



# CERTIFICATION

## LESSON PLAN

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### 1. Physical activity motivation, physical qualities and energy systems : common grounds

*Objective: To share a common vision of physical training and motivational issues related to his practice*

- a. Challenges of physical training at the beginning of the 21<sup>st</sup> century
- b. The life quality of the human being
- c. Physical qualities

### 2. Functional anatomy

*Objective: To share an understanding of the general functioning of the human body*

- a. Bone structure
- b. Muscular and tendinous system
- c. Organic system
- d. The nervous system

### 3. General notions of human motor skills

*Objective: To share an understanding of the general functioning of the human body from the psychomotor point of view*

- a. Fundamental motor skills development
  - i. Development Laws
  - ii. Stages of acquisition of walking
  
- b. Physical Literacy
  - i. Definition of the concept
  - ii. Personal development: cultural influences
  
- c. Acquisition of a psychomotor behaviour
  - i. Psychomotor thematics
  - ii. The individual repertory of motor actions

#### 4. The Orbite 360™

*Objective: To place the Orbite 360™ among the diversity of training possibilities.*

- a. The story of the Orbite 360™
- b. Technical elements
- c. Elimination of gravity
- d. Force distribution in the limbs

#### 5. The moves repertoire of the Orbite 360™

*Objective: To learn about the movements of the Orbite 360™ repertory in a specific understanding of its technicality.*

- a. The muscular synergies of the Orbite 360™ moves
- b. Upper body moves
- c. Core moves
- d. Lower body moves

## 6. The Orbite 360™ Programs

*Objective: To learn about the Orbite 360™ programs in order to be able to direct them.*

- a. Circuit training
- b. Basic programs
  - i. Upper body moves
  - ii. Core moves
  - iii. Lower body moves
- c. Progression

## 7. The use of the Orbite 360™ in traditional training

*Objective: To learn about other ways of using the Orbite 360™.*

- a. The Orbite 360™ in a "superset" element with a weight training exercise
- b. The Orbite 360™ among a circuit with varied tasks!

## 8. Certification Exam Preparation

*Objective: To prepare for the certification exam*

- a. Terms of the evaluation
- b. Types of questions
- c. Central theoretical notions
- d. Applied notions in intervention situations