

healthy lifestyle

Briefing Notes for the Fitness Instructor

These notes are found in the *facilitator's manual* in the relevant *about this session*. They are provided in this format for convenience in briefing the fitness instructor, and to plan those sessions where the nature of the physical activity is at the discretion of the fitness instructor. The Co-ordinator should spend time with the fitness instructor before commencement of the program to discuss requirements and ensure clarity of the brief.

Session Two

Aims of the session:

1. To introduce those of varying exercise ability to a fun and interactive group exercise session in the form of a group walk.
2. To provide an active demonstration of the levels of the Borg scale (perceived exertion).
3. To conduct a basic fitness test: the 2 minute step test.

Session Two is the first time that all the participants will come together for the large group exercise. This group exercise session is done after the teaching session rather than before it, so that the participants are aware of the importance of physical activity.

General guidelines for the group exercise session:

1. Spend some time introducing yourself and explaining to the group the aim of the group exercise session. Take particular care to conduct an appropriate safety brief, and determine all participant injuries and possibly brief exercise histories, as some participants may not have participated in physical activity for long periods of time.
2. Tailor the session to your group's ability.
3. Conduct an appropriate warm up noting that any activity may be new and the group may need to be instructed on each exercise/stretch.
4. Conduct an active demonstration of the Borg scale by having the group walk in a circle in a large room/space. Go through the different levels of the Borg scale explaining the intensity.

5. Conduct the 2 minute step test by instructing each person to find a step, then go at their own pace and count how many step ups they can do in the 2 minutes. At the one minute mark instruct them to change leading legs. Have each person record this result in their *Journal* including the location of the step, so the test can be replicated at the end of the program.
6. For the remaining time, take the group for a walk around the local area and finish the session with an appropriate cool down.

Session Three

Aim of the session:

1. To increase participant confidence and enjoyment in physical activity.

Throughout the weekly group exercise sessions a general aim is to expose the group to various forms of physical activity, as explained in the *about the program* section. Any type of physical activity that is of moderate intensity and tailored to the group's ability is appropriate.

A group walk is useful, as it gives the facilitators an extra chance to talk with group members while walking, and to gauge how each person is coping with the exercise and program in general.

Discretionary choice: _____

Session Four

Aims of the session:

1. To introduce strength training exercises for the whole body
2. To instruct the individual participants on correct form and technique
3. To keep it fun and achievable for at home replication

Session Four is the introduction to the strength training program. This group exercise session is done after the teaching session rather than before it, so that the participants are aware of the importance of strength training.

Participants have all been instructed to bring a set of hand weights. It may help to bring a few extra sets yourself for those participants who forget, are unable to acquire the equipment, or bring an inappropriately weighted dumbbell.

General guidelines for the group exercise session:

1. Spend some time briefly explaining to the group the aim of the group exercise session. Take particular care to conduct an appropriate safety brief and determine all participant injuries. Possibly include brief strength training histories, as participants will have different levels of strength training expertise.
2. Tailor the session to your group's ability.
3. Conduct an appropriate warm up, noting that any activity may be new and the group may need to be instructed on posture and technique with each exercise.
4. Take the group through basic strength training exercises for the whole body. Keep it as simple as possible - about 2 sets with 8-10 reps for each exercise. The aim is to help each participant learn how to do the exercise and attempt a full range of motion, rather than challenging the muscles per say.
5. Finish the session with an appropriate cool down.

Session Five

Aims of the session:

1. To introduce using the fitball for stabilisation/balance exercises, rehabilitation, weight training, and stretching.
2. To instruct the individual participants on correct form and technique.
3. To increase their confidence on using the ball, and to keep it fun and achievable for replication at home.

The *Session Five* group exercise session can be an opportunity to do **an introduction to the fitball**. This session group members will each need to bring a fitball and a set of hand weights. It may help to bring a few extras yourself for those participants who forget or are unable to acquire the equipment.

