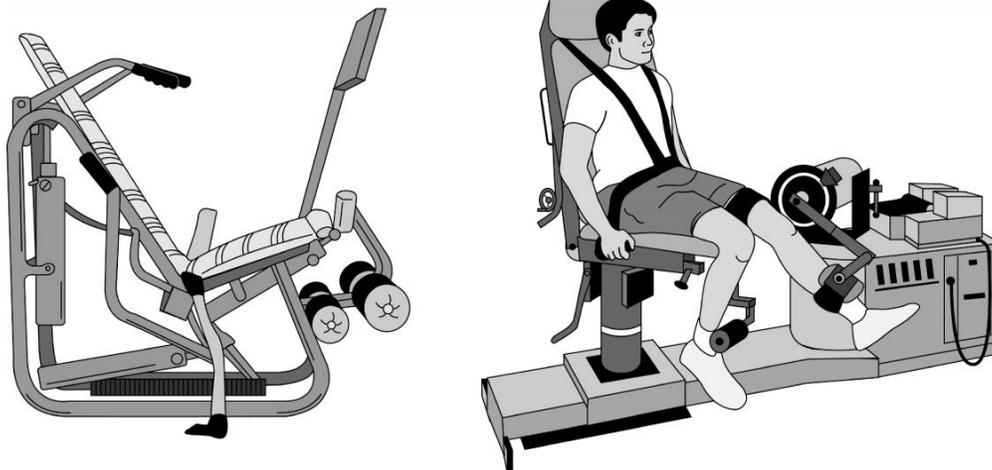
Summative assessment activity

You will see this icon at the end of a chapter. You will need to do a summative assessment activity in your PoE Guide.

Accommodative resistance allows the exerciser to work as hard or as easy as he can throughout the entire exercise, decreasing the risk of injury, hence the preference for use in the rehabilitative setting. Isokinetic machines create resistance through:



Gains in strength using isokinetic machines are specific to the speed of training. Isokinetic training has been reported to cause less soreness than other training methods but has also been shown to exhibit less strength and size gains than other training methods. The combination of these factors makes the use of isokinetic equipment desirable in the rehabilitation setting, and less desirable in the general fitness setting.

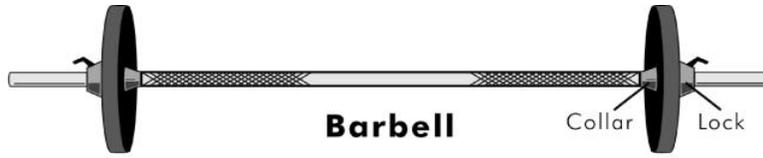


Sample isokinetic machines

Free-weights

Free-weight training equipment includes resistance training equipment that is not fixed in its pattern of movement. Standard free-weight equipment includes dumbbells and barbells. Barbells and dumbbells cannot mimic sports activities since the line of resistance always follows gravity (straight down). Cables can be used to mimic sports activities since the line of resistance follows the cable

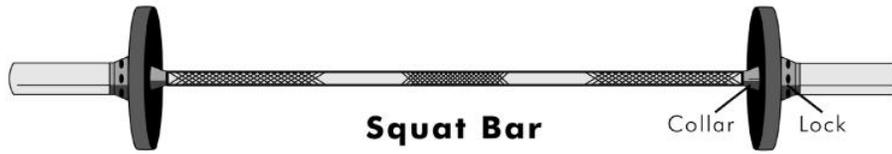
- Free-weight training requires a higher level of muscular balance and coordination than the use of machines.
- The freedom of movement allows the momentum of the weight to create excessive, undesired strain on muscles and joints if the weight is not properly controlled.



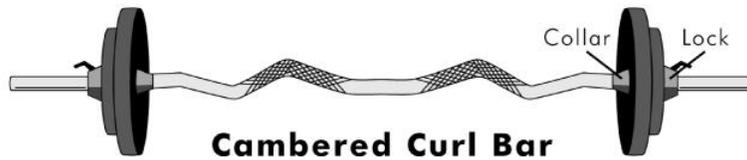
Barbell



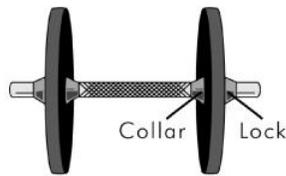
Olympic Bar



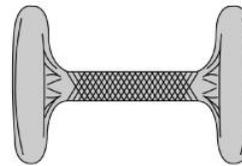
Squat Bar



Cambered Curl Bar



Standard

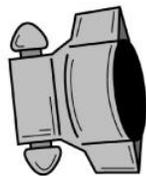


Premolded



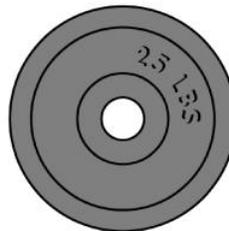
Spring Locks

Weight of these are not included in weight of bar



Olympic Locks

Weigh up to 5 pounds each



Olympic Style Weight Plate



Standard Weight Plate

Other machines

Any machine, example the indoor rower, that does not exceed the fitness abilities of the trainee is fine for cardiovascular training.

- Make certain the machine is not too difficult for the trainee to coordinate the proper motions (cross-country skiers are often difficult for beginners because of the complexity of the movement).
- Much of cardiovascular training for beginners should be performed in the “fat utilisation training” zone. Inspect and service the machine regularly.
- Do not use the machine if it damaged in any way.

The goal of cardiovascular safety is to avoid overtraining and to minimise the risk of life-threatening events such as heart attacks and strokes.

A fitness trainer needs to:

- Watch for warning signs and symptoms suggestive of cardiopulmonary disease or signs and symptoms suggestive of cardiopulmonary difficulty.
- Maintain proper training intensity.
- Encourage client to reach level of exertion needed to achieve goals.
- Instruct client on cardiovascular equipment usage and safety for aerobic workout.
- Keep a cardiovascular endurance exercise log for the client.



Activity 2.1: Equipment

Please refer to your Learner Workbook for details.