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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 3** | Assessor: P. Hamblin, S. Thomas, A. Hussey |
| Internal Verification date: P. Hamblin, S. Thomas, A. Hussey | 31.1.23 |
| **Issue date: 06.10.22 Hand in date: 10.1.23** |
| **Learning Aim C** | Implement a self-designed personal fitness training programme to achieve own goals and objectives. 1C.4, 2C.P4 2C. M3 & 2C.D2 |
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| **Scenario:** You are now ready to complete your own personal fitness programme which is to be used as an example within the sports centre. The head of the ‘Get Fit’ initiative wants clients to see you following the programme to show the positive changes fitness training can make. It is important that the other clients see you working hard and following your programme so they can fully understand the benefits of fitness training.**Task 1 (P4)**The progress of your training is going to be displayed in the fitness centre on a special ‘Get Fit’ progress notice board. You need to keep an accurate record of your fitness training as you complete the six-week programme. Follow your six-week fitness training programme and make sure you;• Complete the full fitness training programme through participation of your selected activities.• Wear the correct kit and follow all safety procedures. This includes safe use of the equipment and using the correct technique.• Collect pictures and videos of you participating in the training programme (if necessary) and use these as evidence to supplement your training diary. These will also be displayed on the notice board.**Task 2 (P4/M3)**Record your progress in a training diary. Your training diary should provide the following details:• Date, time and location of the training you have done.• The aims and objectives for each session.• Session duration.• The type(s) of training you did and what methods of training you used.• Log of personal performance and achievements in each session.• The resources you required to do each session e.g. equipment.• Details of how progressive overload was achieved over the course of the programme.• Details of programme intensity using % HR max and RPE.• Include photographs and videos (if necessary) of you undertaking your training sessions as part of your six-week programme.• A summary of the success of each session; what worked, what didn’t work and what you did or will do to amend the session in future. **Task 3 (M3/D2)** At the end of each week you should write a summary that measures the success of your fitness training programme. This information will be displayed on the ‘Get Fit’ notice board so it should consider the following topics; • Any evidence of personal development including achievement of programme goals, aims and objectives.• Your enjoyment, dedication and commitment to training that week.• Motivation for training – specifically what has made you maintain your motivation? • Changes / modifications you have made to your programme to avoid or overcome any barriers to training, issues or problems.**ASSESSMENT EVIDENCE:** A six-week / session training diary, written ‘Outcome’ report, photographic/video evidence (if necessary) & tutor observation record. |
| **Grading Criteria**  |
| **1C. 4**  | Safely implement, with guidance, a four-week personal fitness training programme, maintaining a training diary. # \* |
| **2C. P4** | Safely implement a six week personal fitness training programme, maintaining a training diary. # \*  |
| **2A. M3** | Safely implement a successful six-week personal fitness training programme, maintaining a training diary summarising outcomes for each session. # |
| **2A. D2** | Safely implement a successful six-week personal fitness training programme, maintaining a training diary to evaluate performance and progress. # |

**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. |
| TextbooksAckland, J. (2007) The Complete Guide to Endurance Training, London: A&C Black, ISBN 978 0 71367 903 8.Hope, R. and Lawrence, D. (2011) The Complete Guide to Circuit Training, London: A&C Black, ISBN 978 1 40815 635 3.Shepherd, J. (2006) The Complete Guide to Sports Training, London: A&C Black, ISBN 978 0 71367 835 2. WebsitesThe following website will provide help in the use of training programmes and information on diet, nutrition, fitness, wellness and lifestyle:[www.brianmac.co.uk/trainprog.htm](http://www.brianmac.co.uk/trainprog.htm) [www.livestrong.com/fitness](http://www.livestrong.com/fitness) [www.sport-fitness-advisor.com](http://www.sport-fitness-advisor.com/) |

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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 principles of training.  | **Target Learning Aims** | 1C.4, 2C.P4, 2C.M3, 2C.D2 | **Assignment****No. & Title** | 3: Safely implement a self-designed personal fitness programme to meet own goals and objectives. |
| **Issue Date** |  06.10.22 | **Hand in Submission Date** | 10.1.23 | **Final Submission Date** | 14.02.23 |
| **Target criteria** | **Criteria****Achieved** | **Final Assessment Comments** |
| 1C. 4 |  | Safely implement, with guidance, a four-week personal fitness training programme, maintaining a training diary. # |
| 2C. P4 |  | Safely implement a safe six- week personal fitness training programme, maintaining a training diary. # \* |
|  2C. M3 |  | Safely implement a successful six-week personal fitness training programme, maintaining a training diary summarising outcomes for each session. # \* |
| 2C. D2 |  | Safely implement a successful six-week personal fitness training programme, maintaining a training diary to evaluate performance and progress. # |
| **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:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  |