

# **SPECIALIST AREA: SPECIALISED FITNESS INSTRUCTION**

## **SUB AREAS:**

(Linked to [ST0478 Community activator coach](#))

- Instructing kettlebells
- Instructing studio cycling
- Instructing water-based exercise
- Instructing circuit sessions
- Instructing physical activity for children

NB. The following duties are indicative and not exhaustive.

## **SPECIALIST DUTIES: INSTRUCTING KETTLEBELLS**

- Explains the proper use of kettlebells, including in functional training.
- Identifies health and safety issues specific to kettlebell training.
- Identifies contraindications specific to kettlebell training.
- Identifies risks specific to kettlebell training.
- Identifies different classes/training in which kettlebells can be integrated.
- Plans aims and session objectives and selects appropriate equipment.
- Plans order, timings and environment for exercises to take place.
- Demonstrates correct techniques and communicates clearly with participants.
- Provides post-session feedback.

## **SPECIALIST DUTIES: INSTRUCTING STUDIO CYCLING**

- Explains the proper use of cycling equipment.
- Identifies health and safety issues specific to cycle training.

- Identifies contraindications specific to cycle training.
- Identifies risks specific to cycle training.
- Plans session aims and objectives and selects appropriate equipment.
- Plans order and timings for exercises to take place.
- Demonstrates correct techniques and communicates clearly with participants.
- Provides post-session feedback.

## **SPECIALIST DUTIES: INSTRUCTING WATER-BASED EXERCISE**

- Explains the benefits of water-based exercise.
- Identifies health and safety issues specific to water-based exercise.
- Identifies equipment for use in water-based exercise.
- Plans session aims and objectives and selects appropriate equipment.
- Selects and uses music within sessions, complying with legal requirements for using music.
- Modifies exercises and equipment to regress or progress, accommodating different participants' needs.
- Plans order and timings for exercises to take place.
- Demonstrates correct techniques and communicates clearly with participants.
- Provides post session feedback.

## **SPECIALIST DUTIES: INSTRUCTING CIRCUIT SESSIONS**

- Explains the benefits and principles of circuit training.
- Identifies health and safety considerations, including contraindications and risks, specific to circuit training.
- Checks, cleans and maintains portable equipment.
- Plans aims and objectives of the circuit training session, selecting appropriate methods, equipment and layout to achieve those aims and objectives.

- Adapts and modifies the session to regress, progress and accommodate different clients' needs.
- Demonstrates correct techniques and communicates clearly with participants.
- Selects and uses music within sessions, complying with legal requirements for using music.
- Provides post-session feedback.

## **SPECIALIST DUTIES: INSTRUCTING PHYSICAL ACTIVITY FOR CHILDREN**

- Explains the benefits of physical activity and health risks of inactivity for children.
- Follows current physical activity guidelines for children.
- Adheres to legislative requirements for safeguarding and protecting children.
- Identifies health and safety issues specific to instructing children.
- Identifies and selects safe and appropriate equipment for physical activity.
- Ensures an inclusive environment to encourage participation.
- Assesses children's readiness and ability to take part in physical activity.
- Plans and modifies physical activity in response to information gained from children, parents or carers.
- Plans physical activity relevant to children's age and stage of development.
- Explains and demonstrates techniques so that children perform activities safely and correctly.
- responds to children's performance and provides progressions or regressions to improve confidence and motivation.
- Provides post-session feedback in a positive manner to encourage future participation.
- Refers any health, safety or welfare issues in line with legal requirements.