

BTEC Assignment Brief

Student Name:			
Qualification	BTEC Level 1/2 First Award In Sport		
Unit number and title	3 – Applying the Principles of Personal Training		
Learning aim(s) (For NQF only)	A – Design a personal fitness training programme		
Assignment title	Get Fit Quick!!		
Assessor			
Issue date			
Hand in deadline			
Resubmission required (please tick as appropriate)	Yes		Resubmission confirmed by Lead IV (please sign)
	No		

Vocational Scenario or Context:	<p>So, how fit are you? Your school SGO (Mr McDermott) has launched a ‘Get Fit’ initiative for schools in the local area. You can participate in this initiative to improve your chosen activity/sport from <i>Unit 2: Practical Performance in Sport</i>.</p> <p style="text-align: center;">You may safely incorporate any training method you like into your programme but it needs to relate to your chosen activity/sport from <i>Unit 2: Practical Performance in Sport</i> – this is your chance to make sure your training is as exciting and fun as possible!</p> <p style="text-align: center;">Make sure you include everything you need to make your training programme effective!</p>
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Task:	<p>Before you produce a six-week training programme you will need to collect some personal information.</p> <p>You will need to:</p> <ul style="list-style-type: none"> - Gather all necessary personal information including a medical history questionnaire. - Establish personal goals which are set over a short, medium and long term. - Decide on an overall aim for the programme, which links to one component of fitness to improve your performance in your selected activity/sport. You should draw on learning from Unit 2: Practical Performance in Sport to set appropriate goals for a chosen activity/sport. - Discuss your motives and how this can be maintained throughout the fitness training programme. <p>Within the six-week training programme you will need to:</p> <ul style="list-style-type: none"> - Incorporate one method of training and the FITT principles (Frequency, Intensity, Time and Type). You should draw on learning from Unit 1: Fitness for Sport and Exercise. - Consider the additional principles of training (Specificity, Progressive Overload, Reversibility, Rest & Recovery, Individual needs & differences and variation). You should draw on learning from Unit 1: Fitness for Sport and Exercise.
Checklist of evidence required:	A six-week training programme, personal information form/s & a written

	report.
Criteria covered by this task:	
Unit/Criteria reference	To achieve the criteria you must show that you are able to:
2A.P1	Independently design a safe six-week personal fitness training programme to meet an activity/sport goal taking into consideration personal information.
2A.M1	Design a safe six-week personal fitness training programme to meet an activity/sport goal which meets the needs of the individual, showing creativity in the design.
2A.D1	Justify the training programme design, explaining links to personal information.
Sources of information to support you with this Assignment:	<p>Sources of Information:</p> <p>Adams, M., Armstrong, R., Gledhill, A., Hancock, J., Harris, B., Phillippo, P. and Sergison, A., (2012) <i>BTEC First Sport Student Book</i>, Pearson Education (ISBN 978 1 44690 161 8)</p> <p>BTEC Level 2 Firsts in Sport Student Book (BTEC First Sport) by Darrel Barsby</p> <p>BTEC First in Sport – Study & Exam Practice with CD-ROM (CGP BTEC First)</p> <p>BTEC Level 1/2 First Award in Sport (Assessment Guide): Unit 1: Fitness for Sport and Exercise and Unit 3 Applying the Principles of Personal Training.</p> <p>Websites:</p> <p>www.brianmac.co.uk</p>
Other assessment materials attached to this Assignment Brief	N/A

If you have not achieved the Level 2 criteria, your work will be assessed to determine if the following Level 1 criteria have been met		
To achieve the criteria, you show that you are able to:	Unit	Criterion Reference
Design a safe four-week personal fitness training programme to meet an activity/sport goal taking into consideration personal information, with guidance.	3	1A.1