

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)	B – Know about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training.		
Assignment title	The body systems and how they respond to fitness training.		
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>You have been asked by the P.E. Department and your SGO (Mr McDermott) to review the planned activities in your personal fitness plan to ensure that they are the right activities to support your personal goal for fitness.</p> <p>Review the short-term effects on the musculoskeletal and cardiorespiratory systems during the fitness training programme.</p>
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Task:	<p>You will need to:</p> <ul style="list-style-type: none"> - Produce diagrams to identify the correct location of the main structures in the musculoskeletal and cardiorespiratory systems. - Discuss the main functions of the musculoskeletal and cardiorespiratory systems and the short-term effects on the musculoskeletal system during the fitness training programme.
Checklist of evidence required:	Poster.
Criteria covered by this task:	
Unit/Criteria reference	To achieve the criteria you must show that you are able to:
2B.P2	Describe the structure and function of the musculoskeletal and cardiorespiratory systems.
2B.P3	Summarise the short-term effects on the musculoskeletal system and cardiorespiratory systems during the fitness training programme.
2B.M2	Explain the short-term effects on the musculoskeletal and cardiorespiratory systems during the fitness training programme.
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
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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
Outline the structure and function of the musculoskeletal and cardiorespiratory systems.	3	1B.2
Outline some of the short-term effects on the musculoskeletal and cardiorespiratory systems during the fitness training programme.	3	1B.3