

Learning aim C – implement a self-designed personal fitness training programme to achieve own goals and objectives

**BTEC LEVEL 2 - SPORT First Award**  
**Millthorpe School: PE Department**  
**Unit 5: Training for Personal Fitness**

**Assignment Title:** Let's get physical...

<b>Assessor:</b>	
<b>Date issued:</b>	
<b>Interim deadline:</b>	
<b>Final deadline:</b>	

**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 C – implement a self-designed personal fitness training programme to achieve own goals and objectives

**Duration (approx.):** 6 hours, over six weeks

**Scenario**

The talking can finally stop, the planning is done, potential barriers have been identified and strategies are in place to overcome them. All that's left is to get on with it!

But your coach is a stickler for 'doing things right' so is insistent that you look at a couple more things before you implement you fitness training programme...

*The important thing for you to do now is to:*

***Safely implement your six-week fitness training programme and keep a training diary to record your progress and evaluate your performance!!***

**Task 1**

<b>1</b>	<p>You need to carry out your six week training programme! You will need to: Safely use your training programme for six weeks. Make sure that you follow all of the appropriate health and safety rules eg do not use gym equipment until you have passed the gyms safety course and know how to use all of the equipment safely. Keep a training diary and record how each session has gone.</p>
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You must make sure that in your diary you have noted down; the outcomes of each session, did it go well, was it too easy / hard. and how well you are performing and the progress you have made

Finally you will need to; write a report or have a conversation with your friend or coach to discuss your strengths and areas from improvement, what you found easy during the training programme and what you need to do better in. make sure that you make recommendations as to how you could improve your performance. For example what are your areas for improvement and how could you improve them. If your weakness was strength, how could you try to make it better?

**Evidence you must produce for this task:** A six week training diary, a written report or a conversation with a friend or your coach (the conversation will be recorded and a tutor observation form must be completed).

### **Criteria covered by this task:**

2C.P5 Safely implement a six-week personal fitness training programme, maintaining a training diary.  
2C.M3 Safely implement a successful six-week fitness training programme, maintaining a training diary summarising outcomes of each session.  
2C.D2 Safely implement a successful six-week personal training programme, maintaining a training diary to evaluate performance and progress.

### **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.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:**

1C.5 Safely implement, with guidance, a four-week personal fitness training programme, maintaining a training diary.