

SSC FIC PRACTICAL EXAMINATION: FREE WEIGHTS EXAMPLE



Items	Action	Description
Name Exercise	Identify	Dumbbell Biceps Curl
Name muscles involved	Identify	Biceps brachii
Technique & Form (Explain and demonstrate) *Demonstrate proper technique with a resistance that is adequate to elicit training effect	Before	Safely retrieve dumbbells from rack. Describe in your own words in detail as there are many ways of doing so correctly. State number of dumbbells and how they are held. Describe how to get into starting position and the starting position itself in detail. Articulate joint alignment and stability. Initiate exercise with dumbbells at either side of hips.
	During	Lift dumbbells by flexing elbows Ensure that there are no extraneous movements and posture is still maintained Stop at end range and lower with control Return to original position
	After	Return dumbbells safely with the same level of detail as "Before"
Safety	Precautions	Avoid ballistic movements so as not to cause acute injury in the Biceps brachii. Maintain good wrist alignment to avoid chronic wrist injury. Maintain good shoulder alignment to avoid impingement.
	Breathing	Exhale as you flex the forearm, inhale as you lower the weight.
	Eye Focus	Eyes looking at eye level
1x Alternative Exercise	Identify & demonstrate	Concentration curl (Free weights exercise using the same fibers of the prime mover.)
Spotter Role	Identify & demonstrate	Spot at wrists or dumbbell only when necessary