

AS Physical Education (9396/02) Weight Training INDIVIDUAL Candidate Record Form

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|---|--|-----------------------|---|-------------------------------------|--|------------|--|
| Centre Number | | Centre Name | | | | | |
| Candidate No. | | Candidate Name | | Candidate's body weight / kg | | M/F | |
| State the related activity to be improved by weight training (e.g. rowing) | | | State training intention (strength or power improvement) | | | | |

Candidates must record the weight (kg), the number of Reps(R) and the number of Sets (S) for each session. It is expected that a programme would be recorded over at least two sheets. Complete a Generic Practical Activity Rank Order Assessment Form for Weight Training using the information from these records. All assessment forms for weight training (Individual Candidate Record forms and Generic Practical Activity Rank Order Assessment forms) should be submitted for external moderation.

| Exercise | 1RM kg | Date | Date | Date | Date | Date | Date | Date | Date | Date | Date |
|----------|-----------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| | | Weight R × S | Weight R × S | Weight R × S | Weight R × S | Weight R × S | Weight R × S | Weight R × S | Weight R × S | Weight R × S | Weight R × S |
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Weight Training INDIVIDUAL Candidate Record Form (Continuation sheet)

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|----------------------|--|-----------------------|--|-------------------------------------|--|------------|--|
| Candidate No. | | Candidate Name | | Candidate's body weight / kg | | M/F | |
|----------------------|--|-----------------------|--|-------------------------------------|--|------------|--|

| Exercise | 1RM kg | Date | Date | Date | Date | Date | Date | Date | Date | Date | Date |
|----------|-----------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| | | Weight R × S | Weight R × S | Weight R × S | Weight R × S | Weight R × S | Weight R × S | Weight R × S | Weight R × S | Weight R × S | Weight R × S |
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