

# Fitness & Training



Name:

VICTORIAN BIOSCIENCE  
EDUCATION CENTRE

## Introduction

This task will guide you through a short exercise circuit with exercise instructions from Collingwood Magpies netball captain Madison Browne. Madison is into her 14<sup>th</sup> 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 \(Click here\)](#) 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.**

# Fitness & Training

## Netball Circuit Training

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 & Bones](#)

Exercise	Rate difficulty 1-10 10=hard - 1 =easy	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				
Running (Easy)				
Static stretch (Hamstring)				
Full plank				
Lateral jumps				
Dynamic stretch (Lunging)				
Dodging				
Running (Hard)				
V-Sit and shoulder press				
1-Foot balance with ball				

# Fitness & Training

## Apply your knowledge

1. Choose a sport to design a training circuit for.

2. List five specific skills required within your chosen sport.

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3. 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

### 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!