



### Instructions for completing your Coursework:

#### Section A (Theory Review Test):

1. Watch the EPTI Circuits theory session video and use this along with the notes in Unit 1 of the course manual to complete the questions in the theory review test.
2. Once you have attained a minimum of 18/20 (90%) you can then move on to and make a start with Sec. B of the coursework. Your course tutor will receive the results of your theory review and will later confirm that Sec A has been completed.

#### Section B (Circuit Planning & Design Worksheet) :

3. Ensure that you have watched all of the theory content on the video presentation and along with the notes in Unit 2 of the course manual
4. When completing this section of the coursework:
  - Assume that your local gym was the location of your circuit session.
  - Fully complete the Aims & objectives of your planned session:

##### AIMS:

- This is what you want the clients to achieve by the end of the session.
- They are OUTCOME-based so consider what training benefits you want them to achieve by doing the circuit class (CV and muscular endurance resistance training)
- Consider how your circuit programming will benefit them (ie the benefits of a balanced workout, compound exercises, learning a new “focus” station if you have put one in etc.)
- Also take into account the participants you have training in the session (see below --> target group information) and what you might want them to achieve in the session.

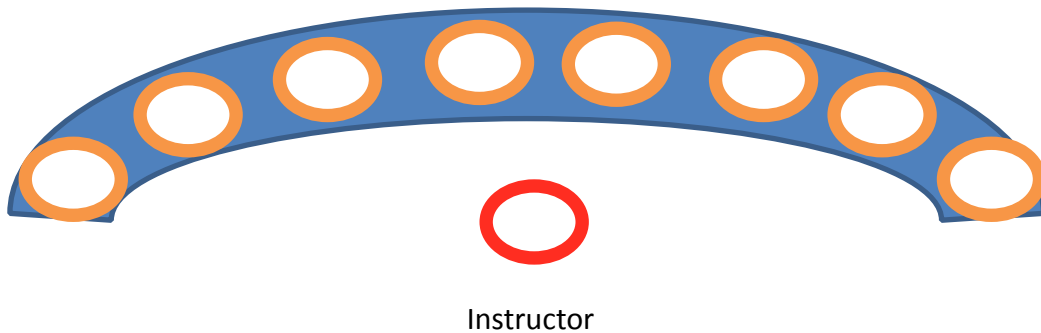
##### OBJECTIVES:

- This is the how you will achieve the aims set out above.
  - They are PROCESS-based. Address each of the aims and give bullet points as to how they will be achieved in the circuit class.
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- Complete the target group information - use the guidance below to help you determine your circuit class target group:

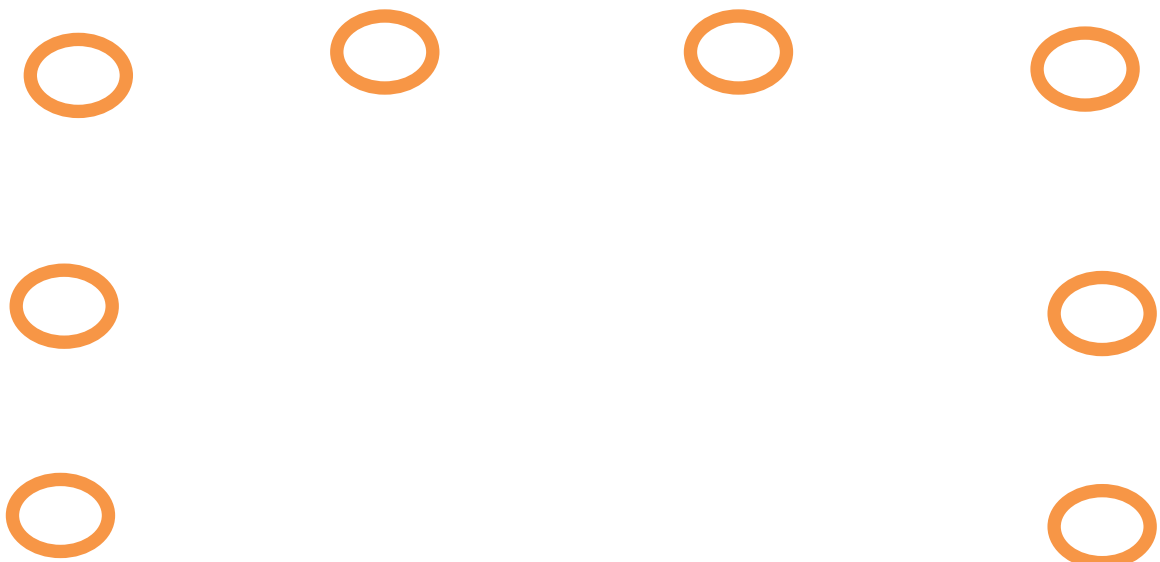
- Target group:
  - Who is the circuit aimed at?
    - students/ local football team/ young mums, local gym members; the expected age range (keep it between 18-60) & gender mix etc
  - How many participants
    - Keep this to between 8 - 12 participants
- What is their expected fitness level?
  - eg. average fitness level, mixed skill/experience level

