OCR
Oxford Cambridge and RSA

Cambridge **TECHNICALS LEVEL 2**

Cambridge TECHNICALS 2016

SPORT AND PHYSICAL ACTIVITY

Pathway Delivery Guide – Assistant Fitness Instructor

Unit 6 Components and principles of fitness training for sport and physical activity

Version 1

ocr.org.uk/sport

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INTRODUCTION

This Delivery Guide has been developed to provide practitioners with a variety of creative and practical ideas to support the delivery of this qualification. The Guide is a collection of lesson ideas with associated activities, which you may find helpful as you plan your lessons and covers all the units within this pathway.

OCR has collaborated with current practitioners to ensure that the ideas put forward in this Delivery Guide are practical, realistic and dynamic. The Guide is structured by unit and learning outcome so you can see how each activity helps you cover the requirements of this unit.

We've also included some English and maths activities. **These are designed to demonstrate the importance of English and maths skills within real life job roles; and to help those learners who may be re-sitting their English or maths GCSE.**

We appreciate that practitioners are knowledgeable in relation to what works for them and their learners. Therefore, the resources we have produced should not restrict or impact on practitioners' creativity to deliver excellent learning opportunities.

Whether you are an experienced practitioner or new to the sector, we hope you find something in this guide which will help you to deliver excellent learning opportunities.

If you have any feedback on this Delivery Guide or suggestions for other resources you would like OCR to develop, please email resources.feedback@ocr.org.uk.

To find out more about this qualification, go to: http://www.ocr.org.uk/qualifications/vocational-education-and-skills/cambridge-technicals-sport-and-physical-activity-level-2-2016-suite/

Please note

The timings for the suggested activities in this Delivery Guide **DO NOT** relate to the Guided Learning Hours (GLHs) for each unit.

Assessment guidance can be found within the Unit document available from www.ocr.org.uk.

The latest version of this Delivery Guide can be downloaded from the OCR website.

This Delivery Guide **MUST NOT** be used directly for assessment purposes. It is intended to support the teaching and learning of the unit specified.

This pathway includes the following units:

Unit no.	Unit title	GLH	How are they assessed?
Unit 1	Physical activity, health and wellbeing	60	Examined by OCR
Unit 2	Physical preparation and readiness for sport and physical activity	30	Examined by OCR
Unit 3	Inclusivity, equality and diversity in delivering sport and physical activity	30	Centre assessed, moderated by OCR
Unit 4	Leading sport and physical activity sessions	60	Centre assessed, moderated by OCR
Unit 5	Customer service in sport and physical activity	30	Centre assessed, moderated by OCR
Unit 6	Components and principles of fitness training for sport and physical activity	60	Centre assessed, moderated by OCR
Unit 9	Fitness induction and testing	30	Centre assessed, moderated by OCR
Unit 10	Using fitness equipment	30	Centre assessed, moderated by OCR
Unit 11	Assisting in the delivery of exercise and fitness sessions	30	Centre assessed, moderated by OCR

Delivery Guides for all the units listed above are available from: http://www.ocr.org.uk/qualifications/vocational-education-and-skills/cambridge-technicals-sport-and-physical-activity-level-2-2016-suite/

2016 Level 2 Cambridge Technicals Suite

- New suite for first teaching September 2017
- Externally assessed content
- Student focused internal assessment rules
- Eligible for Key Stage 5 performance points from 2019
- OCR visiting moderation providing centre feedback and support
- Designed to meet the DfE technical guidance

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UNIT 6 COMPONENTS AND PRINCIPLES OF FITNESS TRAINING FOR SPORT AND PHYSICAL ACTIVITY

UNIT AIM

One of the main reasons why people first start to participate in sport and physical activity is to "get fitter", but what does this actually mean? There are a number of components of fitness and each one can be trained differently, depending on a person's goals.

This unit provides you with the skills to apply the principles of training when selecting different training methods to train different components of fitness for different participants in sport and physical activity. These skills are applied by Assistant Sports Coaches and Assistant Fitness Instructors as part of their work and so will be applied within other units within these Diploma pathways.

http://www.ocr.org.uk/qualifications/vocational-education-and-skills/cambridge-technicals-sport-and-physical-activity-level-2-2016-suite/

LO1	Know the components of fitness
LO2	Be able to analyse the use of different components of fitness in a range of sports and physical activities
LO3	Be able to identify training methods for components of fitness
LO4	Be able to apply the principles of training when selecting training methods for participants in sport and physical activity

