

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	The science of fitness and health				Unit Code	R077	Session	Jan/June/Nov	Year				
Centre Name							Centre Number						
Candidate Name							Candidate Number						
Criteria							Teacher Comments		Mark	Page No			
LO1: Understand the structure, function and control of the musculoskeletal system													
MB1: 1 – 5 marks		MB2: 6 – 10 marks		MB3: 11 – 15 marks									
<ul style="list-style-type: none"> A few components of the musculoskeletal system identified Basic understanding of the functions of the musculoskeletal system Limited analysis of how the musculoskeletal system is affected by health and fitness <p style="text-align: right;">[1 2 3 4 5]</p>		<ul style="list-style-type: none"> Some components of the musculoskeletal system identified Detailed understanding of the functions of the musculoskeletal system Some detailed analysis of how the musculoskeletal system is affected by health and fitness <p style="text-align: right;">[6 7 8 9 10]</p>		<ul style="list-style-type: none"> Most components of the musculoskeletal system identified Thorough understanding of the functions of the musculoskeletal system Detailed analysis of how the musculoskeletal system is affected by health and fitness Quantitative data displayed in appropriate formats <p style="text-align: right;">[11 12 13 14 15]</p>									
LO2: Understand the structure, function and control of the circulatory system													
MB1: 1 – 5 marks		MB2: 6 – 10 marks		MB3: 11 – 15 marks									
<ul style="list-style-type: none"> A few components of the circulatory system identified Basic understanding of the functions of the circulatory system Limited analysis of how the circulatory system is affected by health and fitness <p style="text-align: right;">[1 2 3 4 5]</p>		<ul style="list-style-type: none"> Some components of the circulatory system identified Detailed understanding of the functions of the circulatory system Some detailed analysis of how the circulatory system is affected by health and fitness <p style="text-align: right;">[6 7 8 9 10]</p>		<ul style="list-style-type: none"> Most components of the circulatory system identified Thorough understanding of the functions of the circulatory system Detailed analysis of how circulatory system is affected by health and fitness Quantitative data displayed in appropriate formats <p style="text-align: right;">[11 12 13 14 15]</p>									

Criteria			Teacher Comments	Mark	Page No
LO3: Understand the structure, function and control of the respiratory system					
MB1: 1 – 5 marks	MB2: 6 – 10 marks	MB3: 11 – 15 marks			
<ul style="list-style-type: none"> • A few components of the respiratory system identified • Basic understanding of the functions of the respiratory system • Limited analysis of how the respiratory system is affected by health and fitness <p style="text-align: right;">[1 2 3 4 5]</p>	<ul style="list-style-type: none"> • Some components of the respiratory system identified • Detailed understanding of the functions of the respiratory system • Some detailed analysis of how the respiratory system is affected by health and fitness <p style="text-align: right;">[6 7 8 9 10]</p>	<ul style="list-style-type: none"> • Most components of the respiratory system identified • Thorough understanding of the functions of the respiratory system • Detailed analysis of how the respiratory system is affected by health and fitness • Quantitative data displayed in appropriate formats <p style="text-align: right;">[11 12 13 14 15]</p>			
LO4: Understand the consequences of health and fitness factors on the body					
MB1: 1 – 5 marks	MB2: 6 – 10 marks	MB3: 11 – 15 marks			
<ul style="list-style-type: none"> • Lists different human health risks • Basic understanding of the risks of an unhealthy lifestyle • Limited qualitative judgement of the risks of an unhealthy life style <p style="text-align: right;">[1 2 3 4 5]</p>	<ul style="list-style-type: none"> • Limited description of the different human health risks • Detailed understanding of the effects of an unhealthy lifestyle • Simple quantitative judgement of the risks of an unhealthy lifestyle <p style="text-align: right;">[6 7 8 9 10]</p>	<ul style="list-style-type: none"> • Detailed description of the different human health risks • Thorough understanding of the effects of an unhealthy lifestyle • Detailed quantitative judgement of the of the risks of an unhealthy lifestyle • Quantitative data displayed in appropriate formats <p style="text-align: right;">[11 12 13 14 15]</p>			
LO5: Be able to create a fitness programme for a specified group					
MB1: 1 – 5 marks	MB2: 6 – 10 marks	MB3: 11 – 15 marks			
<ul style="list-style-type: none"> • Lists some components that fitness depends on • Basic understanding of the how the components effect fitness • Limited qualitative data displayed on the proposed impact of a fitness programme • Some materials used to design a fitness programme <p style="text-align: right;">[1 2 3 4 5]</p>	<ul style="list-style-type: none"> • Description of the components that fitness depends on and how they affect the health and fitness of a specified group • Some quantitative data displayed on the proposed impact of a fitness programme • Materials used to design a fitness programme are relevant to the needs of the specified group <p style="text-align: right;">[6 7 8 9 10]</p>	<ul style="list-style-type: none"> • Detailed explanation of the components that fitness depends on how they affect the health and fitness of a specified group • A range of relevant quantitative data on the proposed impact of a fitness programme are displayed accurately in appropriate formats • Materials used to design a fitness programme are concise and relevant to the needs of the specified group <p style="text-align: right;">[11 12 13 14 15]</p>			

