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| **OCR Level 1/Level 2 Cambridge National in Sport Science** |
| Qualification J828  Unit R181 |
| Unit Recording Sheet |

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| Please read the instructions printed at the end of this form. A Unit Recording Sheet must be completed for each candidate and unit. | | | | | | | | | | |
| Unit Title | | Applying the principles of training: fitness and how it affects skill performance | | | | Unit Code | R181 | Session | | Choose an item. | Year | 2 | | 0 |  | |  |
| Centre Name | | |  | | | | | | | Centre Number | |  | | | | | |
| Candidate Name | | |  | | | | | | | Candidate Number | |  | | | | | |
| Marking Criteria | | | | | | | | Teacher Comments | | | | Mark | | | Page No. | | |
| **Task 1 – Topic Area 1: Components of fitness applied in sport** | | | | | | | |  | | | |  | | |  | | |
| **MB1: 1 - 4 marks** | | | **MB2: 5 - 8 marks** | **MB3: 9 - 12 marks** | | | |
| Fitness tests are **briefly** described with **limited** reference to the protocols.  Includes limited data and **briefly** outlines what it means to their fitness for the activities.  **[1 2 3 4]** | | | Appropriate fitness tests are **adequately** described with **sound** reference to the protocols.  **Adequately** analyses the data from each test and what it means to their fitness for the activities.  **[5 6 7 8]** | Appropriate fitness tests are described in **detail** with **clear** reference to the protocols.  **Comprehensively** analyses the data from each test and what it means to their fitness for the activities.  **[9 10 11 12]** | | | |
| **/12** | | |

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| **Task 2 – Topic Area 1: Components of fitness applied in sport** | | |  |  |  |
| **MB1: 1 - 3 marks** | **MB2: 4 - 6 marks** | **MB3: 7 - 9 marks** |
| **Few** skills are **briefly** linked to components of fitness, may include limited examples.  Demonstrates a **limited** range of skills relevant to the components of fitness.  **[1 2 3]** | A **range** of skills are linked to components of fitness, with **sound** andrelevant examples given for each**.**  Demonstrates a good **range** of skills relevant to the components of fitness.  **[4 5 6]** | A **wide range** of skills are linked to components of fitness in **detail,** with **clear** and relevant examples given for each.  Confidently demonstrates a **wide range** of well developedskills relevant to the components of fitness.  **[7 8 9]** |
| **/9** |
| **MB1: 1 - 3 marks** | **MB2: 4 - 6 marks** | **MB3: 7 - 9 marks** |  |  |  |
| Tests are described with **basic** examples of how they also measure an appropriate component of fitness.  Includes some strengths and weaknesses of the data and **briefly** outlines what it means to their fitness for the activities.  **[1 2 3]** | Tests are described with **adequate** relevant examples of how they also measure an appropriate component of fitness**.**  **Adequately** analyses the strengths and weaknesses of the data from each test and what it means to their fitness for the activities.  **[4 5 6]** | Tests are described in **detail** with **clear** and relevantexamples of how they also measure an appropriate component of fitness**.**  **Comprehensively** analyses the strengths and weaknesses of the data from each test and what it means to their fitness for the activities.  **[7 8 9]** |
| **/9** |

