



YMCA Awards

Level 3 Bespoke exercise
programme design
2018

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Small group PT sessions

Learning outcomes

By the end of this session you will be able to:

- Demonstrate the different teaching styles which can be applied to small group training
- Identify safety considerations when working with groups
- Deliver safe and effective sessions utilising appropriate training methods for a group

Consider:

- A range of group personal training formats and methods
- How can advanced training systems be used in alternative environments
- What are the benefits and challenges of delivering group personal training sessions
- How can partner or group work be incorporated into a group personal training session

Teaching styles

- Louder projection of voice
- Move around each individual within the group
- Broader technical correction for the whole group to apply
- Higher level of energy needed from the trainer
- Better utilisation of space
- Greater awareness of others who are not in the teaching group

Safety considerations

- Spatial awareness
- Greater awareness needed of others not in training group
- Checking equipment
- Making the clients aware of injury risks
- Sessions and training approach needs to be appropriate for the whole group/varying levels of fitness and environment

