

Name

Introduction to Effective gym instructing

Worksheet 1: Effective instructing vs Ineffective instructing

Using the table below put together a list of key words to describe effective/ineffective instructing that you may have witnessed in the gym setting, youtube, instagram etc. These could be personal skills as well as instructing skills, for example; clear communication, lack of demonstration.

Effective instructing	Ineffective instructing

Name

Worksheet 2: Skills of Good Rugby Coaching

the most important thing is to try and inspire people so they can be great in whatever they want to be.

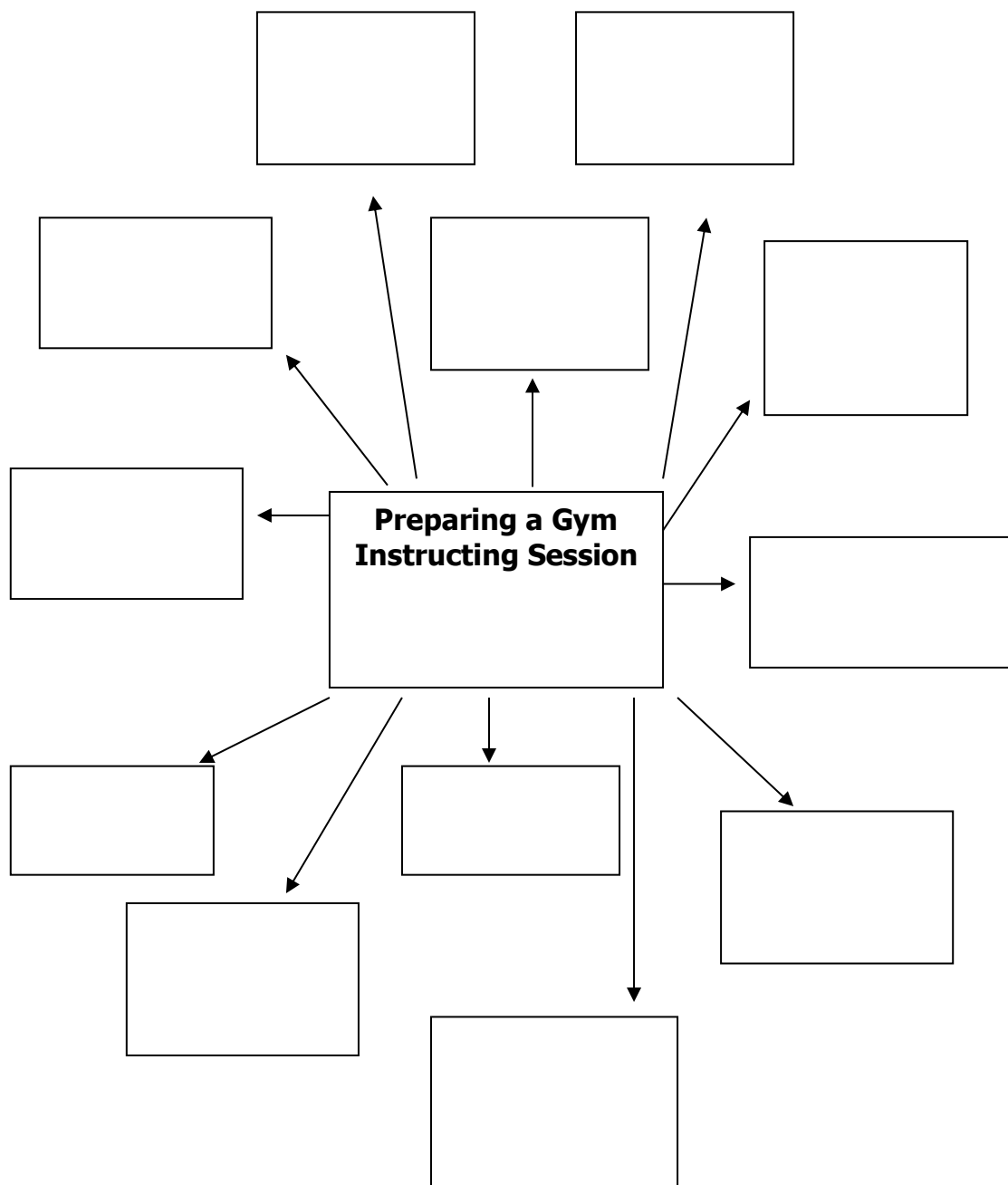
Complete the profile below by identifying skills that you believe to be the most important for an instructor. Now rate yourself on your current/past experiences as an instructor (this could be as a coach within a sport) on each component of a scale of 1-10 (1=poor, 10=excellent coach) by shading the boxes on the number scale.

	1	2	3	4	5	6	7	8	9	10
Skills										
For example ... good listener										

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Worksheet 3: Preparing a gym instructing Session

What does a gym instructor need to prepare in order to ensure that a safe and effective session runs?



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Worksheet 4: Inspiration

In your own words, discuss a fitness instructor/influencer or an athlete who has inspired you to work in the health and fitness industry. Think about what makes them good at what they do and how they inspire/motivate others.