**Fitness & Training**

**Name:** Click or tap here to enter text.

IntroductionThis task will guide you through a short exercise circuit with exercise instructions from Collingwood Magpies netball captain Madison Browne. Madison is into her 14th season of professional netball and has collected National championships, two Commonwealth games medals and various player awards throughout her career.

Madison has used her knowledge of the human anatomy, fitness components and training to ensure she is able to prepare herself for the sport of netball.

Instructions

1. Watch the [**instructional video (Click here)**](http://media.biolab.vic.edu.au/media/VCEPE/Madi.mp4) of Madison Browne introducing the circuit exercises. Ensure to wear appropriate equipment (e.g. running shoes) and prepare any further equipment you feel will aid you with completing the exercises (e.g. floor mats, small weights & anything that can be used as ground markers).
2. Answer the questions using your knowledge of fitness, training and the human body.

Circuit Training

Circuit training comprises of different exercises, targeting multiple fitness components.

Madison completed the following circuit as a part of her rehabilitation for the ruptured anterior cruciate ligament (ACL) in her knee.

|  |  |
| --- | --- |
| **Exercise** | **Equipment** |
| Sit ups | Exercise mat |
| Running (Easy) | ------ |
| Static stretch (Hamstring) | Exercise mat |
| Full plank | Exercise mat |
| Lateral jumps | Cone/Ground marker |
| Dynamic stretch (Lunging) | Exercise mat, weights (optional) |
| Dodging | Cone/Ground marker |
| Running (Hard) | ------ |
| V-Sit and shoulder press | Exercise mat, weights |
| 1-Foot balance with ball | Netball or any type of sports ball |

**Your challenge - Complete 45-60 seconds at each station.**

**You can add rest periods as needed.**

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Netball Circuit Training

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Exercise** | **Rate difficulty** | **Which muscles were worked?E.g. Biceps, Quadriceps** | **Which bones were involved?E.g. Femur, spine** | **What netball skill could this improve? E.g. Passing, rebounding** |
| **Sit ups** | Choose an item. | Enter Text | Enter Text | Enter Text |
| **Running (Easy)** | Choose an item. | Enter Text | Enter Text | Enter Text |
| **Static stretch (Hamstring)** | Choose an item. | Enter Text | Enter Text | Enter Text |
| **Full plank** | Choose an item. | Enter Text | Enter Text | Enter Text |
| **Lateral jumps** | Choose an item. | Enter Text | Enter Text | Enter Text |
| **Dynamic stretch (Lunging)** | Choose an item. | Enter Text | Enter Text | Enter Text |
| **Dodging** | Choose an item. | Enter Text | Enter Text | Enter Text |
| **Running (Hard)** | Choose an item. | Enter Text | Enter Text | Enter Text |
| **V-Sit and shoulder press** | Choose an item. | Enter Text | Enter Text | Enter Text |
| **1-Foot balance with ball** | Choose an item. | Enter Text | Enter Text | Enter Text |

Once you have completed Madison’s circuit, complete the table relating to the exercises you performed.
Here are some helpful diagrams (click link to access): [**Muscles**](https://o.quizlet.com/vkUysIwa-vb4uW5YgCLKKw_b.jpg) & [**Bones**](https://i.pinimg.com/originals/c9/df/28/c9df284f55a2ce9257a7dd645178c7e9.jpg)

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Apply your knowledge

|  |
| --- |
| Enter Text |

1. **Choose a sport to design a training circuit for.**
2. **List five specific skills required within your chosen sport.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Enter Text | Enter Text | Enter Text | Enter Text | Enter Text |

1. **a) Using your knowledge of the human body, list the muscles and bones used for each of your listed sporting skills.**

**b) Assign an exercise/movement that utilises the muscles and bones identified.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Skill** | **Major muscles used** | **Major bones used** | **Exercise** |
| Enter Text | Enter Text | Enter Text | Enter Text |
| Enter Text | Enter Text | Enter Text | Enter Text |
| Enter Text | Enter Text | Enter Text | Enter Text |
| Enter Text | Enter Text | Enter Text | Enter Text |
| Enter Text | Enter Text | Enter Text | Enter Text |

**Well done!**By identifying the skills required for your sport, followed by assigning exercises to the major muscles and bones used, you have created a circuit specific for your chosen sport.

This is how many fitness professionals, including sport scientists, strength and conditioning coaches and personal trainers, design training programs for difference sports and athletes

**Extension task: Share your customised exercise circuit with another student in your class. Give their task a go too!**