



Accredited

OCR LEVEL 2 CAMBRIDGE TECHNICAL CERTIFICATE/DIPLOMA IN SPORT

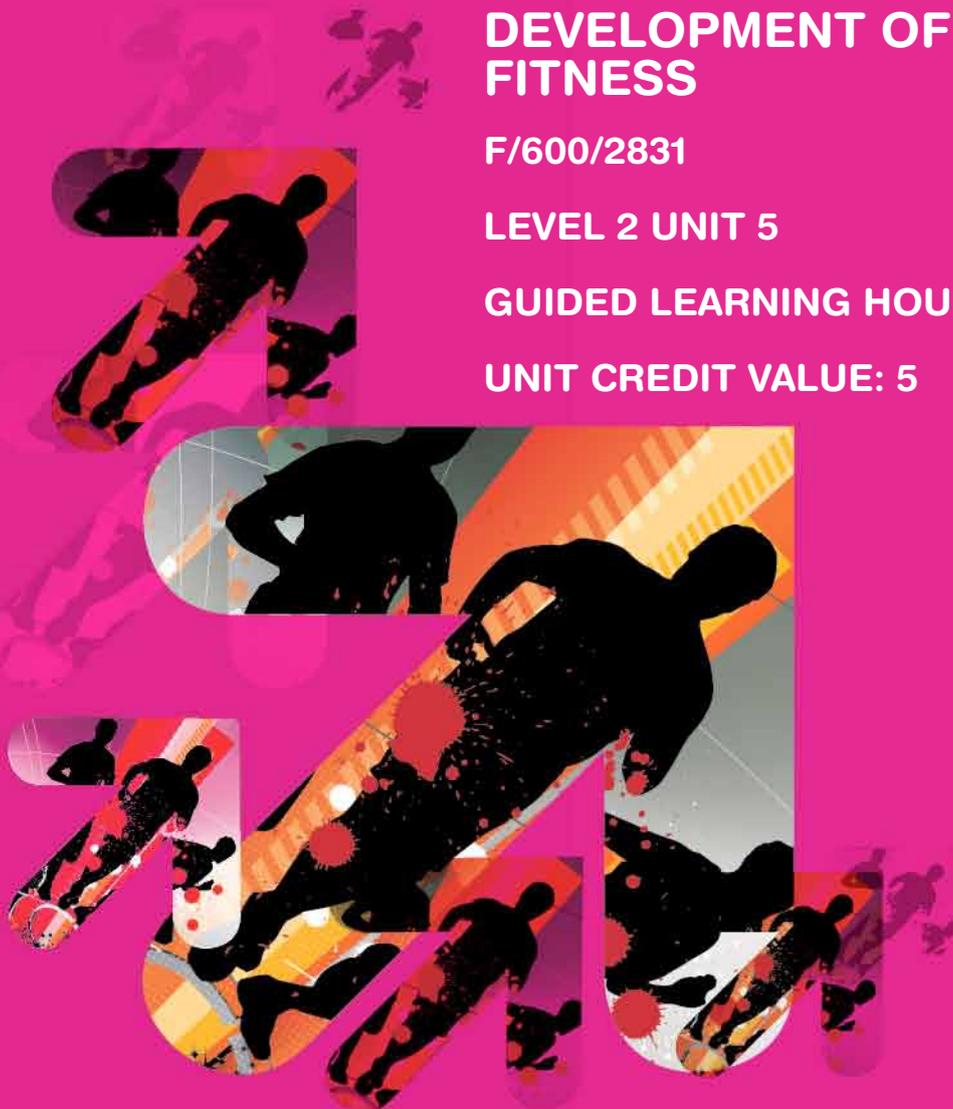
DEVELOPMENT OF PERSONAL FITNESS

F/600/2831

LEVEL 2 UNIT 5

GUIDED LEARNING HOURS: 30

UNIT CREDIT VALUE: 5



DEVELOPMENT OF PERSONAL FITNESS

F/600/2831

LEVEL 2

AIM OF THE UNIT

All performers need to have goals and objectives to enhance their performance. The improvement of fitness levels could be one of them.

In this unit, learners will be able to look at the factors required to produce a personal fitness programme with specific aim to supporting their goals and improving performance. In consultation with a coach, learners will devise a coaching plan with the specific agreed aims. The ability to overcome barriers to exercise adherence will be investigated along with strategies to overcome barriers to exercise. Learners will be able to link their personal experiences to these barriers and aim to use the strategies for their own benefit. In implementing their own programme, learners will have the opportunity to partake in practical sessions aimed at working towards their personal goals. The insight gained from the programme will allow learners an understanding into how their own performance can be enhanced by future programmes.

