

A PROJECT APPROACH TO DELIVERY: FITNESS INSTRUCTING

This project will ask you to plan, deliver and evaluate a health and fitness event for your school or college.

You will:

- Plan a fun and informative health and fitness event
- Investigate target groups and current strategies to improve participation
- Research and implement thorough health and safety guidelines
- Produce promotional material suitable for the target audience
- Plan a range of 'have a go' educational stations covering fitness testing, fitness classes, the impact of exercise and health assessments
- Analyse participant's health and fitness
- Provide feedback and strategies to participants
- Evaluate the success of the event.

Tasks within the project can be completed by individuals or within a team. When working within a team you are expected to contribute to each area and provide suitable evidence of your contribution. This will allow you to gain the experience and knowledge required to successfully complete the Cambridge Technical Sport Level 3 units.

Health and fitness events and exhibitions are extremely popular across the UK. The themes and aims differ but all share a common objective to educate and increase participation in health, fitness and sport. With pressure on the NHS through record highs in obesity and other lifestyle related illnesses, health and fitness events have become increasingly important in educating the public about healthy living, available provision and in giving opportunities to try new activities.

You will attempt to design your own event that aims to engage all participants in new activities, while providing educational information on the body, exercise, fitness levels and how to improve lifestyle. You will plan, promote and deliver a safe, fun and informative event for 11-18 year olds.

