

SSC FIC PRACTICAL EXAMINATION: STACK WEIGHTS EXAMPLE



Items	Action	Description
Name Exercise	Identify	Biceps Curl at the Biceps Curl machine
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	Machines vary from brand to brand but describe safe adjustment of machine seat heights, ranges of motion and angles, levers, and supporting structures at your test centre. Describe adjustments of appropriate resistance Describe a safe way to fit individual into the machine. Describe how to get into the starting position and the starting position itself. Articulate joint alignment and stability
	During	Describe the movement resulting from the concentric contraction of the prime mover, in this case, Biceps brachii, and then the controlled eccentric contraction of the prime mover. 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 stack weight to the weight stack with minimal noise and exit the machine with caution.
Safety	Precautions	Avoid ballistic movements so as not to cause acute injury in the biceps brachii. Maintain a firm grip on the handles so that handles would not slip and accidents occur. 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 the floor (Depending on angle of machine)
1x Alternative Exercise	Identify & demonstrate	Cable Biceps curl (Stack weights exercise using the same fibers of the prime mover.)
Spotter Role	Identify & demonstrate	Spot at part of the machine where one can safely control the ascend and descend (only when necessary)