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| **Untitled-1.pngUntitled-1.png**  **BTEC LEVEL 1/2 FIRST AWARD IN SPORT ASSESSMENT/ASSIGNMENT SHEET** | | | |
| **Applying the Principles of Personal Training**  **– Unit 3 –**  **Assignment 1** | | Assessor: P. Hamblin / A.Hussey / S. Thomas | |
| Internal Verification date: P. Hamblin / A.Hussey  S. Thomas | **10.1.22** |
| **Issue date: 13/09/21 Hand in date: 13/12/21** | | | |
| **Learning Aim A** | Design a personal fitness training programme  1A.1, 2A.P1, 2A. M1 and 2A. D1 | | |
| |  |  |  | | --- | --- | --- | | **Scenario:** So, how fit are you? Your school SGO (Mrs Pauling) has launched a ‘Get  Fit’ initiative for schools in the local area. You can participate in this initiative to improve your chosen activity/sport.  You may safely incorporate any training method you like into your programme but it needs to relate to your chosen activity/sport from Unit 2: Practical Performance in Sport.  This is your chance to make sure your training is as exciting and fun as possible!  Make sure you include everything you need to make your training  programme effective!  **Task 1 (P1)**  Before you produce a six-week training programme you will need to collect some personal information.  You will need to:  - Gather all necessary personal information including a medical history questionnaire.  - Establish personal goals which are set over a short, medium and long term.  - Decide on an overall aim for the programme, which links to one component of fitness to improve your performance in your selected activity/sport. You should draw on learning from Unit 2: Practical Performance in Sport to set appropriate goals for a chosen activity/sport.  - Discuss your motives and how this can be maintained throughout the fitness training programme.  **Task 2 (P1 / M1)**  Within the six-week training programme you will need to:  - Incorporate one method of training and the FITT principles (Frequency, Intensity, Time and Type).  You should draw on learning from Unit 1: Fitness for Sport and Exercise.  - Consider the additional principles of training (Specificity, Progressive Overload, Reversibility, Rest & Recovery, Individual needs & differences and variation).  - Describe a selection of appropriate activities for warm-ups and cool downs that is used at the start and end of each session.  **TASK 3 - Creative design:** **(M1 / D1)**  Have you given consideration to prevent/avoid barriers to training occurring, to ensure exercise is maintained and the programme is enjoyable. Include interesting and different exercise activities to maintain motivation and commitment, as well as to prevent boredom.  - Have you considered target training zones and thresholds such as the Borg Rating (RPE)?  **ASSESSMENT EVIDENCE:** Create a six-week training programme using the personal information gathered from your life style (questionnaire) and current needs. | | | | **Grading Criteria** | | | **1A. 1** | Design a safe four week personal training programme to meet an activity/ sport goal taking into consideration personal information, with guidance # | | **2A. P1** | Independently design a safe six- week personal training programme to meet an activity/sports goal taking into consideration personal information # | | **2A. M1** | Design a safe six-week personal training programme to meet an activity/sport goal which meets the needs of the individual, showing creativity in the design # | | **2A. D1** | Justify the training programme design, explaining links to personal information ## | | | | |

Sources to help your research: **Remember to always reference your research**

[www.brianmac.co.uk/trainprog](http://www.brianmac.co.uk/trainprog)

[www.livestrong.com/fitness](http://www.livestrong.com/fitness)

[www.sport-fitness-advisor.com](http://www.sport-fitness-advisor.com)

[www.bbcrevision.com](http://www.bbcrevision.com)

Any sports and fitness books from the library