General guidelines for the group exercise session:

1. Spend some time briefly explaining to the group the aim of the group exercise session. Take particular care to conduct an appropriate safety brief and determine all participant injuries, and possibly brief fitball experience histories as participants will have different types of fitball experiences.

2. Instruct participants on the anatomy of the trunk region and explain how to contract the muscles of the core. A demonstration of how to contract the transverse abdominals and description/instruction of how to contract pelvic floor muscles during each exercise is also useful.
3. Tailor the session to your group's ability.
4. Conduct an appropriate warm up using the fitball, noting that any activity may be new and the group may need to be instructed on each exercise.
5. Take the group through the basic fitball exercises:
 - For balance and stabilisation training
 - For strength training with and without hand weights
Please cover all the exercise examples in the appendix in *Session Four*.
 - Stretches using the fitball

Keep it as simple as possible, noting some may be very apprehensive and need extra stability (for example, a flat fitball or placed either up against a wall or in a corner). *The aim is to get each participant learning about how to do each exercise/ position and attempt a full range of motion rather than challenging the muscles per say.*

6. Finish the session with an appropriate cool down.

Session Six

Aim of the session:

1. To increase participant confidence and enjoyment in physical activity.

Throughout the weekly group exercise sessions a general aim is to expose the group to various forms of physical activity, as explained in the *about the program* section. Any type of physical activity that is of moderate intensity and tailored to the group's ability is appropriate.

A group walk is useful, as it gives the facilitators an extra chance to talk with group members while walking, and to gauge how each person is coping with the exercise and program in general.

Discretionary choice: _____

Session Seven

Aim of the session:

1. To increase participant confidence and enjoyment in physical activity.

Throughout the weekly group exercise sessions a general aim is to expose the group to various forms of physical activity, as explained in the *about the program* section. Any type of physical activity that is of moderate intensity and tailored to the group's ability is appropriate.

A great option is a **circuit class**, which offers a combination of all the different exercises learnt throughout the course. Different stations including strength training exercises, fitball, stepping, and a walk where group members can be challenged at their individual level is recommended.

Discretionary choice: _____

Session Eight

Aim of the session:

1. To increase participant confidence and enjoyment in physical activity.

Throughout the weekly group exercise sessions a general aim is to expose the group to various forms of physical activity, as explained in the *about the program* section. Any type of physical activity that is of moderate intensity and tailored to the group's ability is appropriate.

A **group walk** is useful, as it gives the facilitators an extra chance to talk with group members while walking, and gauge how each person is coping with the exercise and program in general.

Discretionary choice: _____

Session Nine

Aim of the session:

1. To increase participant confidence and enjoyment in physical activity.
2. To conduct the retest of the 2 minute step test.

Throughout the weekly group exercise sessions a general aim is to expose the group to various forms of physical activity, as explained in the *about the*

program section. Any type of physical activity that is of moderate intensity and tailored to the group's ability is appropriate.

A great option is a **circuit class**, which offers a combination of all the different exercises learnt throughout the course. Different stations including strength training exercises, fitball, stepping, and a walk where group members can be challenged at their individual level is recommended.

Discretionary choice: _____

The 2 minute step test:

Remind participants to use the same step as in *Session Two*, so the results can be compared accurately. Different step height will change the level of difficulty between the two step tests. Conduct the 2 minute step test by instructing each person to find a step, then go at their own pace and count how many step ups they can do in the 2 minutes. At the one minute mark instruct them to change leading legs. Have each person record this result in their *Journal*, and compare the results to *Session Two's* score.

Session Ten

Aim of the session:

1. To do a final group walk while preparations are made for the Medal Ceremony.
2. To acknowledge the role of the instructor and allow them to bring closure to the group

Take the group for a brief walk to fit the time schedule, which requires time for both setting up and then running the Medal Ceremony. Make use of the time to help participants with any questions relating to their physical activity regime.