



PHYSICAL TRAINER'S FILE

Trainers' mandate:

1. Identify, by physical exercise, the best conditions in which to maintain the circulatory system's health long term. (Cardiac muscle, blood vessels' elasticity, blood's fluidity). List exercises and effects of these on the circulatory system.
2. Determine what steps to follow to get this system back in shape, to maintain or even improve its shape.
3. Keep in mind the physical condition and lifestyles of each targeted group. Detail and present an action plan that will be both interesting and stimulating for each group.

Working Document

Choice and identification of categories of physical condition:

Characteristics retained for each category of physical condition:

Is there a relationship between an individual's physical condition and the frequency of his physical activities? Justify your answer.

Strategy: Choice of activities adapted to each category: justification and pertinence for each. Advantages, disadvantages and possible improvements.

Strategy: Choice of approach adapted to each category: justification and pertinence for each. Advantages, disadvantages and possible improvements.

SUMMARY TABLE

Categories or types of physical condition in terms of characteristics, effects and recommended approaches.