



# FITNESS

## What Tasks Could a Student on Placement Do?

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