



# FITNESS

## What tasks could a student on placement do?

- Identifying & managing risk to ensure participant safety
- Setting up and packing down for various training sessions
- Maintaining & cleaning training equipment
- Observing coaching techniques and assisting as required
- Demonstrating and supporting participants in carrying out fundamental skills
- Planning & writing up a training session
- Researching & creating flyers for healthy eating
- Observing & undertaking WHS provisions on site