

NASM's Essentials of Personal Fitness Training

Chapter 13 – Lab Activity

Task Outline

Task 1 – Progressive Outcomes of Resistance Training

- Stabilization
- Muscular Endurance
- Hypertrophy
- Strength
- Power

Task 2 – Integrated Resistance Training

- Stabilization
- Strength
- Power

Task 1 -Progressive Outcomes of Resistance Training- Instructions

Lab students should become familiar with the outcomes/adaptations of resistance training. Each student should describe the five adaptations and how they may benefit a client to reach their fitness or sports performance goals.

Stabilization

Muscular Endurance

Hypertrophy

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Maximal Strength

Power

Task 2 – Integrated Resistance Training-Instructions

This task is to give the student the opportunity to make some decisions for exercise selection for three clients with different goals; fat loss, muscle gain, sports performance. Students will select an appropriate exercise for the total body, chest, back, arms, and legs. Examples of these exercises are in the text from pp. 299-331. Stabilization exercises are specific to Phase 1 of the OPT method. Strength exercises are specific to phases 2, 3, and 4 of the OPT Method. Power exercises are specific to Phase 5. Select exercises in according to the different resistance training types as if the client is either in the stabilization phase or has progressed to the more advanced phases. Remember that your exercise selection should be geared towards improving the performance of the athlete in the sport you have chosen.

1. Fat Loss Client

Stabilization

Total Body Exercise _____
Chest Exercise _____
Back Exercise _____
Biceps Exercise _____
Triceps Exercise _____
Leg Exercise _____

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2. Muscle Gain Client

Strength

Total Body Exercise _____
Chest Exercise _____
Back Exercise _____
Biceps Exercise _____
Triceps Exercise _____
Leg Exercise _____

3. Sports Performance Client

Power

Total Body Exercise _____
Chest Exercise _____
Back Exercise _____
Biceps Exercise _____
Triceps Exercise _____
Leg Exercise _____