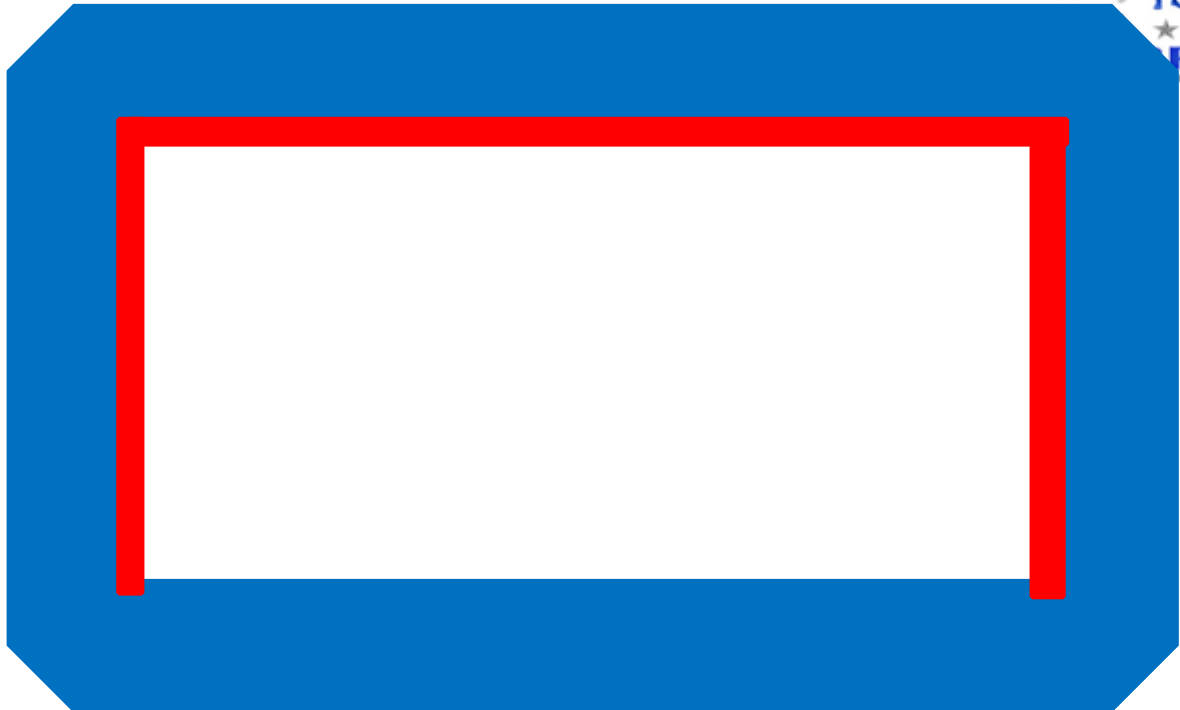
5. Circuit Layout:

- Follow the instructions given in Circuits Video and again in the Sec B coursework document
- Keep the layout and exercise selection simple, I suggest using the semi-circle layout shown below:



- or a rectangle layout as below:





Instructor

- Think about where you are going to instruct from so that you are able to see all of the participants most of the time and show your position on the circuit layout.
- Refer to your Manual for timings & rest periods. I would recommend doing 45 seconds work with 15 seconds rest period between stations. We provide stopwatches for you on the practical course.
- Resistance exercises should be planned using just barbells, dumbbells or bodyweight as equipment. For this assessment, please do not plan to use kettlebell, TRX or functional training equipment.
- Example Circuit: (Total body, compound resistance and C/V stations)
  - (1) Star Jumps
  - (2) Press Ups
  - (3) Skipping
  - (4) Bent over barbell row
  - (5) Burpees
  - (6) Dumbbell squat
  - (7) Shuttle runs
  - (8) Alternating dumbbell lunges



(Other CV stations might include: step ups, mountain climbers, squat jumps, spotted dogs, box jumps, squat thrusts....)

Think about the balance (lift, push, pull, upper/lower, aerobic/resistance), progressions and regressions and the order of exercises to maintain equal rest between different body parts using the circuit.

NB:Remember that an upright row unbalances a programme as it is not a “pull” exercise because the front deltoids are one of the working muscle groups.

**Leave core exercises out of the main circuit and stick to compound exercises (isolation occasionally if ever)**

Focus Stations – Are complex/new or challenging stations that require the instructor’s immediate attention with most participants. More focus needed on first round of circuit.

Peripheral Stations – These are stations that are relatively simple to do and therefore require less of the instructor’s immediate attention.

**5. Once complete, save and send to your tutor as a PDF document**

6. Circuit Cards:

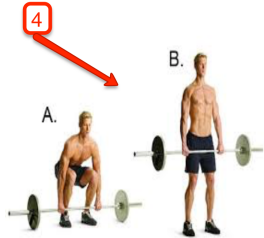
MUST include:

- (1) Station number
- (2) Name of exercise
- (3) Main muscle group worked i.e. press up Pecs (chest); for CV exercises - Heart & lungs/ CV etc. (you do not have to list every muscle for CV exercises)
- (4) A diagram of the start position of the exercise (drawn or internet image)
- (5) Key teaching points – not general ones but those specific to the exercise
- (6) Exercise alternatives - regressions/progressions (If you include both where appropriate, this will make your practical assessment go smoother).

**1** → **STATION 5**

**2** → **BARBELL DEADLIFT**

**3** → **MUSCLES WORKED: QUADRICEPS, HAMSTRINGS, GLUTES, LOWER + UPPER BACK**

**4** → 

**5** →

- Feet shoulder width apart or wider
- Bend at hips and flex knees
- Keep bar close to legs
- Drive through heels
- Neutral spine
- Chest lifted

**6** → **ALTERNATIVES: DUMBBELL DEADLIFT**

6. The Circuit Cards should be saved together in a PDF document and sent to your tutor as a single PDF document.

7. Your tutor will ensure that everything is in order or suggest changes that need to be made.

8. \*\*\*\* Print your circuit layout and your finished circuit cards, 1 per A4 sheet. Bring them to the practical course assessment as you will need them in order to teach the circuit class in your practical assessment \*\*\*\*