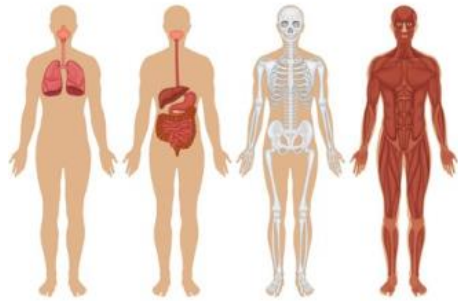






COURSE CONTENT



Body systems



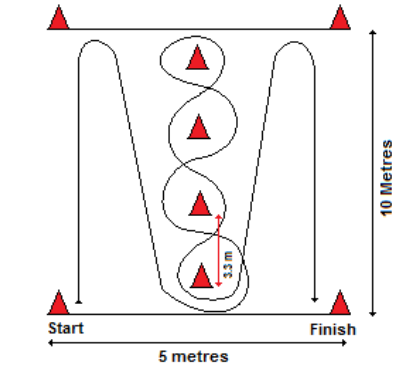
Effects of exercise



Lifestyle

Components of fitness

- S Specificity
- P Progressive Overload
- O
- R Reversibility
- T Tedium



Fitness testing



Goal setting



Training programme

Principles of training



60% Synoptic Project

22 hours plus 2 hours preparation and research time

40% Exam

1 hour 30 minutes

Overall Qualification Grades:

L1P, L1M, L1D, L2P, L2M, L2D, L2D*



FUTURE CAREERS