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| **Task 3 – Topic Area 2: Principles of training in sport** | | |  |  |  |
| **MB1: 1 - 5 marks** | **MB2: 6 - 10 marks** | **MB3: 11 - 15 marks** |
| A **brief** outline of SPOR and/or FITT principles and **basic** application to their selected sporting activity.  A **brief** outline of SMART goals and **basic** application to their selected sporting activity.  **Few** benefits outlined of applying the principles to the training programme.  **[1 2 3 4 5]** | SPOR and FITT principles are describedwith **adequate** relevant examples given for each aspectof their selected sporting activity.  SMART goals are describedwith **adequate** relevantexamples given for each aspect of their selected sporting activity.  **Adequately** analyses the benefits of applying the principles to the training programme.  **[6 7 8 9 10]** | SPOR and FITT principles are described in **detail** with **clear** and relevantexamples given for each aspect of their selected sporting activity.  SMART goals are described in **detail** with **clear** and relevantexamples given for each aspectof their selected sporting activity.  **Comprehensively** analyses the benefits of applying the principles to the training programme.  **[11 12 13 14 15]** |
| **/15** |
| **MB1: 1 - 3 marks** | **MB2: 4 - 6 marks** | **MB3: 7 - 9 marks** |  |  |  |
| A **brief** outline of their selected training methods, including a **basic** comparison of aerobic and anaerobic exercise.  **[1 2 3]** | **Adequately** analyses their selected training methods, including **sound** comparison of aerobic and anaerobic exercise.  **[4 5 6]** | **Comprehensively** analyses their selected training methods, including a **clear and detailed** comparison of aerobic and anaerobic exercise.  **[7 8 9]** |
| **/9** |

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| **Task 4 – Topic Area 3: Organising and planning a fitness training programme** | | |  |  |  |
| **MB1: 1 - 4 marks** | **MB2: 5 - 10 marks** | **MB3: 11 - 14 marks** |
| Produces a **basic** plan which considers a **limited** number of requirements for an effective and safe fitness training programme.  Produces a **basic** risk assessment which considers **few** of the requirements for a safe fitness training programme.  **[1 2 3 4]** | Produces a mostly appropriate and **sound** plan which considers **some** of therequirements for an effective and safe fitness training programme.  Produces an appropriateand **adequate** risk assessment which considers **some** of therequirements for a safe fitness training programme.  **[5 6 7 8 9 10]** | Produces a fully appropriate and **comprehensive** plan which considers **most** of therequirements for an effective and safe fitness training programme.  Produces an appropriateand **comprehensive** risk assessment which considers **most** of therequirements for a safe fitness training programme**.**  **[11 12 13 14]** |
| **/14** |

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| **Task 5 – Topic Area 4: Evaluate own performance in planning and delivery of a fitness training programme** | | |  |  |  |
| **MB1: 1 - 4 marks** | **MB2: 5 - 8 marks** | **MB3: 9 - 12 marks** |
| Outlines a **few** areas that went well and did not go well in the planned fitness training programme.  **Briefly** outlines a **few** areas that needed to be adapted in the planned fitness training programme. Makes **basic** suggestions for altering the plan going forward.  **Limited** description of the effectiveness of the fitness training programme. An **attempt** to reference the goals and objectives is made.  **[1 2 3 4]** | Describes **some** areas that went well and did not go well in the planned fitness training programme.  Describes **some** areas that needed to be adapted in the planned fitness training programme with **some** reflection and analysis when altering the plan.  **Adequate** description of the effectiveness of the fitness training programme. Makes **some** reference to the goals and objectives.  **[5 6 7 8]** | **Comprehensively** describes **most** areas that went well and did not go well in the planned fitness training programme.  **Comprehensively** describes **all** areas that needed to be adapted in the planned fitness training programme. Shows **detailed** analysis when altering the plan with **justified** suggestions.  **Comprehensive** analysis of the effectiveness of the fitness training programme. Makes **clear and detailed** reference to the goals and objectives.  **[9 10 11 12]** |
| **/12** |
| **Total** | | | | /**80** |  |

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| Please tick to confirm 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)).   
A Centre Authentication form (CCS160) **must** be completed for each submission to the moderator. This **must** be held in your centre to be available on request at centre inspection.

Guidance on Completion of this Form

1 One form should be used for every candidate.

2 Please make sure that all parts 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/highlight the mark awarded for each strand of the marking criteria in the appropriate box.

5 Enter the circled/highlighted mark in the 'Mark' column.

6 Add the marks for the strands together to give a total out of 80. Enter this total in the relevant box.

7 For Paper-based submissions, one of these sheets, suitably completed, should be attached to the assessed work of each candidate.

8 For Electronic Internal submissions, prior to submitting ‘candidate evidence’ to OCR (via the Repository/SfA or via a USB), the Centre should add a separate folder containing the Unit Recording Sheets.