

Learning aim D – review a personal fitness training programme

BTEC LEVEL 2 - SPORT

Millthorpe School: PE Department

Unit 5: Training for Personal Fitness

Assignment Title: Nearly there!

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 D – review a personal fitness training programme

Duration (approx.): 3 - 4 hours

Scenario

Your coach is very impressed that you stuck to your six-week personal fitness training programme and he can already see the benefits...and actually so can you! You decide that you are really going to give your sport a go and design another training programme but this time on a longer time scale. When you tell your coach what you intend to do he/she suggests you review the one you have just completed first and provides you with the following tips and pointers, telling you that it is something they themselves have used in the past & have found very useful...

Task 1

1	<p>Now you have completed your six week training programme you need to review it! You can do this by writing a review or having a discussion with a friend or your coach (this would need to be recorded and your teacher would complete an observation record).</p> <p>You will need to: Make notes for your written review or conversation about the strengths of the programme and its areas for improvement. For example, did you have enough time to complete the programme, was it enjoyable? Ensure that you have made recommendations as to how you would improve the training programme to make sure it's weaknesses have been addressed if you were to use it to help you train in the future.</p>
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Learning aim D – review a personal fitness training programme

Things to include in your notes; Did the programme help you to reach your goals? What evidence were you able to collect from the training programme, eg did you complete any fitness tests during the programme or after it? Which areas of the programme worked well and which did not? Were there any parts of the programme that did not do what you expected them to? Eg did the strength training part of the programme reduce your flexibility? In the future what would you add to the training programme to improve it? Eg different strategies or psychological training techniques.
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Evidence you must produce for this task: A written review or recorded conversation with a supporting tutor observation record.

Criteria covered by this task:

- 2D.P6 Review the six-week personal fitness training programme, describing strengths and areas for improvement.
- 2D.M4 Explain strengths of the training programme and areas for improvement, providing recommendations for future training and performance.
- 2D.D3 Justify recommendations for future training and performance.

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:

- 1D.6 Review the four-week personal fitness training programme, identifying strengths and areas for improvement.