

Learning aim B – know about exercise adherence factors and strategies for continued training success

BTEC LEVEL 2 - SPORT

Millthorpe School: PE Department

Unit 5: Training for Personal Fitness

Assignment Title: Stickability!

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 B – know about exercise adherence factors and strategies for continued training success

Duration (approx.): 1hour

Scenario

You have finally finalised your design of your six-week personal fitness training programme and although you justified the design very well when asked your coach has dropped a few hints that he/she is not entirely convinced you have what it takes to see it through!

Despite your protests that you will, your coach asks you to think carefully about the factors that could get in the way and also some strategies you could use – just in case they do. Remember all your coach wants is for you achieve your full potential!

The coach's motto is always – 'be prepared'

Task 1

1	<p>You will need to: Produce a poster. Include four different personal exercise adherence factors and give examples of four strategies for training success.</p> <p>Your poster should include at least four personal exercise adherence factors that are relevant to you, eg time or motivation. You should then give examples of how you could overcome these to make sure they aren't preventing you from exercising eg setting targets or support and reinforcement.</p> <p>Your poster can include photos and diagrams, but does not have to.</p>
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Evidence you must produce for this task: Poster

Criteria covered by this task:

2B.P4 Describe four personal exercise adherence factors and four strategies for training success.

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.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:

1B.4 Describe two personal exercise adherence factors and two strategies for training success.