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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 & A. Hussey |
| Internal Verification date: P. Hamblin, A.Hussey & S. Thomas | TBC |
| **Issue date: 01.03.23 Hand in date: TBC** |
| **Learning Aim D** | Review a personal fitness programme1D.5, 2D.P5, 2D.M4, 2D.D3 |
| **Scenario:** Now that you have completed 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. Some of your findings will help the SGO’s (Mrs Pauling) ‘Get Fit’ initiative review, to ensure that it gets better each year!**Task 1 (P5)** Conduct a review of your training programme. This should be completed as a discussion with your tutor and video recorded. When conducting your review have your training diary in front of you and try to answer the following questions:* Did you meet the goals you set at the start of the programme?
* What did the review of each training session tell you and how did you use this information?
* What short-term physiological effects did you experience during your training sessions?
* What changes did you need to make to your programme and why did you make those changes?
* Which areas of fitness have you improved?
* Which areas of fitness do you still need to improve?
* What evidence do you have to support your identified strengths and areas for improvement?
* How has the fitness training programme impacted on your fitness for your sport/activity?

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?

**Task 2 (M4 / D3)**Clearly explain your results by making comparisons between your pre and post training programme fitness test results.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?
* Give recommendations on how you could improve your training in the future.
* What benefits would the changes have for your fitness in your sport/activity?

**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**

**Textbooks**

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

Bean, A., The Complete Guide to Strength Training, A & C Black, 2008 (ISBN 978-1-40810-539-9)

Hope, R. and Lawrence, D., The Complete Guide to Circuit Training, A & C Black, 2011 (ISBN 978-1-40815-635-3)

Lawrence, M., The Complete Guide to Core Stability, A & C Black, 2011 (ISBN 978-1-40813-324-8)

Norris, C. M., The Complete Guide to Stretching, A & C Black, 2007 (ISBN 978-1-71368-348-6)

Shepherd, J., The Complete Guide to Sports Training, A & C Black, 2006 (ISBN 978-0-71367-835-2)

**Websites**

The following website will provide help in the use of reviewing a training programme and suggesting recommendations:

[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

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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: 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** | 01.03.23 | **Hand In Date** | TBC | **Final Re-submission Date** | TBC |
| **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:** |  |   |
|  | **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:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  |

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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 malpracticeLearner signature: Date: |