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KEY TERMS

Explanations of the key terms used within this unit, in the context of this unit	
Key term	**Explanation**
Adherence	This means being able to 'stick to' a training programme, this affected by many factors, such as; motivation, targets etc.
Frequency	This refers to the amount of exercise you complete within a certain period i.e. 3 times per week
Intensity	This refers to how hard the mode of exercise is i.e. 80% of 1 Rep-max
Overload	This principle of training is linked to intensity, where you stress the body in order to cause an adaptation
Physical fitness	This refers to the body's ability to carry out tasks without feeling fatigued. This consists of muscular strength, cardiovascular endurance, flexibility, muscular endurance and body composition
Progression	This principle refers to making each 'block' of training harder i.e. increasing intensity, increasing frequency etc.
Reversibility	This refers to the loss of the effects of fitness training, this could be caused by injury, or lack of adherence to a training programme
Skill related fitness	These are the components of fitness which are essential for success in sports; these underpin the skills needed in sport. These include; agility, balance, co-ordination, speed, reaction time and power
Specificity	This means that the type of training you take part in should be related to the type of sport or event you participate in
Tedium	This is where the training programme becomes boring, this will lead to a lack of adherence in the training plan
Time	This refers to the duration of each session
Type	This refers to the mode of training you participate in, i.e. free weights or resistance machines

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COMMON MISCONCEPTIONS

Some common misconceptions and guidance on how they could be overcome		
What is the misconception?	**How can this be overcome?**	**Resources which could help**
Confusion between skill and physical related fitness	There is often confusion when looking at these two key areas of fitness. Learners should be reminded of the definitions of each and should be able to identify the components of each area. To assess understanding of this, learners should be asked to present an analysis of a sport of their choice. They should aim to identify and define the key components of physical and skill related fitness. Learners should also provide an example of when these would be used in sport.	Study.com has an interesting resource which looks at these two areas of fitness. There is also an interactive quiz which assesses understanding of these two key terms: http://study.com/academy/lesson/health-related-skill-related-physical-fitness.html The BBC GCSE Bitesize website also gives definitions and explains the various components of fitness: http://www.bbc.co.uk/schools/gcsebitesize/pe/exercise/0_exercise_health_rev3.shtml
Using the same or similar methods to develop two or more components of fitness	Learners could be confused that, for example, free weights could be used to develop maximal muscular strength, and also muscular endurance. Learners should be able to explore these methods, the tutor should discuss intensity and the principle of overload, and how this causes different adaptations in different athletes who may have certain goals. Learners could research the different methods, and create a revision poster which looks at the methods used by different athletes when taking part in exercise or sport. Learners should discuss their poster with the tutor to explore their reasons for selecting different methods of training.	The BBC GCSE Bitesize details the various principles and methods of training. There is also an interactive quiz which assesses learners' understanding of this topic: http://www.bbc.co.uk/education/guides/z2b9q6f/revision

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SUGGESTED ACTIVITIES

LO1 Know the components of fitness

Title of suggested activity	Suggested activities	Suggested timings	Also related to
What is fitness?	Learners could as a larger group come up with their own definition of the term fitness, they could then start to breakdown fitness into its components. The tutor could then lead a discussion about physical fitness and skill related fitness in sport and physical activity. Learners could then devise their own practical demonstrations to show their knowledge and understanding of the various components e.g. standing on one leg to demonstrate balance etc. Learners could be split up into smaller groups in order to demonstrate one or more of these activities. The BBC GCSE Bitesize website also gives definitions and explains the various components of fitness: http://www.bbc.co.uk/schools/gcsebitesize/pe/exercise/0_exercise_health_rev3.shtml **English extension activity** As learners write their own definitions of the term 'fitness' and its components, they could compare different ways of using appropriate language to explain the terms clearly and concisely. This could be extended to a discussion about how to adapt the language used for different audiences e.g. peers on the course, tutors, people beginning a fitness activity, younger people, those with specific learning needs etc.	30 minutes 40 minutes	Unit 6, LO2, LO3
Identifying the components of fitness	The tutor could provide learners with pictures of a range of different sports or physical activities. Learners could select 2 of these and list the components of fitness, learners should aim to identify which components are physical fitness and which are skill related. The tutor could also lead a quick question and answer session to gauge the understanding of the definitions of the components in sport, and also examples of when these components may be used in that sport.	45 minutes	Unit 6, LO2, LO3

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SUGGESTED ACTIVITIES

LO2 Be able to analyse the use of different components of fitness in a range of sports and physical activities			
Title of suggested activity	**Suggested activities**	**Suggested timings**	**Also related to**
Simple analysis of components of fitness	In pairs learners could select two contrasting sports, and then the learners should aim to complete a fitness performance wheel (this is a circle diagram which can be used to explore coaching/fitness performance) which identifies the level of fitness needed in each sport. Learners should then feedback their findings to the group, and should answer questions based on their completed wheels. Learners should also support their wheels with examples from their chosen sport. The Coach Growth website provides a template of a performance profile wheel, whilst this is usually completed for coaching needs, these can also be used for fitness components: https://coachgrowth.wordpress.com/2012/11/03/taking-charge-of-your-coach-development-part-2/ **Maths extension activity** Learners could use the data they have collected for their performance profile wheels and plot the data for different sport activities on a graph or chart to compare how different sports require different profiles. This could be developed further by taking a single sport and plotting a wheel for a person at increasing levels within that sport. This could be used to investigate whether the person moving from being a beginner, to intermediate to advanced and then expert (maybe professional), has different needs at different levels. Does the proportion of fitness or technical skill development required change?	45 minutes 30 minutes	Unit 6, LO1
Practical analysis of the components of fitness	The tutor could lead the group through a multi-sport practical activity. In this activity learners should identify which component(s) of fitness are required, and could begin to assess how important these components are in this activity. Upon completion of this activity the tutor could question the learners on their understanding of the definitions and training methods which could be used to develop fitness. SportScotland has produced an information pack which details some fun game ideas for a range of different ages, some of these could be used in the multi-sport activity: http://www.cne-siar.gov.uk/activeschools/documents/resources/P1-7%20Multi%20Activity%20Booklet.pdf	1 hour	Unit 6, LO1, LO3

