Module 18: Gym Exercising – Planning and Instructing

In this module you will learn:

- The role of an exercise instructor
- What the requirements of the job are
- How to set exercise goals
- How to design a training plan
- The Principles of training

18.1 Introduction

To review the role and responsibilities of a fitness professional, it will help to clarify that a career is constructed upon a foundation that is a thorough understanding and familiarity of the basics.

This is essential to move forward through to planning a comprehensive exercising plan for a client, and then executing that plan. A professional fitness instructor is more often than not an exercise instructor as well.

Fitness professionals screen the participants for exercise programmes, and evaluate the various fitness components, then prescribe exercise to improve these components. They may also assist those with specific or chronic conditions.

Certified fitness professionals must maintain up-to-date certifications in order to instruct at particular gyms or health clubs. Often, professionals will also require education in kinesiology, the anatomy, and biomechanics in order to progress in their career.
Other topics also include weight-loss, nutrition, and self-help. Fitness careers may be differentiated from careers in exercise science, such as athletic training. However, the varied types of fitness diplomas have many similarities that all exercise and fitness professionals must master.

18.2 Role of an Exercise Instructor

An exercise instructor’s role will include the planning, instruction and evaluation of gym based exercises, and the ongoing participant programmes.

They should provide advice to clients or members when choosing a generic or a pre-written exercise programme.

- Exercise instructors have a responsibility to ensure that a generic programme will meet the goals of a client or gym member.
- Exercise instructors must also be certain to refer any client to a professional in the event that the client has some existing risk factor, or falls within a specific needs population.
- Exercise instructors should have good people interaction skills and will also guide new members around a gym scenario.
- Exercise instructors will find that they work closely with clients or members to assist in spotting exercises, correcting their technique when required, and provide inspiration and encouragement.
- Exercise instructors perform a crucial role in maintaining a safe, vibrant gym atmosphere, while enhancing the client or member training experience.

Instructors will be working with a broad range of people, this includes specialist rehabilitation clients, younger students, pro or elite athletes and the general public.
Shift work is not uncommon for exercise instructors as they may be expected to work nights and weekends, when their clients are more likely to have time for exercise. Instructors can be self-employed or, alternatively, work directly for a facility where they instruct.

A self-employed instructor can set their own hours and rates. The career is suitable for individuals who have a good motivating attitude and also enjoy working with a broad range of people.

The work requires an ability to facilitate the requirements of each person’s unique needs, these include:

- Anatomy & physiology of exercise
- The principles of fitness, exercise & health
- Knowledge to guide & support clients that participate in exercise and physical activity
- The planning of gym based exercise
- The instruction of gym based exercise
- Maintaining the health, safety and the welfare of participants in a gym based scenario

The qualities that make a much greater impact than the size of one’s biceps are – passion, purpose, caring and guidance.

18.3 Requirements of a Career in Exercise Instructing

Before you decide to venture into this area, it is good to know what the requirements of the job are and whether they suit you and your personality.
You would not want to get into this line of career and then find out you are not suited for it, or you do not like it. Therefore, you should find out what the requirements of the job are.

You will need:

- A knowledge of the human anatomy, along with the concepts of functional exercise, basic nutrition and the science of basic exercise
- The wherewithal to design an exercise programme that is tailored to the needs, and attainable goals, of individual clients or a group
- The skills to conduct and comprehend the importance of screening and of client assessment, at the outset, and then progressively
- A professional ability to carry out an individual’s programme design in a safe and effective manner
- The desire to guide clients to reach their exercise and fitness goals via appropriate cardiovascular, flexibility and resistance exercises
- An ability to inspire people to improve their overall fitness and health regime
- A professional dedication to maintaining one’s personal integrity and also your own health and fitness

A professional trainer delivers safe, effective, fun and interesting exercise workouts (in that order) to all of their clients.

The training programmes that are developed should be varied and also progressive, and clearly designed toward improving a client’s health and wellness. As an instructor, you should be supportive and enthusiastic, in order that clients will remain keen and stimulated, which, in turn, ensures they maintain a programme – and importantly, continue with you.
A Plan to stick by

We all know the benefits of exercise programmes.

Actually, many people have, at some stage in their lives, drawn up a good fitness plan for themselves. Sadly, only a few of those people remain committed to their plan and, after some time, abandon it. There are several reasons why this happens, but the most usual is becoming overwhelmed by the routine.

