**Unit 3 Applying the Principles of Personal Training**

**When you have completed a task, delete the yellow instructions**

**COMPLETE A PAR-Q FORM**

Identify your short, medium and long term goals for your personal fitness:

**Think about your sport. Your goals should focus on either:**

1. Aerobic Endurance
2. Muscular Endurance

**Now write SMART targets for the component of fitness that you think is most relevant to you and your sport.**

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| Goal | Description |
| Short Term (maybe 2 weeks) | E.g. I want to focus on the muscular endurance in my upper body by improving my 1 minute press up test score from 26 to 30 in 4 weeks time. |
| Medium Term  (the aim of your six week plan/three months) |  |
| Long Term (what you hope to achieve in a year) |  |