

Unit 14 Instructing Physical Activity And Exercise

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Unit 14: Instructing Physical Activity and Exercise. Unit code: F/502/5726 QCF Level 3: BTEC National Credit value: 10 Guided learning hours: 60. Aim and purpose. The aim of this unit is for learners to be able to design, plan, deliver and review exercise sessions which meet the needs of different client groups.

~~Unit 14: Instructing Physical Activity and Exercise~~

Unit 14: Instructing Physical Activity and Exercise Experienced instructors will always review their sessions and obtain feedback from others. The unit will explore different methods for collecting feedback on performance, enabling learners to identify their strengths and areas for improvement.

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This assignment starts by outlining the principles of training health and safety aspects as well as a consideration which can be made for adaptations for training. It then provides and in depth training program which illustrates what needs to be done. It ends with a review and recommendations of the training program. This assignment is highly detailed.

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Blog. Sept. 11, 2020. Create a clean and professional home studio setup; Sept. 10, 2020. 3 interactive class activities to energize your online classroom

~~Instructing Physical Activity and Exercise by James Corbett~~

Unit 15: Instructing Physical Activity Cool downs Components: Lowering of pulse rate, stretches, developmental stretches Functions: Return the heart rate to normal, removal of waste products that may have built up, return the muscles to the original state (length), reduce the

~~Unit 15: Instructing Physical Activity by Laura Walker~~

Unit 15: Instructing Physical Activity Unit presentation Designing a 6 week training plan Swim Warm up 800m as: 200m freestyle, 200m backstroke, 200m drill, 200m freestyle Drill 6 x 75m hand drills Main set 15 x 100 as: 100m off 1.20, 100m off 1.15, 100m off 1.10. Repeat x 5.

~~Unit 15: Instructing Physical Activity by Tom Richards~~

Blog. Oct. 20, 2020. How sales EQ can help you close more deals; Oct. 17, 2020. How to make a video presentation with Prezi in 6 steps; Oct. 14, 2020. Video conferencing best practices: Tips to make meeting online even better

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Unit 14: Instructing Physical Activity. Teacher: Alex FLOWER; Instructing PA Home Moodle - Worcester Sixth Form College. Moodle community; Moodle Docs; Moodle support; Contact us. Worcester Sixth Form College, Spetchley Road, Worcester WR5 2LU Phone : 01905 362600 E-mail : ...

~~Summary of Unit 14: Instructing Physical Activity~~

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