GROUP INDUCTION

Think about a script for the introduction – how will you cover 1 – 4 and No 6

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| 1. Established a rapport and communicated efficiently and effectively with different types of clients. |  |
| 2. Explained all the necessary health and safety information and gym etiquette to the clients. |  |
| 3. Carried out verbal screening, giving appropriate advice to the clients based on information gathered. |  |
| 4. Outlined the purpose and structure of the induction. |  |
| 5. Instructed appropriate warm-up exercises to a small group of clients. |  |
| 6. Approached and initiated a conversation with a customer who is not actively seeking his/her attention. |  |

You will need to practice a comprehensive range of exercises in the Gym. This must include RM, FW, BW and AFE. Refer to the sheet provided – if there are any issues with the exercises listed please advise your tutor asap.

Use this table for planning and preparing for your group induction (this document is available electronically on the learner portal or request it by email)

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| Name the Exercise | Add the name of the exercise – muscles – purpose etc | Adjustments – think of all possible | Teaching points | Notes – how many will do the exercise? What will the others do?  |
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Also plan your Cool down

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| 1. Instructed the appropriate cool-down exercises to a small group of clients. See table below |  |
| 2. Explained to clients how to monitor their own exercise intensity. *Borg 1-10? and how to monitor resistance work e.g. if you can do 12 easily could you increase the weight when you do your own session*. |  |
| 3. Explained the relevant health-related benefits of exercise to clients *Write yourself a script which will cover this – use your manual for research*  |  |

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| Cool down activity | Teaching points | Notes |
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| Cool Down stretches. Name the stretch/muscle | Teaching points – options etc – is it M or D | Notes |
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