An exercise programme only becomes overwhelming when a person is not armed with the right knowledge to keep things moving along.
After committing to getting into shape, there are things to do, and other things to avoid. This may ensure that a person will meet both a long term and a short term exercise goal.

18.4 Setting Personal Gym Exercise Goals

The simplest place to start is with a list of what it is you intend for yourself, or a client, regarding an exercise training plan.

If you don’t set any goals, then it will become difficult to stick with any plan that one may try to follow. One needs to ensure why it is that you are doing anything in life, otherwise challenges and hurdles become overwhelming along the path.

Establishing Levels of Fitness

Have clarity regarding the current level of fitness, before proceeding. By this clarity, you will be able to establish
goals that are in accordance with specific fitness needs. No one can mentally accept, or physically achieve, a plan that is too steep a curve compared to the present fitness level.

If there are any health challenges, such as obesity or diabetes, it is extremely vital to talk with a health care expert before embarking upon a fitness programme, otherwise injury or harm may occur. Starting on a programme while also battling a health condition requires a thoroughly researched plan.

**Planning a Suitable Warm-up**

Before starting exercise sessions, become habitual to the warm-up. Ideally, there should also be a cool down period at the end of the session. Warming up and cooling down helps immensely in retaining the level of fitness reached, for the subsequent session. As we become older, this becomes increasingly important as, at age 30, the body simply cannot do what it did at age 18.

**Getting the Amount of Exercise Right**

Do not exercise to excess, as this may guarantee a swift burnout. The intensity of exercise should be increased incrementally, so that the exercise plan remains sustainable and achievable.

One should also diversify the exercise routine. Repeating the same routine daily will also guarantee mental fatigue because of the repetition. When this occurs, the effects are that one will also rapidly get physically tired and probably end up missing sessions because of dissatisfaction with the plan.

**You should:**

- Try to find a serious exercise partner, or maybe join a club, to ensure that you remain motivated to complete the exercise session plan.
- Taking on water is extremely important, at the
beginning, in between exercises and also at the end of any session.

- Don’t go for long workout sessions when first beginning. Initially, the session should be about 10-15 minutes long, unless of course there is a high starting level of fitness; be honest with yourself and with your client.

Try to keep an open mind and stay flexible when you start an exercise plan. The willingness to take on new techniques, and the setting of realistic targets, certainly helps in reaching any goals.

### 18.5 What To Avoid When Instructing

- One’s body needs adequate time to recover in between sessions. Don’t make the mistake of over-training; it can end in injury and cause more harm than good.
- Don’t miss breakfast. With a decent breakfast you give the metabolism the boost it requires, while providing the energy to get through the remainder of the day. Emphasise the importance of breakfast to your clients.
- Stretching is extremely important, therefore, never skip it before or after sessions.
- Sleep provides the recuperative energy needed to focus on exercise, so don’t burn the candle at both ends if you mean to complete an exercise plan.
- Avoid the setting of any goal that is unrealistic. If you are looking to lose weight, 1-2 pound loss per week is an ideal target. Expecting to shed 10 pounds every week means you are heading for a great disappointment.
- Do not workout haphazardly. Do follow the written plan if you are sincere about reaping the benefits of that exercise plan.
- Do not dismiss the motivational aspect of rewarding oneself when each goal is reached. However, please avoid the reward of unhealthy food.
18.6 The General Exercise Plan

As the range of abilities, health, age, strength and so on, vary so greatly, it is not practical here to try and illustrate different plans and instructions for so many variations.

A general purpose plan identifies what’s needed to reach agreed objectives.

Any training plan should be designed to identify long term goals, as well as short term objectives. Let us look at the development of a short term, annual training plan. At its simplest form, a plan could comprise of a single sheet of paper that identifies an overall plan for one year; the more detailed weekly plan identifies the specific activities that the athlete is to complete.

18.7 Assessment of the Client

Before one can begin to create a training programme, it is necessary to analyse the client and determine their strengths and weaknesses.

Firstly, identify attributes that are the ideal (e.g. body build, strength, speed, endurance, flexibility and so on), that will allow the athlete to attain agreed goals.

Secondly, assess the athlete against an ideal athlete to determine their weaknesses and strengths (gap analysis).
Addressing these gaps may even require thinking about quite a long term plan (4-8 years), but in the initial macro cycle, one may establish realistic, yet challenging, goals to begin to address any gaps.

