

Please read the instructions printed at the end of this form. One of these sheets, suitably completed, should be attached to the assessed work of each candidate.									
Unit Title Applying principles of training				Unit Code R042	Session	Year			
Centre Name					Centre Number				
Candidate Name					Candidate Number				
Criteria					Teacher Comments			Mark	Page No.
LO1: Know the principles of training in a sporting context									
MB1: 1 - 4 marks			MB2: 5 - 7 marks			MB3: 8 - 10 marks			
Outlines most of the principles of training with a few examples. [1 2 3 4]			Describes most of the principles of training with a range of relevant examples. [5 6 7]			Describes all of the principles of training with a range of developed examples which are applied to specific sporting contexts. [8 9 10]			
LO2: Know how different training methods target different fitness components									
MB1: 1 - 6 marks			MB2: 7 - 11 marks			MB3: 12 - 15 marks			
Outlines aerobic and anaerobic exercise supported with a few examples of training methods. Identifies some of the components of fitness and a limited range of specific training methods which target them. [1 2 3 4 5 6]			Describes aerobic and anaerobic exercise supported with some relevant examples of training methods. Identifies some of the components of fitness and describes a range of specific training methods and how they can target fitness components both individually and in combination. [7 8 9 10 11]			Comprehensively describes aerobic and anaerobic exercise supported with a wide range of relevant examples of training methods. Identifies most of the components of fitness and describes a wide range 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.
LO3: Be able to conduct fitness tests					
MB1: 1 - 6 marks	MB2: 7 - 11 marks	MB3: 12 - 15 marks			
Carries out fitness tests which produce basic results which are recorded with limited accuracy. Consideration of protocols and guidelines is superficial . Interpretation of the results is limited . [1 2 3 4 5 6]	Carries out fitness tests which produce a range of results, which are recorded with some accuracy. Some consideration of protocols and guidelines is evident. Interpretation of the results is clear with some reference to normative data, reliability and validity. [7 8 9 10 11]	Carries out fitness tests to produce an extensive range of results, which are recorded with precision . Consideration of protocols and guidelines is clearly evident. Interpretation of the results is clear and detailed reference to normative data, reliability and validity is made. [12 13 14 15]			
LO4: Be able to develop fitness training programmes					
MB1: 1 - 5 marks	MB2: 6 - 9 marks	MB3: 10 - 12 marks			
The programme aims shows some relevance to some of the initial data gathered. There has been limited application of principles of training in its design. The programme meets few of the specific needs and requirements identified in the aims. Needs some individual support to design the fitness training programme. [1 2 3 4 5]	The programme aims shows relevance to most of the initial data gathered. Most of the principles of training have been applied with some effectiveness in its design. The programme meets most of the specific needs and requirements identified in the aims. May need minimal individual support to design the fitness training programme. [6 7 8 9]	The programme aims shows relevance to all of the initial data gathered. All of the principles of training have been applied effectively in its design. The programme meets all of the specific needs and requirements identified in the aims. Fitness training programme is designed independently . [10 11 12]			
MB1: 1 - 3 marks	MB2: 4 -6 marks	MB3: 7 - 8 marks			
Evaluation is brief with limited reflection on the design and delivery of the programme; suggestions for improvement are general rather than specific. [1 2 3]	Evaluation is detailed and reflects upon many aspects of the design and delivery of the programme. Ideas for improvement are mostly relevant and considered . [4 5 6]	Evaluation is comprehensive and reflects upon most aspects of the design and delivery of the programme. Ideas for improvement are specific and justified . [7 8]			
Total/60					
If this is a re-sit, please tick	Session and Year of previous submission		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).

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.