

SUBJECT: NCFE Health and fitness

UNIT: Content area 8



1. Structure of a Health and Fitness Programme

- Warm-up
- Main activity
- Cool-down
- Review and evaluation

2. Session Planning

A session plan should include:

- Aims and objectives
- Activities
- Equipment
- Time, intensity, repetitions and sets
- Health and safety considerations

3. Warm-Up

Purpose:

- Gradually increase heart rate
- Increase blood flow to muscles
- Reduce risk of injury

Types:

- Pulse raiser
- Mobility exercises
- Dynamic stretching

4. Cool-Down

Purpose:

- Gradually lower heart rate
- Reduce muscle soreness
- Aid recovery

Types:

- Light aerobic activity
- Static stretching

5. Main Activity

- Most intense part of the session
- Linked to SMART goals
- Appropriate intensity and progression

6. Health and Safety

- Correct use of equipment
- Suitable clothing and footwear
- Safe environment
- Hydration
- Individual needs and abilities
- Risk assessments

7. Reviewing the Session

- Were goals met?
- Participant feedback
- Effectiveness of activities
- Safety and organisation

8. Timescales and Goal Setting

- Short-term goals
- Medium-term goals
- Long-term goals
- Goals should be SMART and reviewed regularly

Key Vocabulary

Session plan – plan for one fitness session

Warm-up – prepares the body for exercise

Cool-down – aids recovery after exercise

Main activity – core part of the session

Risk assessment – identifies and reduces hazards

Progression – gradual increase in training demands

Review – evaluation of performance and effectiveness