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| **Untitled-1.pngUntitled-1.png**  **BTEC LEVEL 1/2 FIRST AWARD IN SPORT ASSESSMENT/ASSIGNMENT SHEET** | | | | |
| **Applying the principles of training – Unit 3 – Assignment 4** | | | Assessor: P. Hamblin & S. Thomas & H. Bingham | |
| P. Hamblin, H. Bingham & S. Thomas |  |
| **Issue date: 24.11.20 Hand in date: 18.12.20** | | | | |
| **Learning Aim D** | Review a personal fitness programme  1D.5, 2D.P5, 2D.M4, 2D.D3 | | | |
| **Scenario:** Now that you have complete your training programme, the next step is to look back on how it went? Did you achieve your training goals? Are there areas in the programme that can be modified to help you to continue to improve your performance? What evidence did you gather to show successes and areas for improvement? The review should include the impact of the training programme on physiology of fitness, and the impact on your activity/sport goal.  **Task**:  1a. A review after each session which includes an assessment of the evidence gathered including short term physiological effects  1b. A discussion of how the programme was modified during the training period  1c. Identification of clear strengths and areas for improvement.  1d. A written recommendations of how you could improve your training in the future    When conducting your review, answer the following questions:   1. Which areas of fitness have you improved? 2. Which areas of fitness would you still like to improve? 3. What evidence do you have to support your answers to these? 4. You are thinking about carrying on with your training programme. How would you change your training programme to make it better and why would you change it in this way?   **ASSESSMENT EVIDENCE:** Written review or if using a discussion, audio-visual evidence is recommended. | | | | |
| **Grading Criteria** | | | | |
| **1D. 5** | | Review the four-week personal fitness training programme set for an activity/sport goal, identifying results, strengths and areas for improvement | | |
| **2D. P5** | | Review the six week personal fitness training programme set for an activity/sport goal, describing results, strengths and areas for improvement. | | |
| **2D. M4** | | Review the results, strengths of the training programme set for an activity/sport goal and areas for improvement, providing recommendations for future training and performance. | | |
| **2D. D3** | | Fully explain the results, strengths and improvements for the training programme, justifying recommendations for future training and performance. | | |

**Level 1**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.

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)

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

Ackland, J., *The Complete Guide to Endurance Training*, A &C Black, 2007 (ISBN 978-0-71367-903-8)

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| **ASSESSMENT RECORD SHEET (Summative Assessment)** | | | | | | | | | | | | | | |
| **Programme** | | BTEC First Award in Sport | | | | **Learner**  **Name** |  | **Assessor**  **Name** | Mr S Thomas | | | | | |
| **Unit No. & Title** | | 3: Review a personal fitness training programme | | | | **Target Learning Aims** | 1D.5 2D.P5 2D. M4 & 2D.D3 | **Assignment**  **No. & Title** | 4: Review of personal fitness training programme | | | | | |
| **Issue Date** | | 24.11.20 | | | | **Hand In Date** | 23.03.21 | **Final Re-submission Date** |  | | | | | |
| **Target criteria** | | **Criteria**  **Achieved** | **Final Assessment Comments** | | | | | | | | | | | |
| 1D. 5 | |  | Review the four-week personal fitness training programme set for an activity/sport goal, identifying results, strengths and areas for improvement | | | | | | | | | | | |
| 2D. P5 | |  | Review the six-week personal fitness training programme set for an activity/sport goal, describing results, strengths and areas for improvement. | | | | | | | | | | | |
| 2D. M4 | |  | Explain the results, strengths of the training programme set for an activity/sport goal and areas for improvement, providing recommendations for future training and performance. | | | | | | | | | | | |
| 2D. D3 | |  | Fully explain the results, strengths and improvements for the training programme, justifying recommendations for future training and performance. | | | | | | | | | | | |
| **Summative comments** | | | | | | | | | | | | | | |
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| **Resubmission authorisation\***  **Lead IV:** | | | | |  | | | | | **Resubmission Date:** | | | |  |
| \* All resubmissions must be authorised. Only 1 resubmission is possible per assignment. | | | | | | | | | | | | | | |
|  | **Assessor Signature** | | |  |  | | | | |  | **Date:** |  | | 23.03.21 |
|  | **Learner comments** | | |  |  | | | | | | | | | |
| **Learner Signature** | | | | |  | | | | | **Date:** | | | 23.03.21 | |

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| Learner declaration: I certify that the work submitted for this assignment is my own. I have clearly referenced any sources used in the work. I understand that false declaration is a form of malpractice. Learner signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

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**Learner Assessment Submission and Declaration**

When submitting evidence for assessment, each learner must sign a declaration confirming that the work is their own. You may use this form, or incorporate a learner declaration into an Assignment Brief front sheet.

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| Learner name: | | Assessor name: | |
| Issue date: | Submission date: | | Submitted on: |
| Programme: BTEC Level 1/2 First Award in Sport | | | |
| Unit: Review of personal fitness training programme | | | |
| Assignment reference and title: Review personal training programme | | | |

Please list the evidence submitted for each task. Indicate the page numbers where the evidence can be found or describe the nature of the evidence (e.g. video, illustration).

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| **Task ref.** | **Evidence submitted** | **Page numbers or**  **description** |
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| Additional comments to the Assessor: | | |
| **Learner declaration**  I certify that the evidence submitted for this assignment is my own. I have clearly referenced any sources used in the work. I understand that false declaration is a form of malpractice  Learner signature: Date: | | |