Criteria			Teacher Comments	Mark	Page No
LO6: Be able to measure a person's fitness					
MB1: 1 – 5 marks	MB2: 6 – 10 marks	MB3: 11 – 15 marks			
<ul style="list-style-type: none"> When provided with method and equipment, some support needed to set up equipment in order to carry out measurements on fitness and performance Some data collected and recorded <p style="text-align: right;">[1 2 3 4 5]</p>	<ul style="list-style-type: none"> Independent selection of equipment to carry out measurements on fitness and performance; little support needed to set up equipment correctly Measurements taken and recorded in an appropriate format <p style="text-align: right;">[6 7 8 9 10]</p>	<ul style="list-style-type: none"> Independent selection of equipment to carry out measurements on fitness and performance; equipment set up correctly Measurements taken and recorded to appropriate accuracy and precision using an appropriate format, including use of correct units <p style="text-align: right;">[11 12 13 14 15]</p>			
LO7: Describe the purpose and structure of an organisation related to the sports or health and fitness industry					
MB1: 1 – 5 marks	MB2: 6 – 10 marks	MB3: 11 – 15 marks			
<ul style="list-style-type: none"> Basic description of the purpose and structure of an organisation related to the sports or health and fitness industry Information provided is limited. Tutor guidance may be required to find and select appropriate information <p style="text-align: right;">[1 2 3 4 5]</p>	<ul style="list-style-type: none"> Detailed description of the purpose and structure of an organisation related to the sports or health and fitness industry Information provided is detailed. Minimal tutor guidance is required to find and select appropriate information <p style="text-align: right;">[6 7 8 9 10]</p>	<ul style="list-style-type: none"> Thorough description of the purpose and structure of an organisation related to the sports or health and fitness industry Information provided is comprehensive. Research is carried out independently <p style="text-align: right;">[11 12 13 14 15]</p>			
LO8: Be able to research career options within a sports or health and fitness organisation					
MB1: 1 – 5 marks	MB2: 6 – 10 marks	MB3: 11 – 15 marks			
<ul style="list-style-type: none"> Lists sources of information on career areas within the sports or health and fitness sector Basic information on career areas within the health and fitness sector Basic information about opportunities for career areas within the sports or health and fitness sector <p style="text-align: right;">[1 2 3 4 5]</p>	<ul style="list-style-type: none"> Information provided is detailed. Minimal tutor guidance is required to find and select appropriate information on career areas within the sports or health and fitness sector Detailed information on career areas within the health and fitness sector Detailed information about opportunities for career areas within the sports or health and fitness sector <p style="text-align: right;">[6 7 8 9 10]</p>	<ul style="list-style-type: none"> Information provided is comprehensive. Research is carried out independently Thorough information on career areas within the sports or health and fitness sector Thorough information about opportunities for career areas within the sports or health and fitness sector <p style="text-align: right;">[11 12 13 14 15]</p>			
Total/120					

If this is a re-sit, please tick		Session and Year of previous submission	Jan / June / Nov	2	0		Please tick to indicate this work has been standardised internally	
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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 120. Enter this total in the relevant box.