

## NON-NEGOITIABLES

YOU WILL NEED PE KIT.  
YOU WILL NEED TO CHANGE YOUR PROGRAMME AND DO OTHER TRAINING IF YOU ARE INJURED - THIS WILL MEAN MORE WORK NOT LESS.  
YOU NEED TO BE MOTIVATED AND TRY YOUR HARDEST.

YOU WILL BE GIVEN A FORM TO FILL IN FOR **EACH** TRAINING SESSION.  
YOU NEED TO FILL THEM IN, IN **DETAIL**.

**YOU NEED TO DO IT STRAIGHT AFTER EACH SESSION.**

## STRUCTURE

## U3 LAC

To gain a LEVEL 1 PASS you would be making a LIST  
To gain a LEVEL 2 PASS you would be DESCRIBING the things in the list  
To gain a LEVEL 2 MERIT you would then explain why they happened  
To gain a LEVEL 2 DISTINCTION you would then ANALYSE the effect they have

## BRIEF SUMMARY

**YOU ARE DOING YOUR FITNESS TRAINING PROGRAMME**  
**YOU NEED TO RECORD EVERYTHING THAT YOU DO**

Date, time and location  
Aims and objectives  
Session duration  
Type of training  
Programme details (FITT)  
Log of personal performance and achievements  
Resources Required e.g. equipment  
Details of programme intensity using %HR max and RPE

## UNIT CONTENT