**18.8 An athlete’s physical needs that will require development are:**

- Basic body Conditioning
- General & Specific Strength
- General & Specific Technique
- General & Specific Mobility
- General & Specific Endurance
- Speed

Each of these requirements should be perceived as a stepping stone, where specific blocks need to be attained before progressing onto the next. Ignoring this may result in injury. However the blocks are allocated in each phase is dependent upon an athlete’s weaknesses and strengths, this is for you, as the instructor, to decide with the athlete, or vice versa.

**One approach is to increment the building blocks like this:**

- basic body conditioning
- general strength, endurance, mobility and technique
- specific strength, endurance, mobility and technique
- speed

When evolving from one block to the next, try to cross fade with the previous block and not switch from one to the next suddenly. Some blocks once begun, may continue to the end of the cycle but at a less intensive pitch, e.g. mobility. Some other blocks that can be considered are relaxation, visualization and mental attitude.
18.9 Planning performance improvements obeys certain principles:

Specificity:

Describes that which will improve the arc of movement for a specific joint action, one needs to perform exercises that involve that specific joint action. It is quite feasible that an athlete will have excellent mobility in the shoulder joint, yet have poor hip mobility. Executing shoulder mobility exercises may further improve the mobility of the shoulder, however, it will not affect the mobility of the hip.

Overload:

When an athlete executes a mobility exercise, they should stretch to the end of their range of movement. With active mobility, the end point of an arc of movement is known as the active end position. Mobility improvements will only be achieved by working on or beyond an individual’s active end position.

You can improve mobility in the following ways:

- Passive exercises involve going past the active end position, as the external load is able to move a limb further than the active contraction of the agonist muscles.
- Kinetic (dynamic) mobility exercises encourage the momentum of the movement to manipulate past the active end position.

A muscle will only strengthen when it is forced to operate
beyond its habitual intensity. The load needs to be progressively increased in order to further the adaptive responses as the training develops, and the training stimulus is incrementally raised.

**Recovery:**
Recuperative rest is needed so that the body may recover from training and allow its adaptation to manifest.

**Adaptation:**
A body will react to any imposed training loads by increasing its adaptability to deal with the new loads. Adaptation happens during the recovery time after an exercise session has been completed.

**Reversibility or Detraining:**
Greater arcs of movement are achieved and sustained by regular use of mobility exercises. If a person stops mobility training, then their range of movement will lessen over time to the range maintained by any other physical activities.

If training stops, then the training effect will also cease, and will gradually reduce at around one third of the rate of acquisition.

**18.10 The Training Year Plan**

The beginning of a training year will depend upon an athlete’s circumstances and objectives, but, for our example here, let’s assume it is generally to be around October for track and field athletes.

**Gathering Information**
The first step of designing a Training Plan is to collate requisite information regarding yourself or the athlete you
are instructing, along with the objectives for the coming year or season, if the athlete competes.

**The type of information required is:**

- Personal details
- Objectives
- Experience
- Other commitments
- Hobbies and other sport activities
- Time available for training
- Planned holidays
- Medical
- Previous injuries or illness
- Current health problems (diabetes, asthma, etc.)
- Access to medical support
- Physiotherapy support
- Under medication
- Asthma inhaler user
- What do you expect from your instructor?
- If this is not the first plan generated with the athlete, then it is important to conduct a SWOT analysis of the previous training programme
- Strengths
- Weaknesses
- What may prevent the achievement of any short and long term objectives?

### 18.11 Detailed Planning

After gathering the requisite information, the instructor can move onto the production of an overall template that will block out the weeks and months for the year’s activities.

They can be as follows:

- the blocks to be enhanced (e.g. strength, endurance) in
each phase
- the period of development for each block
- the intensity of training to be undertaken, week by week
- the number of training sessions each week
- the evaluation points where progress is monitored

Identify the relevant training units for each block as it is appropriate to the phase of the overall plan. Group the units of training, for each different block, into a training schedule that takes into consideration the quantity of training sessions that the person can accomplish each week, the required intensity of training and also the phase of development.

18.12 Periodization

Periodization is the means by which a training year is organized into phases, and where each phase has specific aims that target the athletes’ development.

