



LACHLAN ACCESS PROGRAM

Condobolin | Lake Cargelligo | Tullibigeal | Ungarie

NAME & TYPE OF TASK: **Resistance training**

COURSE: Preliminary SLR 2021

TASK NUMBER: 2

DATE ISSUED: Term 2 Week 6,
Monday 25th May, 2021

DATE DUE: Term 2 Week 10,
Monday 21st June, 2021

TOTAL MARKS: 40

WEIGHTING: 30%

COORDINATING TEACHER: Mrs S. McBean

CO-TEACHERS: Mr P. Cattle

Submission process to be followed:

- The task must be saved in pdf format.
- The task is to be submitted via email to westernlap@det.nsw.edu.au by 9am of the due date.
- Email heading and filename should be in the format: Your Last name, First initial, Subject and task number.
For example: NyeBBiologyTask4
- Tasks are not to be emailed to the coordinating teacher or the classroom teacher.
- Make sure you ask for a read receipt and a delivery receipt for your email- these are found in the options section of your new message.
- If an extension is required, paperwork is to be submitted to your in-school access coordinator at least 7 days prior to the task due date. If you are aware that you may be away on the due date, submit it prior to the due date.

Syllabus Content:

- 1.3 demonstrates ways to enhance safety in physical activity
- 2.1 explains the principles of skill development and training
- 2.2 analyses the fitness requirements of specific activities
- 3.2 designs programs that respond to performance needs

Task Description:

You are required to create a resistance/strength training program for a professional athlete of your choice (eg. weightlifter, NBA player, NRL player, Olympian etc). You will need to research your chosen athletes sport and familiarise yourself with the types of movements and skills they are required to perform (eg. speed, power etc). A program template has been included for you to use with some examples.

Part A: Resistance Program (20 Marks)

Your program must include the following;

- Warm up exercises
- Upper body exercises
- Lower Body exercises
- Core exercises
- Cool down exercises
- Number of sets/repetitions to be performed for each exercise
- The weight to be used during each exercise
- Any additional notes and/or safety considerations for exercises

Part B: Explanation (20 Marks)

Explain how each component of your program (warm up, upper body, lower body, core and cool down) targets the specific needs of the chosen athlete and their sport.
Use examples from your program to support your explanation.

Marking Criteria:

Part A: Resistance Program

Create a resistance training program for a professional athlete

Description	Marks
<ul style="list-style-type: none">- completes all required criteria to an excellent standard.- program and exercises explicitly target the needs of selected sport.- provides purposeful and correct notes and safety considerations.- demonstrates excellent knowledge of resistance training methods and exercises.	19-20
<ul style="list-style-type: none">- completes all required criteria to a thorough standard.- program and exercises target the needs of selected sport.- provides correct notes and safety considerations.- demonstrates thorough knowledge of resistance training methods and exercises.	15-18
<ul style="list-style-type: none">- completes all required criteria to a sound standard.- program and exercises target some of the needs of selected sport.- demonstrates sound knowledge of resistance training methods and exercises.	10-14
<ul style="list-style-type: none">- completes all or some of the required criteria to a basic standard- program and exercises may or may not target the needs of selected sport.- demonstrates basic knowledge of resistance training methods and exercises.	5-9
<ul style="list-style-type: none">- completes some of the required criteria to a limited standard.- program and exercises do not target the needs of selected sport.	1-4
<ul style="list-style-type: none">- not attempted- non-serious attempt	0

Part B: Explanation

Explain how the program targets the needs of selected sport.

Description	Marks
<ul style="list-style-type: none">- detailed explanation of how training program meets the needs of selected sport.- uses a broad range of examples to support explanation.	15 - 20
<ul style="list-style-type: none">- sound explanation of how training program meets the needs of selected sport.- uses a range of examples to support explanation.	9 - 14
<ul style="list-style-type: none">- basic explanation of how training program meets the needs of selected sport.- use basic examples that may or may not support explanation.	1 - 8
<ul style="list-style-type: none">- not attempted- non-serious attempt	0

WORD	MEANING
Account	Account for: state reasons for, report on. Give an account of: narrate a series of events or transactions
Analyse	Identify components and the relationship between them; draw out and relate implications
Apply	Use, utilise, employ in a particular situation
Appreciate	Make a judgement about the value of
Assess	Make a judgement of value, quality, outcomes, results or size
Calculate	Ascertain/determine from given facts, figures or information
Clarify	Make clear or plain
Classify	Arrange or include in classes/categories
Compare	Show how things are similar or different
Construct	Make; build; put together items or arguments
Contrast	Show how things are different or opposite
Critically (analyse/evaluate)	Add a degree or level of accuracy depth, knowledge and understanding, logic, questioning, reflection and quality to (analyse/evaluate)
Deduce	Draw conclusions
Define	State meaning and identify essential qualities
Demonstrate	Show by example
Describe	Provide characteristics and features
Design	<i>Do or plan (something) with a specific purpose or intention in mind</i>
Discuss	Identify issues and provide points for and/or against
Distinguish	Recognise or note/indicate as being distinct or different from; to note differences between
Evaluate	Make a judgement based on criteria; determine the value of
Examine	Inquire into
Explain	Relate cause and effect; make the relationships between things evident; provide why and/or how
Extract	Choose relevant and/or appropriate details
Extrapolate	Infer from what is known
Give an example	<i>Do exactly that and no more, but make sure it is specific to the rest of the question</i>
How	<i>In what way or manner; by what means</i>
Identify	Recognise and name
Interpret	Draw meaning from
Investigate	Plan, inquire into and draw conclusions about
List	<i>Make a set of items considered as being in the same category or having a particular order of priority</i>
Justify	Support an argument or conclusion
Outline	Sketch in general terms; indicate the main features of
Predict	Suggest what may happen based on available information
Propose	Put forward (for example a point of view, idea, argument, suggestion) for consideration or action
Recall	Present remembered ideas, facts or experiences
Recommend	Provide reasons in favour
Recount	Retell a series of events
Summarise	Express, concisely, the relevant details
Synthesise	Putting together various elements to make a whole
To what extent	<i>How much, to what degree or how many</i>
Translate	<i>Move from one place or condition to another</i>
What	<i>Asking for information specifying something (mark allocation will determine the extent of information required)</i>
Why	<i>For what reason or purpose</i>

Resistance Training Program Template

Components of fitness:

Days per week:

Warm Up

<i>Activity</i>	<i>Sets/Reps</i>	<i>Weight</i>	<i>Notes/Safety Considerations</i>

Upper Body

<i>Exercise</i>	<i>Sets/Reps</i>	<i>Weight</i>	<i>Notes/Safety Considerations</i>
<i>eg Tricep Push up</i>	<i>3/12</i>	<i>Bodyweight</i>	<i>Keep elbows tucked in by your side</i>

Lower Body

<i>Exercise</i>	<i>Sets/Reps</i>	<i>Weight</i>	<i>Notes/Safety Considerations</i>
<i>eg Squats using bar</i>	<i>10/5</i>	<i>70kg</i>	<i>Make sure you can see toes</i>

Core

<i>Exercise</i>	<i>Sets/Reps</i>	<i>Weight</i>	<i>Notes/Safety Considerations</i>
<i>Cool Down</i>			
<i>Activity</i>	<i>Sets/Reps</i>	<i>Weight</i>	<i>Notes/Safety Considerations</i>