

Unit 3: Learning aim B-Applying the principles of personal training

	RED	AMBER	GREEN	Do you need further support following DIRT?	Final rating		
					R	A	G
The body's system and how they respond to Fitness training.							
Know and identify the location of major muscles and bones in the body.							
Identify the synovial joint found at the hip, shoulder, knee and elbow. Describe the movement that occurs at each of these joints.							
Explain the short term effects of fitness training on the musculoskeletal system.							
D.I.R.T							
-Know and identify the structure of the heart. -Know and identify the structure of the respiratory system							
Explain the short term effects of fitness training on the cardiorespiratory system.							