

**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: 3. Applying the Principles of Personal Training  |
| Assignment reference and title: Know about Factors and Strategies  |

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 malpracticeLearner signature: Date: |

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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 2** | **Assessors name: P. Hamblin, S. Thomas, A. Hussey** |
| **Internal Verification date: P. Hamblin ,S. Thomas, A. Hussey: 18/05/22** |
| **Issue date: 30/03/22 Hand in date: 04.05.22** |
| **Learning Aim B** | Know about the musculoskeletal and cardiorespiratory system and the effects on the body. 1B.2,3 - 2B.P2, P3 - 2B.M2 |
| **Scenario:** You have been asked by the SGO (Mrs Pauling) to review the planned activities in your personal fitness plan to ensure that they are the right activities to support your personal goal for fitness. Mrs Pauling co-ordinating the ‘Get Fit’ initiative would also like you to produce some materials for their clients by reviewing the short-term effects on the musculoskeletal and cardiorespiratory systems during fitness training programmes.**Task 1 – Structure and Function (P2)**You are going to create a booklet/series of leaflets to give out to the clients who take part in the ‘Get Fit’ initiative. The promotional material will highlight the structures and functions of the musculoskeletal and cardiorespiratory systems. Your promotional materials should contain:* A labelled diagram that locates the major muscles (deltoid, biceps, triceps, pectoralis major, latissimus dorsi, external obliques, gluteus maximus, quadriceps, hamstrings, gastrocnemius and tibialis anterior).
* A labelled diagram that locates the major bones (cranium, clavicle, scapula, ribs, sternum, humerus, radius, ulna, pelvis, femur, patella, tibia, fibula)
* Diagrams of the synovial joints at the hip, shoulder, knee and elbow. The diagrams should identify the bones in the joint and describe the movements the joint allows.
* The clients need to know how the muscular system works during exercise to create movement. Provide them with a description of the function of the musculoskeletal system.
* A diagram of the cardiovascular system that includes the atria, ventricles, aorta, vena cava, pulmonary artery, pulmonary vein.
* A diagram of the respiratory system which includes the lungs, bronchi, bronchioles, alveoli and diaphragm.
* A description of how the cardiorespiratory system delivers oxygen to the muscles and removes waste products.

**Task 2 - Short-term responses to exercise (P3 / M2)**The co-ordinator of the ‘Get Fit’ initiative would like you to investigate the short-term effects of exercise so that users of the sports centre gain an understanding of what is happening to their body when they exercise.You have been asked to produce a poster describing the short-term responses of exercise which is to be displayed in the sports centre. The poster should include;* The effect of a warm up on the range of movement at a joint
* The effect of progressive overload on the muscles and how it can encourage micro tears
* The effect of fitness training on heart rate and breathing rate and why this happens
* The increased build up of lactic acid when the main component of the fitness session is intense.
* A summary discussing why the changes should happen to the systems during fitness training and give reasons as to why it is important that these changes occur.

**ASSESSMENT EVIDENCE**: Written summary or poster describing the musculoskeletal and cardiorespiratory system and the effects during training. |
| **Grading Criteria**  |
| **1b.2** | Outline the structure and function of the musculoskeletal and cardiorespiratory systems |
| **1b.3** | Outline some of the short-term effects on the musculoskeletal and cardiorespiratory systems during the fitness training programme |
| **2B.P2** | Describe the structure and function of the musculoskeletal and cardiorespiratory systems |
| **2B.P3** | Summarise the short-term effects on the musculoskeletal and cardiorespiratory systems during the fitness training programme |
| **2B.M2** | Explain the short-term effects on the musculoskeletal and cardiorespiratory systems during the fitness training programme |

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

[www.betterhealth.vic.gov.au/](file:///C%3A%5CUsers%5Cphamblin.SCHOOL%5CAppData%5CMeredith%20final%20briefs%5CAssignments%20ready%20to%20template%5CLocal%20Settings%5CTemporary%20Internet%20Files%5CContent.Outlook%5CWH4HAGO7%5Cwww.betterhealth.vic.gov.au)

[www.myexerciseplan.com/assessment/barriers.php](file:///C%3A%5CUsers%5Cphamblin.SCHOOL%5CAppData%5CMeredith%20final%20briefs%5CAssignments%20ready%20to%20template%5CLocal%20Settings%5CTemporary%20Internet%20Files%5CContent.Outlook%5CWH4HAGO7%5Cwww.myexerciseplan.com%5Cassessment%5Cbarriers.php)

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| **ASSESSMENT RECORD SHEET (Summative Assessment)** |
| **Programme** |  BTEC First Award in Sport  | **Learner****Name** |  | **Assessor****Name** | Mrs A Hussey |
| **Unit No. & Title** | 3: Applying the principles of personal training  | **Target Learning Aims** |  1B.2,3 - 2B.P2, P3 - 2B.M2 | **Assignment****No. & Title** | 2: The body systems and how they respond to fitness training |
| **Issue Date** | 30.03.22 | **Hand in Date** |  04.05.22 | **Final Submission Date** | 25.05.22 |
| **Target criteria** | **Criteria****Achieved** | **Final Assessment Comments** |
| **1b.2** |  | Outline the structure and function of the musculoskeletal and cardiorespiratory systems |
| **1b.3** |  | Outline some of the short-term effects on the musculoskeletal and cardiorespiratory systems during the fitness training programme |
| **2B.P2** |  | Describe the structure and function of the musculoskeletal and cardiorespiratory systems |
| **2B.P3** |  | Summarise the short-term effects on the musculoskeletal and cardiorespiratory systems during the fitness training programme |
| **2B.M2** |  | Explain the short-term effects on the musculoskeletal and cardiorespiratory systems during the fitness training programme |
| **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:** |  |  |
|  | **Learner comments** |  |  |
| **Learner Signature** |  | **Date:** |  |

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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:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  |