SSC Fitness Instructor Course Practical Examination
Free Weights Station

SINGAPORE SPORTS COUNCIL

1. You will be given a maximum of 15 minutes to explain and demonstrate 5 free weights exercises and their alternatives.
2. Please refer to the marks allocation for each of the 5 exercises below.
3. Please refer to the list of exercises below. These exercises or their variations are testable.
4. Refer to sample exam answer for the level of competency expected for this professional certification.

Name of Exercise	Identify	1
Muscles	Identify	1
Technique/Form	Before	2
	During	4
	After	2
Safety	Safety Precautions	3
	Breathing	2
	Eye Focus (Specific)	1
Alternative	Explain & demonstrate	2
Spotter Role	Explain & demonstrate	2
		20

Name of Exercise	Muscles	Technique/Form (Explain & demonstrate)	Suggested Safety Precautions (Include rationale)
Bench Press DB Chest Press	Pectoralis major Anterior deltoid Triceps brachii	Equipment Set-up Form /Technique prior to execution Form /Technique during execution Form /Technique after execution Return of equipment	Ensure the use of a closed grip. Do not attempt load beyond your capability. Maintain balance and joint stability (specify).
Flyes	Pectoralis major Anterior deltoid	Equipment Set-up Form /Technique prior to execution Form /Technique during execution Form /Technique after execution Return of equipment	Avoid ballistic or extraneous movement. Do not attempt load beyond your capability. Maintain balance and joint stability (specify).
Bench Pull	Latissimus dorsi Middle trapezius Biceps brachii Posterior deltoids	Equipment Set-up Form /Technique prior to execution Form /Technique during execution Form /Technique after execution Return of equipment	Ensure head support. Avoid ballistic or extraneous movement. Maintain balance and joint stability (specify).
Dumbbell Row Dumbbell Wide Row	Latissimus dorsi Middle trapezius Biceps brachii Posterior deltoids	Equipment Set-up Form /Technique prior to execution Form /Technique during execution Form /Technique after execution Return of equipment	Ensure neck alignment. Ensure back alignment. Ensure wrist alignment.
T-Bar Row	Latissimus dorsi Middle trapezius Biceps brachii Posterior deltoids	Equipment Set-up Form /Technique prior to execution Form /Technique during execution Form /Technique after execution Return of equipment	Maintain a straight back at all times. Maintain a firm grip on the bar. Avoid ballistic or extraneous movement.
Reverse Flyes	Latissimus dorsi Middle trapezius Posterior deltoids	Equipment Set-up Form /Technique prior to execution Form /Technique during execution Form /Technique after execution Return of equipment	Avoid ballistic or extraneous movement. Do not hyperextend joints. Do not attempt load beyond your capability.
DB Shoulder Press Military Press	Deltoids Upper trapezius Triceps brachii	Equipment Set-up Form /Technique prior to execution Form /Technique during execution Form /Technique after execution Return of equipment	Check for contraindication prior to executing this exercise. Do not attempt load beyond your capability. Lower with control.
Front Raises (Pronated/Hammer Grip)	Anterior deltoid	Equipment Set-up Form /Technique prior to execution Form /Technique during execution Form /Technique after execution Return of equipment	Check for contraindication prior to executing this exercise. Avoid ballistic or extraneous movement. Do not hyperextend joints.
Lateral Raises Upright Row	Deltoids Upper trapezius	Equipment Set-up Form /Technique prior to execution Form /Technique during execution Form /Technique after execution Return of equipment	Check for contraindication prior to executing this exercise. Avoid ballistic or extraneous movement. Do not hyperextend joints.

Name of Exercise	Muscles	Technique/Form (Explain & demonstrate)	Suggested Safety Precautions (Include rationale)
Biceps Curl Concentration Curl	Biceps brachii Brachioradialis	Equipment Set-up Form /Technique prior to execution Form /Technique during execution Form /Technique after execution Return of equipment	Avoid ballistic or extraneous movement. Maintain good wrist alignment Maintain proper shoulder and neck alignment.
French Press Supine Triceps Ext.	Triceps brachii	Equipment Set-up Form /Technique prior to execution Form /Technique during execution Form /Technique after execution Return of equipment	Avoid ballistic or extraneous movement. Maintain good wrist alignment Maintain proper shoulder and neck alignment.
Triceps Kickback	Triceps brachii	Equipment Set-up Form /Technique prior to execution Form /Technique during execution Form /Technique after execution Return of equipment	Avoid ballistic or extraneous movement. Maintain good wrist alignment Maintain proper shoulder and neck alignment. Do not hyperextend joints.
Front Squats Back Squats DB Squats	Quadriceps Hamstrings Gluteus maximus	Equipment Set-up Form /Technique prior to execution Form /Technique during execution Form /Technique after execution Return of equipment	Collars used where required. Ensure dynamic joint alignment throughout exercise (Specify). Do not attempt load beyond your capability.
Dynamic Lunges Static Lunges DB Dynamic/Static Lunges	Quadriceps Hamstrings Gluteus maximus	Equipment Set-up Form /Technique prior to execution Form /Technique during execution Form /Technique after execution Return of equipment	Collars used where required. Ensure dynamic joint alignment throughout exercise (Specify). Do not attempt load beyond your capability.
Deadlift DB Deadlift	Quadriceps Hamstrings Gluteus maximus	Equipment Set-up Form /Technique prior to execution Form /Technique during execution Form /Technique after execution Return of equipment	Collars used where required. Ensure dynamic joint alignment throughout exercise (Specify). Do not attempt load beyond your capability.
Step Ups	Quadriceps Hamstrings Gluteus maximus	Equipment Set-up Form /Technique prior to execution Form /Technique during execution Form /Technique after execution Return of equipment	Collars used where required. Ensure dynamic joint alignment throughout exercise (Specify). Do not attempt load beyond your capability.
Calf Raises (Standing/Seated)	Gastrocnemius Soleus	Equipment Set-up Form /Technique prior to execution Form /Technique during execution Form /Technique after execution Return of equipment	Do not attempt load beyond your capability. Ensure joint stability while attempting the exercise. Ensure support where necessary.