

## SESSION STUDY GUIDE Template

Session 1: (Title)	
Duration of Session	00 hours
Key Understandings to be developed	<ul style="list-style-type: none"> <li>• A</li> <li>• B</li> <li>• C</li> </ul>
Learning Objectives	<ol style="list-style-type: none"> <li>1. Discuss</li> <li>2. Analyse</li> <li>3. Apply...</li> </ol>
Resources	Handouts on ... Activity Sheet : » Powerpoint: ....
Introductory Activity (Optional)	
Activity	<ol style="list-style-type: none"> <li>1. Introduce the activity to the participants by ...               <ul style="list-style-type: none"> <li>⬇ Ask the participants to ...</li> <li>⬆ Play any particular song and allow the participants</li> <li>⬇ Ask the following Questions :</li> </ul> </li> <li>2. Form 5 groups and have each group do the following:               <ul style="list-style-type: none"> <li>⬆ Distribute the materials to the participants: manila paper, metacards, pair of scissors, marking pens, masking tape</li> </ul> </li> <li>3. After the allotted time for the activity, give instructions</li> </ol>
Analysis	After the viewing, ask the following questions: <ul style="list-style-type: none"> <li>- On Process (skills and values)</li> <li>- On content</li> </ul> <ol style="list-style-type: none"> <li>1. Using the published outputs of the five groups, ask the following question:</li> <li>2. Then direct the participants to ...</li> </ol>

# Personal Training Study Guides Free

**Annelies Wilder-Smith**



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