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SUGGESTED ACTIVITIES

LO3 Be able to identify training methods for components of fitness

Title of suggested activity	Suggested activities	Suggested timings	Also related to
Identify training methods linked to different sports	The tutor could provide learners with pictures of a range of different sports or physical activities. Learners could select 2 of these and select the most appropriate methods of training, using the information contained in the unit specification. The tutor could also lead a quick question and answer session to gauge the understanding of these methods. Learners should aim to identify methods used to improve all components of fitness. The BBC GCSE Bitesize details the various principles and methods of training. There is also an interactive quiz which assesses learners' understanding of this topic: http://www.bbc.co.uk/education/guides/z2b9q6f/revision	30 minutes	Unit 6, LO1, LO2
Practical training methods	The tutor could lead the group through a variety of different training methods. Learners could identify strengths and weaknesses of each method as well as identifying how these methods could improve one or a number of different components of fitness The tutor could then discuss the group's experiences with regards to training methods in their chosen sports or physical activities. The Teach PE website contains useful information about the different methods of training in sport and physical activity: http://www.teachpe.com/gcse_training/methods.php **Maths extension activity** Having collected data on development needs from activity 1, learners use this to develop a training programme with the correct proportion of strength training, fitness training, technical etc. to match the needs. This could be done by using pie charts to calculate time proportions mirroring the needs or by comparing the figures in a bar chart. The same data can then be used to see the differences and similarities between different sports, or even different areas of the same sport (ie would the training programme for a goalkeeper, defender and a striker be the same?)	1 hour 30 minutes	Unit 6, LO1, LO2

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SUGGESTED ACTIVITIES

LO4 Be able to apply the principles of training when selecting training methods for participants in sport and physical activity

Title of suggested activity	Suggested activities	Suggested timings	Also related to
Principles of Training	Learners could create a visual board display which could be exhibited in a fitness training facility. This display should identify and explain all the principles of fitness training (FITTA and SPORT). Learners could also provide some strategies for adhering to these principles when taking part in a training programme. The tutor could then ask the learners to present their strategies to the group to explain their findings. The revision website S-cool explains the principles of training which could be applied: http://www.s-cool.co.uk/gcse/pe/training-for-sport/revise-it/the-principles-of-training **English extension activity** When compiling the revision poster, learners could be encouraged to use the website given (see Activity 1) and other relevant sources of information given in the course. Leaners could then begin to evaluate, select and use relevant information from different sources.	45 minutes 30 minutes	Unit 6, LO1
Developing training programmes	The tutor could provide a profile of various athletes; learners could then explain how the principles of fitness training could then be applied when planning a fitness training programme. The tutor could then conduct a question and answer session to assess knowledge and understanding of this topic area. The Sports Coaching website BrianMac.co.uk contains some interesting information regarding the development of training programmes, and contains three examples which could be used in this task. https://www.brianmac.co.uk/plant.htm	30 minutes	Unit 6, LO1

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RELATED ACTIVITIES

The suggested activities in this delivery guide listed below have also been related to other units and learning outcomes (LOs) within this qualification. This could help with delivery planning and enable learners to cover multiple parts of units.

Unit 2	Title of suggested activity	Other units/LOs	
LO1	What is fitness?	Unit 6 Components and principles of fitness training for sport and physical activity	LO2 Be able to analyse the use of different components of fitness in a range of sports and physical activities
			LO3 Be able to identify training methods for components of fitness
	Identifying the components of fitness	Unit 6 Components and principles of fitness training for sport and physical activity	LO2 Be able to analyse the use of different components of fitness in a range of sports and physical activities
			LO3 Be able to identify training methods for components of fitness
LO2	Simple analysis of components of fitness	Unit 6 Components and principles of fitness training for sport and physical activity	LO1 Know the components of fitness
	Practical analysis of the components of fitness	Unit 6 Components and principles of fitness training for sport and physical activity	LO1 Know the components of fitness
			LO3 Be able to identify training methods for components of fitness
LO3	Identify training methods linked to different sports	Unit 6 Components and principles of fitness training for sport and physical activity	LO1 Know the components of fitness
			LO2 Be able to analyse the use of different components of fitness in a range of sports and physical activities
	Practical training methods	Unit 6 Components and principles of fitness training for sport and physical activity	LO1 Know the components of fitness
			LO2 Be able to analyse the use of different components of fitness in a range of sports and physical activities
LO4	Principles of training	Unit 6 Components and principles of fitness training for sport and physical activity	LO1 Know the components of fitness
	Developing training programmes	Unit 6 Components and principles of fitness training for sport and physical activity	LO1 Know the components of fitness

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