The training year can be divided into 6 phases:

- Phase 1 – 16 weeks – Oct, Nov, Dec, Jan
- Phase 2 – 8 weeks – Feb, Mar
- Phase 3 – 8 weeks – Apr, May
- Phase 4 – 8 weeks – Jun, Jul
- Phase 5 – 8 weeks – Jul, Aug
- Phase 6 – 4 weeks – Sep

This assumes that (for an athletics competitor) the peak fitness will be in August. What about if there is an indoor and also an outdoor season?

For the athlete who has competitive objectives for both an outdoor and an indoor season, then the phase allocated to the indoor season may be:

- Phase 1 – 6 weeks – Oct, Nov
- Phase 2 – 8 weeks – Nov, Dec, Jan
- Phase 3 – 6 weeks – Jan, Feb

**And for the outdoor season:**

- Phase 1 – 4 weeks – Feb, Mar
- Phase 2 – 6 weeks – Mar, Apr
- Phase 3 – 5 weeks – Apr, May
- Phase 4 – 7 weeks – Jun, Jul
- Phase 5 – 6 weeks – Jul, Aug
- Phase 6 – 4 weeks – Sep

This assumes that the height of an indoor season is in February and an outdoor season is in August. To achieve the appropriate development, then perhaps the start of a year and its duration of each phase will need adjustment, which is dependent upon an athlete’s objectives and their abilities.

The most basic principle of Periodization is simple. It is called **S.A.I.D.**

Specific Adaptation to Imposed Demand.

You wish to get stronger? Lift progressively heavier weights.

You wish to run faster? Run and make every time a race against the clock. And so on...

The base line is that one’s body will adapt to deal with the demands that you place upon it.

### 18.13 Objectives in Each Phase

The objectives of each phase may be:

- Phase 1 – The general improvement of mobility, strength, endurance and basic technique
- Phase 2 – Development of specific fitness and advanced technical skills
- Phase 3 – Competition experience – achievement of indoor objectives
- Phase 4 – Fine tuning the technical model, and preparation for any competition
- Phase 5 – Competition experience and achievement of outdoor objectives
- Phase 6 – Active recovery – planning preparation for next season

**Training units & sessions**

The training unit is a single activity (i.e. 5 × 50 meters at 80% effort with 1.5 minutes of recovery) done with a particular objective (e.g. to develop a specific endurance).

Any training session may constitute one or more training units, i.e. the Warm Up unit, the Technique Drill unit, a Speed Endurance unit and culminating with a Cooling Down unit.

**What is the training schedule?**

The training schedule (or micro cycle) constitutes a quantity of training sessions that may span from 1 week to 10 days.

**What is a Macrocycle, a Mesocycle, and a Microcycle?**

The macrocycle is a period of time (e.g. 1 year) that defines the available preparation time preceding a goal or a competition date.

This may be further broken down into developmental periods known as Mesocycles.

- A mesocycle is usually 1 – 2 months in length and has a particular objective e.g. general preparation, some specific preparation, or a competition.
- A microcycle is an even shorter training frequency of approximately 7-10 days, this includes more detailed
analysis on the intensity, frequency, duration and sequencing of training sessions.

18.14 Goal Setting

Goal setting is a straightforward, yet regularly misused, technique to motivate. It provides a structure to a training or competition goal.

Goals establish focus, and there are two common acronyms that guide one’s goal agenda.

**Athlete Development Model. SMART or SMARTER**

- **S** – Goals must be Specific
- **M** – Training targets should be Measurable
- **A** – Goals should be Adjustable
- **R** – Goals must be Realistic
- **T** – Training targets should be Time based
- **E** – Goals should be challenging and Exciting
- **R** – Goals should be Recorded

**SCCAMP**

- **S** – Goals must be Specific
- **C** – within the Control of the athlete
- **C** – Goals are Challenging
- **A** – Goals must be Attainable
- **M** – Training targets should be Measurable
- **P** – Goals are Personal

18.15 FITT Principles
When designing a strength or aerobic training exercise schedule, exercise instructors, such as personal trainers or gym instructors, most often use the F.I.T.T. principle as a beginning point.

Overall, and with some study and knowledge, virtually any instructor can utilize the F.I.T.T. principle to design an exercise programme that will help one to become incrementally stronger and fitter, and also help to lose weight or control one’s weight.

The baseline principles of fitness training are encompassed in the acronym F.I.T.T

- **F** – Frequency – how often
- **I** – Intensity – how hard
- **T** – Time – how long
- **T** – Type – the type of training (endurance, strength, and so on)

Intensity = the actual stress upon a muscle.
Plan an effective regime to improve cardiovascular fitness & strength.

