



# YMCA Awards

Level 3 Bespoke exercise  
programme design

2018

# Level 3 Bespoke exercise programme design

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## **Planning a safe personal training programme design**

## **Learning outcomes**

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

- Identify credible sources of guidelines on programme design and safe exercise
- Identify how to progress or regress an exercise by manipulating variables that affect biomechanics
- Demonstrate how to apply the key principles of training and periodisation to design exercise programmes to achieve a client's short, medium and long-term goals

## Learning outcomes

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

- Identify a range of safe and effective exercises/physical activities to meet individual client needs in developing components of fitness
- Identify resistance training guidelines for clients
- Identify cardiovascular training guidelines for a clients
- Demonstrate methods of monitoring exercise intensity
- Explain how to minimise risk of injury and overtraining in order to enable adaptation to occur for clients with varying levels of experience

## **Credible sources of guidelines on programme design and safe exercise**

- American College of Sport Medicine
- Register of Exercise Professionals
- Chartered Institute for the Management of Sport and Physical Activity's (CIMSPA)
- ACSM guidelines
- Reputable internet sources
- British Heart Foundation (BHF) guidelines
- Reputable journals (e.g. BHF, REPs )

# Principles of progression

- Specificity
- Progressive overload
- Reversibility
- Adaptability
- Individuality
- Recovery time

# Principles of FITT

Frequency

Intensity

Time

Type



## Consider:

- Progression
- Regression
- Rest and recovery  
(during and between sessions)
- Tedium

## Consider:

- Length-tension relationship (active insufficiency and passive insufficiency)
- Neural adaptation
- Muscular adaptation
- Connective tissue adaptation
- Metabolic stress
- Adaptive response
- Plateau