PURPOSE OF THE UNIT

The ability to participate in a successful personal exercise programme is dependent on a number of factors. This unit will look at how these factors combine to help individuals achieve their goals.

Learners will work with a coach, sports expert or tutor to plan and design a six week programme. Learners will look at factors including current levels of fitness, goals and lifestyle. This will allow learners the understanding needed to devise a purposeful training programme. Learners will develop the skills to identify exercise adherence factors that affect themselves, for example, cost, time and enjoyment. These skills will also be developed by learners investigating the various strategies of exercise adherence, for example, targets and rewards. The understanding gained here will help with the planning of their individual training programme. Once learners have planned their programme, the unit will give learners the opportunity to perform the programme. Learners will need to record their activities in a diary or logbook. The diary/logbook will give learners the opportunity to reflect on their activities and look at the strengths and weaknesses they can take from the programme in order to improve future programmes and performance. The diary/logbook will also allow learners to review their goals identifying strengths and areas for improvement and whether they have been able to achieve them.

This unit will be especially of benefit to those learners who wish to pursue careers in fields such as sports coaching or fitness instruction.

ASSESSMENT AND GRADING CRITERIA

Learning Outcome (LO) The learner will:	Pass The assessment criteria are the pass requirements for this unit. The learner can:	Merit To achieve a merit the evidence must show that, in addition to the pass criteria, the learner is able to:	Distinction To achieve a distinction the evidence must show that, in addition to the pass and merit criteria, the learner is able to:
1 Be able to plan a personal fitness training programme	P1 plan, design and agree, a six week personal fitness training programme with a coach	M1 plan a six week personal fitness training programme to enhance performance in a selected sport	
2 Know personal exercise adherence factors and strategies	P2 describe personal exercise adherence factors and strategies	M2 identify personal exercise adherence factors and strategies that affect participation in a selected sport	D1 give examples of personal exercise adherence strategies for overcoming barriers to participation in a selected sport
3 Be able to implement and review a personal fitness training programme	P3 implement a six-week personal fitness training programme, maintaining a training diary	M3 implement improvements to a personal training programme in a selected sport	
	P4 describe the strengths of the personal fitness training programme, identifying areas for improvement		

TEACHING CONTENT

The unit content describes what has to be taught to ensure that learners are able to access the highest grade.

Anything which follows an i.e. details what must be taught as part of that area of content.

Anything which follows an e.g. is illustrative, it should be noted that where e.g. is used, learners must know and be able to apply relevant examples to their work though these do not need to be the same ones specified in the unit content.

LO1 Be able to plan a personal fitness training programme

Personal information: (e.g. current fitness levels, lifestyle, medical history, weekly diet plan, motivation).

Goal setting: i.e. short-term; medium-term; long-term.

Devise a physical fitness training programme: i.e. goals and objectives; principles of training (e.g. F.I.T.T. overload, specificity, progression); down; training methods i.e. flexibility (e.g. dynamic stretching, static stretching, PNF), strength, speed training, muscular endurance (e.g. circuit training), power (e.g. resistance machines, plyometrics), aerobic endurance (e.g. continuous training, fartlek training, interval training).

LO2 Know personal exercise adherence factors and strategies

Exercise adherence factors: i.e. barriers to participation (e.g. facilities, location, time, cost, peer pressure); enjoyment factor of activities; benefits of the personal fitness training programme; usefulness in meeting goals.

Exercise adherence strategies: i.e. aims and objectives; SMART (specific, measurable, achievable, realistic, time-bound), social support (e.g. friend, group) ; routine (e.g. enjoyable, varied).

LO3 Be able to implement and review a personal fitness training programme

Implementation: (e.g. planned sessions, personal commitment).

Training diary/logbook: i.e. record of performance (e.g. type of session, intensity); successes; areas for development; well maintained.

Review: i.e. during and post programme; strengths; personal development areas; success in meeting goals; future developments.

DELIVERY GUIDANCE

This unit is centre-assessed and externally moderated. In order to achieve this unit the learner must produce a portfolio of evidence showing that they can meet all of the assessment objectives.

Portfolios of work must be produced independently.

Learners should underpin theoretical knowledge with practical activity in order to be able to identify situations where key components are in action.

The required anatomical and physiological information relating to this unit can be studied within textbooks, DVD's, and various websites as well as by undertaking specific practical exercises.

