

Practical Exam Prep

&

Tips to Ace Your Practical

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Practical Exam Prep

**Personal Training Practical**

Answer the questions below to help prepare yourself for the personal training practical exam. This worksheet includes some but not all of the points you are required to talk about in your exam. Make sure you review the marking sheet so you don’t miss anything.

**Fitness Assessment**

What is the purpose of the push-up test?

* ­­

Why is it important to perform?

Push-ups:

* Strength Training Anatomy by Frederic Delavier – Page 76
* Amanda demonstrating all 3 levels: <https://vimeo.com/125870129/9faa0b5e84>
* <https://www.jefit.com/exercises/47/Push-Up>

Push Test Results: <https://apps.carleton.edu/campus/rec/lifestyles/assets/Normative_and_Descriptive_Data_for_Fitness_Tests.pdf>

**Warm-up**

What is a dynamic warm up?

Why is a dynamic warm-up important?

1.

2.

3.

4.

What is the RPE Chart? What level should your client be at during the warm-up>?

1.

2.

3.

**HIIT Cardio**

What is cardiovascular training?

1.

What are the benefits of cardiovascular training?

1.

2.

3.

4.

Where should your client be on the RPE chart while doing HIIT cardio?

1.

What is the difference between HIIT and LISS

1.

2.

Review all exercises you will be teaching for the HIIT cardio

Burpees - <https://vimeo.com/193950494/054724d610>

Jump Lunges - <https://vimeo.com/193955726/4260c5a65c>

Jumping Jack with Weights - <https://vimeo.com/193953580/f8944c99a3>

**Resistance Training**

What is resistance training?

1.

What are the benefits of resistance training?

1.

2.

3.

4.

**Resistance Training Exercises**

|  |  |  |  |
| --- | --- | --- | --- |
| **Exercise** | **Compound or Isolation?** | **Muscles worked (Main/Agonist muscles only)** | **Benefits and importance of each exercise** |
| Squats with weights |  |  | 1.  2.  3.  4.  5. |
| Chest press with weights |  |  | 1.  2.  3.  4.  5. |
| Biceps curl |  |  | 1.  2.  3.  4.  5. |
| Plank |  |  | 1.  2.  3.  4.  5. |

Review all the exercises you will be doing for resistance training. This includes making sure you have proper form and you are teaching proper form. Teach these exercises as though your client has never seen them before. That means giving step by step instructions.

Squat with weights

* + Strength Training Anatomy by Frederic Delavier – Page 123
  + Jess demonstrating : <https://vimeo.com/406643707/421d61318e>
  + FIT CHICKS Video: <https://vimeo.com/192427956/19cc653766>
  + <https://www.jefit.com/exercises/131/Dumbbell-Squat>

Chest Press with weights:

* + Strength Training Anatomy by Frederic Delavier – Page 77
  + Jess demonstrating (yes she accidently said glutes!!): <https://vimeo.com/406641787/b19474cb01>
  + FIT CHICKS Video: On bench - <https://vimeo.com/193017279/9066c9ecbc>
  + <https://www.jefit.com/exercises/26/Dumbbell-Bench-Press>

Standing Biceps curl:

* + Strength Training Anatomy by Frederic Delavier – Page 6 (do standing variation for exam)
  + Jess demonstrating: <https://vimeo.com/406655106/00db297d83>
  + FIT CHICKS Video: Alternating (level 1) - <https://vimeo.com/192904592/3054f2cbc7>
  + <https://www.jefit.com/exercises/100/Dumbbell-Bicep-Curl>

Plank: Elbow:

* + Jess demonstrating: <https://vimeo.com/406641894/f7f7ecd931>
  + FIT CHICKS Video: <https://vimeo.com/193611022/8847160b13>
  + <https://www.jefit.com/exercises/631/Plank>

**Cool-Down**

What is the importance of a cool-down?

1.

2.

What is a static stretch?

1.

Why is it important to do static stretching after a workout?

1.

2.

What are 3 benefits to adding stretching to your workout?

1.

2.

3.

**Group Fitness Practical**

Answer the questions below to help prepare yourself for the group fitness practical exam. This worksheet includes some but not all of the points you are required to talk about in your exam. Make sure you review the marking sheet so you don’t miss anything.

**Measurements**

Why do we do measurements?

1.

2.

**Warm-up**

What is a dynamic warm up?

Why is a dynamic warm-up important?

1.

2.

3.

4.

**Tabata**

What is a tabata?

What are the benefits of a tabata?

1.

2.

