

Please read the instructions printed at the end of this form. <b>One</b> of these sheets, suitably completed, should be attached to the assessed work of <b>each</b> candidate.											
<b>Unit Title</b>	<b>Applying principles of training</b>					<b>Unit Code</b>	<b>R042</b>	<b>Session</b>	Jan / June	<b>Year</b>	<b>2 0</b>
<b>Centre Name</b>								<b>Centre Number</b>			
<b>Candidate Name</b>								<b>Candidate Number</b>			
<b>Criteria</b>							<b>Teacher Comments</b>			<b>Mark</b>	<b>Page No.</b>
<b>LO1: Know the principles of training in a sporting context</b>											
<b>MB1: 1 - 4 marks</b>		<b>MB2: 5 - 7 marks</b>			<b>MB3: 8 - 10 marks</b>						
Outlines <b>most</b> of the principles of training with a <b>few</b> examples.  [1 2 3 4]		Describes <b>most</b> of the principles of training with a <b>range</b> of <b>relevant</b> examples.  [5 6 7]			Describes <b>all</b> of the principles of training with a <b>range</b> of <b>developed</b> examples which are applied to <b>specific</b> sporting contexts.  [8 9 10]						
<b>LO2: Know how different training methods target different fitness components</b>											
<b>MB1: 1 - 6 marks</b>		<b>MB2: 7 - 11 marks</b>			<b>MB3: 12 - 15 marks</b>						
Outlines aerobic and anaerobic exercise supported with a <b>few</b> examples of training methods.  Identifies <b>some</b> of the components of fitness and a <b>limited range</b> of specific training methods which target them.  [1 2 3 4 5 6]		Describes aerobic and anaerobic exercise supported with <b>some relevant</b> examples of training methods.  Identifies <b>some</b> of the components of fitness and describes a <b>range</b> of specific training methods and how they can target fitness components both individually and in combination.  [7 8 9 10 11]			<b>Comprehensively</b> describes aerobic and anaerobic exercise supported with a <b>wide range</b> of <b>relevant</b> examples of training methods.  Identifies <b>most</b> of the components of fitness and describes a <b>wide range</b> of specific training methods and how they can target fitness components both individually and in combination.  [12 13 14 15]						

Criteria					Teacher Comments	Mark	Page No.
<b>LO3: Be able to conduct fitness tests</b>							
<b>MB1: 1 - 6 marks</b>		<b>MB2: 7 - 11 marks</b>		<b>MB3: 12 - 15 marks</b>			
Carries out fitness tests which produce <b>basic</b> results which are recorded with <b>limited</b> accuracy. Consideration of protocols and guidelines is <b>superficial</b> .		Carries out fitness tests which produce a <b>range</b> of results, which are recorded with <b>some</b> accuracy. <b>Some</b> consideration of protocols and guidelines is evident.		Carries out fitness tests to produce an <b>extensive range</b> of results, which are recorded with <b>precision</b> . Consideration of protocols and guidelines is <b>clearly</b> evident			
Interpretation of the results is <b>limited</b> .		Interpretation of the results is <b>clear</b> with <b>some</b> reference to normative data, reliability and validity.		Interpretation of the results is <b>clear</b> and <b>detailed</b> reference to normative data, reliability and validity is made.			
[1 2 3 4 5 6]		[7 8 9 10 11]		[12 13 14 15]			
<b>LO4: Be able to develop fitness training programmes</b>							
<b>MB1: 1 - 5 marks</b>		<b>MB2: 6 - 9 marks</b>		<b>MB3: 10 - 12 marks</b>			
The programme aims shows <b>some relevance</b> to <b>some</b> of the initial data gathered. There has been <b>limited</b> application of principles of training in its design. The programme meets <b>few</b> of the specific needs and requirements identified in the aims.		The programme aims shows <b>relevance</b> to <b>most</b> of the initial data gathered. <b>Most</b> of the principles of training have been applied with <b>some effectiveness</b> in its design. The programme meets <b>most</b> of the specific needs and requirements identified in the aims.		The programme aims shows <b>relevance</b> to <b>all</b> of the initial data gathered. <b>All</b> of the principles of training have been applied <b>effectively</b> in its design. The programme meets <b>all</b> of the specific needs and requirements identified in the aims.			
Needs <b>some</b> individual support to design the fitness training programme.		May need <b>minimal</b> individual support to design the fitness training programme.		Fitness training programme is designed <b>independently</b> .			
[1 2 3 4 5]		[6 7 8 9]		[10 11 12]			
<b>MB1: 1 - 3 marks</b>		<b>MB2: 4 -6 marks</b>		<b>MB3: 7 - 8 marks</b>			
Evaluation is <b>brief</b> with <b>limited</b> reflection on the design and delivery of the programme; suggestions for improvement are general rather than specific.		Evaluation is <b>detailed</b> and reflects upon <b>many</b> aspects of the design and delivery of the programme.		Evaluation is <b>comprehensive</b> and reflects upon <b>most</b> aspects of the design and delivery of the programme.			
Ideas for improvement are <b>mostly relevant</b> and <b>considered</b> .		Ideas for improvement are <b>specific</b> and <b>justified</b> .					
[1 2 3]		[4 5 6]		[7 8]			
<b>Total/60</b>							
If this is a re-sit, please tick		Session and Year of previous submission		Jan / June	<b>2</b> <b>0</b>	Please tick to indicate this work has been standardised internally	

Please note: This form may be updated on an annual basis. The current version of this form will be available on the OCR website ([www.ocr.org.uk](http://www.ocr.org.uk)).

### Guidance on Completion of this Form

- 1 **One** sheet should be used for each candidate.
- 2 Please ensure that the appropriate boxes at the top of the form are completed.
- 3 Please enter *specific* page numbers where evidence can be found in the portfolio, and where possible, indicate to which part of the text in the mark band the evidence relates.
- 4 Circle the mark awarded for each strand of the marking criteria in the appropriate box and also enter the circled mark in the final column.
- 5 Add the marks for the strands together to give a total out of 60. Enter this total in the relevant box.