**Compound exercises utilize more than a single muscle group and they are really effective for people keen to lose weight.**

Examples of compound exercise include bench presses, squats, shoulder press, push-ups, and deadlifts.

Isolation exercises use one muscle group to perform and these include tricep extensions, bicep curls, leg extensions, etc.

For people new to resistance training, compound exercises are preferable at the outset. Once one has a base level of strength, then one can add isolation exercises to the workouts for variety, and also to specifically shape any individual
No matter the goal, one’s current fitness level or existing exercise experience, you may employ the principles of F.I.T.T. to design an effective long term exercise plan, which will also help to improve one’s cardiovascular fitness, flexibility, strength, and also help one lose weight.

Using the principles of F.I.T.T. in an exercise plan will ensure that the achievement of weight loss goals is as efficient as possible. Not only will the goals be achieved in the quickest possible period, you will also enjoy the routine more because of the inbuilt variety.

While any instructor with a basic knowledge of the above can design a workout plan, if you are new to exercise or have an existing ailment or injury, it is recommended that you consult a professional trainer or other exercise professional. As well as creating a personal plan using F.I.T.T., they can help to rehabilitate or work around any pre-existing injuries. They will also guide you to the correct techniques that each exercise in the plan requires, while advising about when to modify the plan to maximize the advantage of the new fitness level that you will subsequently attain.

18.16 The F.I.T.T. principle and Weight Loss

Planning a fitness regime by breaking it down into the four principles of F.I.T.T. will allow one to quickly design a plan that provides results.

Such as:

- Start with the correct exercises and intensity.
- Measure the progress.
- Plan one’s exercises to maximize the long term weight
reduction.

Using the principles of F.I.T.T. is not just crucial in an initial exercise plan, it is also vital in one’s long term planning for weight reduction and for fitness success.

**By varying or ramping up any, or all components of the F.I.T.T. principle, you may:**

- Increase the number of calories burnt during each exercise session.
- Improve the cardiovascular fitness and strength.
- Help to minimize any overuse or over-training injuries.
- Build variety into the plan.

### 18.17 Extending the reach

When a person executes a mobility exercise, they should stretch to the end of their arc of movement.

In what we call active mobility, the last point of the arc of movement is called the active end position. Improved mobility may only be successful by working on or beyond this active end position.

Passive exercises will involve going past this active end position, as the external load is able to manipulate the limbs further than the active contraction of the agonist muscles.

Kinetic (dynamic) mobility exercise uses energy and movement to bounce past the active end position.

A muscle can only become stronger when it is forced to operate further than its customary boundary. The force upon the muscle
should be incrementally raised in order to progress the adaptive responses as one’s training develops, and as the training stimulus is progressively raised.

**Overload can be moved forward by:**

- increasing the resistance, e.g. like adding 3kg to a barbell
- increasing the quantity of repetitions with a particular weight
- increasing the number of sets of an exercise (work)
- increasing intensity — i.e. more work but in the same period, and reducing recovery time

### 18.18 Circuit Training

*Circuit training is an excellent way to improve strength, stamina and mobility.*

A training circuit involves at least 6 to 10 strength exercises that should be executed one exercise after another. Each one is repeated for a specific number of rounds, or alternatively for a set time period before one moves forward to the following exercise.

The exercises in each circuit should be separated with a brief rest period, and, after each circuit is completed, a longer rest before the next circuit, if required. The complete number of circuits executed in a training session will vary from two to six circuits which is dependent upon the training level of the person (beginner, intermediate, advanced), the period of training (preparation or competition) and the overall training
18.19 Planning a Circuit

Identify on paper 3 to 4 circuits of 6 to 10 exercises that can be executed with one’s available resources.

For every circuit, try to enforce that no two consecutive exercises are concentrating on the same muscle group. e.g. don’t do press ups and follow it with pull ups.

The circuit should be designed in order that one works each body part as follows:

- Total body
- Upper body
- Lower body
- Core & Trunk

It is vital to do a warm up at the start of a session and also cool down at the end.