3.

4.

What is the RPE Chart and where should your client be on the RPE chart while doing HIIT cardio?

1.

2.

Review Jump Squats and how to coach them

Jump squats:

* <https://www.jefit.com/exercises/476/Freehand-Jump-Squat>
* Jumps Squats (level 2) - <https://vimeo.com/192425019/c87d93de3d>

What are the form cues you can give your client?

1.

2.

3.

4.

5.

**Circuit**

Select 3 exercises: 1 upper body strength, 1 lower body strength & 1 cardio.

* Don’t forget to use the Video exercise library to help with exercise selection.
* Jeff Fit is also a great resource: <https://www.jefit.com/exercises/>

Review all the exercises you will be doing. This includes making sure you have proper form and you are teaching proper form. Teach these exercises as though your client has never seen them before. That means giving step by step instructions.

Write out the step by step instructions you would use to coach these two exercises:

|  |  |  |
| --- | --- | --- |
| Upper Body Strength Exercise: | Lower Body Strength Exercise: | Cardio: |
|  |  |  |

**Partner Work**

Select 2 exercises: 1 cardio and 1 strength.

Review all the exercises you will be doing. This includes making sure you have proper form and you are teaching proper form. Teach these exercises as though your client has never seen them before. That means giving step by step instructions.

Write out the step by step instructions you would use to coach these two exercises:

|  |  |
| --- | --- |
| Cardio: | Strength: |
|  |  |

**Cool-Down**

What is the importance of a cool-down?

1.

2.

What is a static stretch?

1.

Why is it important to do static stretching after a workout?

1.

2.

What are you going to say to wrap up the class and close on a positive note?

1.

Tips to Ace Your Practical Exam

1. Be sure to read through everything and make notes if you have to. Referring to a clipboard is fine, or some Chicks have hung papers on the wall behind the camera with notes to refer to. DO NOT JUST READ YOUR NOTES. They are there to help cue you only.
2. We know sometimes it is difficult to find a time/place to film with no distractions, but PLEASE do not have kids and pets on camera in the session. Even though this is online, it’s still a professional final exam and it is unsafe to have children and pets walking around people using weights.
3. Make sure your client is wearing running shoes and have all of your participants wear appropriate footwear and clothing. Your clients shouldn’t have jeans on to workout because they won’t be able to have full range of motion.
4. Please try to have your phone/camera on a tripod or propped on a table for recording (or someone with a very steady hand.) These are difficult to mark if the camera work is extremely jumpy.
5. Make sure when you are filming, we can see you and your participants fully. If we can’t see your fully body we can’t properly mark your practical.
6. All of your participants should be over 16.
7. Please test your audio before filming them all. Some have been submitted when you can barely hear the trainer. We wouldn’t want you to have to refilm the exam because we can’t hear you.
8. On the same note, while you may think music is a good idea (and of course it is for a real class!), we discourage it since often it makes it hard to hear the trainer, especially if you place the music beside your phone. Additionally with YouTube copyright, chicks in the past have had issues uploading when they used music.
9. Treat this as if you are actually doing this session with your client - don't talk to the camera, don't just estimate 20 sec for the tabata, don't do 5 reps if you said you will do 10 reps, explain everything as if they have absolutely no prior knowledge.
10. Review all the exercises you will be doing. This includes making sure you have proper form and you are teaching proper form. Teach these exercises as though your client has never seen them before. That means giving step by step instructions.
11. Form is CRUCIAL. If your form or your participants form is incorrect and you do not correct it, this is an AUTOMATIC FAIL.
12. Walk around and always check form from all angles. Don’t be afraid to get close to the client(s) and if their form is not good, correct it and give them a modification if needed.
13. For each section, cardio, cool down, warm up etc. make sure to list several benefits ie. For warm up don’t just say “gets your blood flowing and your body warm.” Why is this important? Why else do you do a warm-up?
14. Almost 90% of chicks lose marks because they do not list the benefits of the resistance training exercises. For each exercise on the PT exam (squat, chest press, biceps curl, planks) you need to list what muscles are working AND the benefits and importance of each exercise.
15. When you do your resistance training section, please try to follow the flow of the marking sheet. Talk about the first exercise, demonstrate it, have the client perform it. In a real PT session you would never demo all of the exercises for the session and then have the client go through them all. You would explain the exercises as you go so the client is able to remember the cues.
16. The squat is a weighted squat, however this does not mean it is a squat with a shoulder press or biceps curl etc. Please just keep it to a lower body movement.

Good luck!