

EPTI Certificate in Instructing Circuits



Circuit Planning and Design Worksheet:

Student Name:	
Date:	
Practical Training Location:	

Aims & Objectives of your planned circuit:
Aims = what you want to achieve, Objectives = how you are going to achieve the aims, the process.
Aims:
Objectives:

Target Group:
Who is your planned circuit aimed at?

Health & Safety Considerations:

Circuit Layout:

In a separate document (Microsoft Word or similar), complete a circuit layout showing:

- A list of planned progressive warm up activities
- A diagram of your circuit layout/stations
- A list of 8 chosen exercises in your planned order
- An indication of your focus station(s)
- Your work/rest times
- A list of cool down activities & static stretches
- A break down of overall timings for a 1 hr Circuits Session, including:
 - Welcome & verbal screen
 - Demo
 - Warm Up
 - Rounds of the circuit
 - Core if planned
 - Cool Down
 - Stretches
 - Feedback
- Save the document as a PDF and send to toby@europeanpti.com for feedback prior to completing the next section.

Circuit Cards:

In a separate document (Microsoft Word or similar), complete your 8 station cards, showing:

- Details of the 8 chosen exercises from your circuit layout document
- All 6 components of a station card as outlined in the manual, on each station card
- Indicate the purpose of CV stations as “Heart & Lungs” rather than listing working muscles
- Save them as a PDF in ONE DOCUMENT
- Send to toby@europeanpti.com for feedback
- Once your tutor has signed them off, print them one-sided and bring them to your practical assessment