Some exercises that can be performed in a circuit training session are as follows:

- Upper-body – Press up, Bench dip, Pull up, Bench lift, Medicine ball chest pass, Inclined press up
- Lower-body – Squat jump, Compass jump, Astride jump, Step up, Shuttle run, Hopping shuttle, Bench squat
- Core & trunk – Sit up (the lower abdominals), Stomach crunch (the upper abdominals), Back extension chest raise
- Total-body – Treadmills, Burpees, Skipping, Squat
Example of a Circuit Training Session

6 Exercises: Press ups, Squat Jumps (forward astride), Treadmill, Sit ups (bent knees, feet on the ground), Bench Dips, Squat Thrusts.
8 Exercises: Press ups, Treadmill, Sit ups (bent knees, feet on the ground), Squat Jumps (forward astride), Bench Dips, Squat Thrusts, Shuttle run, Back extension chest raise.

Durations

20 to 30 seconds on each exercise with a half-minute recovery between exercises.
3 to 5 sets of exercises with approximately 3 minutes rest between sets.

Duration may be set on time (e.g. 30 seconds) or limited to the number of repetitions of an exercise that an athlete can complete in a minute of 100% effort.

If the training is set on the number of repetitions, then regular testing (i.e. once monthly) should be conducted in order to establish the maximum amount of repetitions that can be done in one minute, for each exercise.

Training may be based on a monthly cycle which comprises of an easy week, a medium week, a hard week and a test/recovery week. Workloads may be varied by altering the number of exercises, their duration, and the sets or repetitions and subsequent recovery time.

18.20 Basic Endurance Circuit
Warm up the body with 10 to 15 minutes of gentle jogging, cycling or swimming, and then execute the following exercises in order.

Move rapidly from exercise to exercise, but don’t execute the actual exercises too rapidly (do not sacrifice good form just to complete them in a hurry).

For example:

1. Run 400 meters at race pace (if you are a swimmer, then swim 100 meters at your highest intensity; if a cyclist, then pedal for 1500 meters at a high speed)
2. Execute 5 chin-ups
3. Execute 35 abdominal crunches
4. Complete squat thrusts 15 times with jumps (burpees)
5. Complete 15 press-ups
6. Execute 30 body-weight squats (fast)
7. Again run 400 meters at the 5k pace (if you’re a swimmer or cyclist, see step 1)
8. Execute 12 dumbbell and squat presses (using 10 pound dumbbells)
9. Do 10 press-ups with the feet-elevated
10. Perform 36 low-back extensions
11. Complete 15 bench dips
12. Execute 15 lunges with each leg
13. Again Run 400 meters at 5k pace (if you’re a swimmer or cyclist, repeat step 1)

Repeat all the steps 2 to 13 again (for a two circuit total), and then cool off with approximately 15 minutes of a light jog, swim, or cycle.

Once the fitness and strength have increased to a level where the above circuit session is no longer a challenge, then you may move forward to a more challenging set of circuit workouts.

A good trainer will continually mix up the routines and evolve different and creative methods to help an athlete to stay motivated. Do not be shy about proposing something you would like to attempt.

**Principles of exercise session design and exercise**

Principles of fitness training: frequency; intensity; time; type; progression; overload; specificity; reversibility;

18.21 3 things that make a difference

A body plan is key

You will not see a change if you do not know what you are aiming for. It is goalless training otherwise. You must note down your beginning point (those vital statistics, and how fit you may be), your available budget (the quantum of time available for training), and the goal (e.g. a dream weight or how far you wish to be able to run, or how many repetitions you will be able to lift).

Recording the change

Using old time paper and pen, not an application; not taking a
phone into a gym as it is simply an unnecessary distraction – is the best you can do for your health and self.

**Set a reasonable balance**

There is no point in exercising so hard that you can’t stop, occasionally relax and enjoy your new body shape and fitness. A healthy diet also needs balance.

Whether you are a seasoned instructor or a beginner, developing those techniques that are required to be a competent and thorough instructor are not inherited, but learned.

Teaching exercise can be quite difficult. Exercise instructors learn skills that many people can also learn, but evolving as a great instructor will take time, your energy and abiding passion. With practise, preparation and dedication, you can develop those skills that enable you to become the best you can possibly be.

**Module Summary**

**Lessons learned**

- An exercise instructor’s role involves planning, instruction and the evaluation of gym based exercises
- You will need knowledge of the human anatomy, nutrition and the science of basic exercise
- You need to establish the client’s current level of fitness before setting any goals
- A training year can be organised into phases. This is called periodization.
- The Principles of Training are Specificity, Overload, Recovery, Adaptation and Reversibility or Detraining

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