

Learning aim A – design a personal fitness training programme

BTEC LEVEL 2 - SPORT

Millthorpe School: PE Department

Unit 5: Training for Personal Fitness

Assignment Title: To infinity & beyond!

Assessor:	
Date issued:	
Interim deadline:	
Final deadline:	

Qualification suite covered:

BTEC Level 1 / Level 2 First Award in Sport

BTEC Level 1 / Level 2 First Certificate in Sport

BTEC Level 1 / Level 2 First Extended Certificate in Sport

BTEC Level 1 / Level 2 First Diploma in Sport

Units covered: Unit 5 – Training for personal fitness

Learning aims covered: Learning aim A – design a personal fitness training programme

Duration (approx.): 4 – 6 hours (over two weeks)

Scenario

As a talented (insert sport) your coach feels that you have the raw materials to go a long way in the sport...with great technique, a good mental attitude and loads of enthusiasm.

His only concern is your level of fitness – which isn't quite what it needs to be if you are to progress and fulfil your potential!

Your coach suggests it is time to get this sorted – so asks you to... design a six-week fitness training programme. To show that you understand why you have designed the programme the way you have and why it is important to stick to it when you implement it in order to achieve your goals and objectives and become an even better (insert sport).

Task 1

1	<p>Before you produce a six week training programme you need to collect some personal information.</p> <p>You will need to: Design a form which will allow you to collect all of the information you will need. Remember to include age, gender and information that will allow you to apply the principles of training (time, type etc) Produce a six week training programme on your own. It must be safe and it must be designed by you!!</p>
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Finally you need to:

Be able to explain the principles of training to show that you understand why you have designed your six week training programme. You may want to write this up in a report or make notes that you can use in a conversation with your friend or coach. (This conversation will need to be recorded by your teacher).

Discuss in your report or conversation what you have learnt from the personal information, for example does it show that you do a lot of running but not much exercise specific to your sport?

You need to make sure that your fitness programme is suited to you and be able to explain exactly why!

For example if you are a 16 year old female runner, you need to explain why you run 5 days a week and why you do flexibility and strength training.

Evidence you must produce for this task: A six week training programme, personal information forms and a written report or recorded conversation with a supporting tutor observation record. .

Criteria covered by this task:

2A.P1 Summarise personal information for designing a fitness training programme.

2A.P2 independently design a safe six-week personal fitness training programme.

2A.P3 Describe the principles of training and their application to the personal fitness training programme design.

2A.M1 Assess personal information for fitness training programme design.

2A.M2 Design a safe six-week personal fitness training programme, showing creativity in the design.

2A.D1 Justify the training programme design, explaining links to personal information.

Textbooks

Adams, M., Armstrong, R., Gledhill, A., Hancock, J., Harris, B., Phillippo, P. and Sergison, A., (2012) *BTEC First Sport Student Book*, Pearson Education (ISBN 978 1 44690 161 8)

Commons, R., Rizzo, G. and Swales, M. (2010) *Level 2 BTEC Firsts in Sport Student's Book*, Oxford, (ISBN 978 1 85008 515 7)

BTEC First Sport Level 2 Assessment Guide: Fitness for Sport and exercise Unit 5 Training for Personal Fitness (BTEC Sport Assessment Guide), Hodder, 2013 Andrew Bardsley, Jennifer Stafford-Brown and Simon Rea

Websites

www.brianmac.co.uk/trainprog

<http://www.netfit.co.uk/wkmen>

<http://www.nhs.uk/Livewell/olympics/Pages/Trainingtips.aspx>

If you have not achieved the level 2 criteria, your work will be assessed to determine if the following level 1 criteria have been met:

1A.1 Outline personal information for designing a fitness training programme.

1A.2 Design a safe four-week personal fitness training programme, with guidance.

1A.3 Outline the importance of warm-up, cool down and FITT