The unit allows tutors to introduce learners to the principles of training and therefore has the opportunity for large amounts of practical work.

LO1 Tutors will give learners an understanding of the different training methods that are available. Practical sessions for learners to experience these methods should be provided. Learners will also need an understanding of their own current fitness levels. Tutors can instruct learners on the various tests that are available. Learners can research the reliability and validity of these tests and draw conclusions on the suitability to their needs. Learners will consult with their own sports coaches or tutor as to the requirements of the plan they will implement. Learners will need an understanding of how the different training methods can improve their own sports performance.

LO2 When looking at the factors involved in exercise adherence, learners will need to understand what will potentially impact on their performance and participation in the training programme, for example, their peers or the time they have. Tutor led sessions to explain these points will be required. Learners can support this information by relating it to themselves and their own lives. Learners need to understand the importance of realistic aims and objectives. These can be agreed in consultation with the coach or tutor.

LO3 The implementation of the programme is practical work. Learners will need to complete a diary /logbook of the activities they complete and tutors should deliver sessions for learners in this field. The personal training programme will be carried out over a six week period and along with the activities they complete, learners should recall any of the exercise adherence factors that impact their training and any

strategies they use to address these. On completion of the programme, learners will need to review their programmes. Learners will need to describe their strengths and weaknesses and how they would improve the programme.

GUIDANCE ON ASSESSING THE SUGGESTED TASKS

The table below shows suggested scenarios that cover the pass, merit and distinction criteria in the assessment and grading grid.

Criteria	Assignment title	Scenario	Assessment
P1 and M1	Programme planning	You are working with a new coach. You need to assess your current fitness levels and design a programme to improve your performance as this coach know nothing of your current fitness levels but is there to help you compete at the highest level.	Written work Written report Practical tests
P2, M2 and D1	Exercise adherence	Before implementing your training your coach wants to know what factors influence your training and how you can address these. The coach wants to know why you train and any barriers that get in the way of you participating and what you do to overcome these.	Written work Presentation Slides
P3, P4, M3 and D2	Implement and review a training programme	Your coach has encouraged you to work on your fitness with a training programme you have designed. You will need to prove to you coach that you are completing the programme by regularly updating a training diary or logbook.	Practical Work Diary/logbook Written report

RESOURCES

Books

Adams G M – *Exercise Physiology Laboratory Manual: Health and Human Performance* (McGraw Hill Higher Education, 2001) ISBN 9780072489125

Allen M B – *Sports Exercise and Fitness: A Guide to Reference and Information Sources* (Libraries Unlimited Inc, 2005) ISBN 9781563088193

Davis J – *Fitness for Games Players* (NCF, 1996) ISBN 9780947850104

Franks B D, Howley E T – *Fitness Leader's Handbook* (Human Kinetics Europe, 1998) ISBN 9780880116541

Fulcher K, Fox P – *Your Personal Trainer: The Ultimate Guide to Getting Fit for any Sport* (Metro Books, 2002) ISBN 9781843580027

Hazeldine R – *Fitness for Sport* (The Crowood Press, 2000) ISBN 9781861263360

Moran G T, McGlynn G – *Cross Training for Sports: Programmes for 26 Sports* (Human Kinetics, 1997) ISBN 9780880114936

Scott A – *GCSE PE for Edexcel* (Heinemann, 2001) ISBN 9780435506360

Sharkey B J and Gaskill S E – *Fitness and Health* (Human Kinetics, 2006) ISBN 9780736056144

Wansworth A – *The Complete Practical Encyclopedia of Fitness Training: Everything You Need to Know About Strength and Fitness Training in the Gym and at Home, from Planning Workouts to Improving Technique* (Lorenz Books, 2010) ISBN-10: 0754818810

Watson A W S – *Physical Fitness and Athletic Performance: A Guide for Students, Athletes and Coaches* (Longman, 1996) ISBN 9780582091108

Websites

BBC GCSE Bitesize www.bbc.co.uk/schools/gcsebitesize/pe

Brain Mac www.brianmac.co.uk

Fitness.com www.fitness.com

Fit for sport www.fitforsport.co.uk

MAPPING WITHIN THE QUALIFICATION TO THE OTHER UNITS

Unit 2: Anatomy and Physiology for Sport

Unit 3: Fitness Testing and Training



CONTACT US

Staff at the OCR Customer Contact Centre are available to take your call between 8am and 5.30pm, Monday to Friday.

We're always delighted to answer questions and give advice.

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