

## BTEC Assignment Brief

<b>Student Name:</b>			
<b>Qualification</b>	BTEC Level 1/2 First Award In Sport		
<b>Unit number and title</b>	3 – Applying the Principles of Personal Training		
<b>Learning aim(s) (For NQF only)</b>	C – Implement a self-designed personal fitness training programme to achieve own goals and objectives		
<b>Assignment title</b>	Training for Success!!		
<b>Assessor</b>			
<b>Issue date</b>			
<b>Hand in deadline</b>			
<b>Resubmission required (please tick as appropriate)</b>	Yes		<b>Resubmission confirmed by Lead IV (please sign)</b>
	No		

<b>Vocational Scenario or Context:</b>	You are now ready to complete your own personal fitness programme, which is to be used as an example within the P.E. Department and to be shared across local schools as part of your SGO's (Mr McDermott) 'Get Fit' initiative.
--	--

<b>Task:</b>	<p>You now need to carry out your six-week training programme and record your progress by completing/maintaining a training diary, which highlights measures for success:</p> <ul style="list-style-type: none"> <li>- Show/discuss evidence of personal development.</li> <li>- Discuss personal achievement against original programme goals, aims and objectives.</li> <li>- Discuss personal enjoyment, dedication and commitment to your training.</li> <li>- Discuss how you had to amend your programme to avoid or overcome any barriers to training, issues or problems.</li> <li>- Evidence how your performance has been taken to a higher level/shown personal improvement.</li> </ul> <p>You will also need to:</p> <ul style="list-style-type: none"> <li>- Demonstrate safe and appropriate participation through the selection of activities in a safe environment.</li> <li>- Take pictures/capture videos of you participating in your training programme.</li> <li>- Discuss your motives for training – specifically what maintained the levels of motivation?</li> </ul>
--------------	---

<b>Checklist of evidence required:</b>	A six-week training diary, written report, photographic/video evidence & tutor observation record.
--	--

**Criteria covered by this task:**

Unit/Criteria reference	To achieve the criteria you must show that you are able to:
2C.P4	Safely implement a six-week personal fitness training programme, maintaining a training diary.
2C.M3	Safely implement a successful six-week personal fitness training programme, maintaining a training diary summarising outcomes for each session.

2C.D2	Safely implement a successful six-week personal fitness training programme, maintaining a training diary to evaluate performance and progress.
<b>Sources of information to support you with this Assignment:</b>	<p><b>Sources of Information:</b></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 &amp; 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><b>Websites:</b></p> <p><a href="http://www.brianmac.co.uk">www.brianmac.co.uk</a></p>
<b>Other assessment materials attached to this Assignment Brief</b>	N/A

<b>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</b>		
<b>To achieve the criteria, you show that you are able to:</b>	<b>Unit</b>	<b>Criterion Reference</b>
Safely implement, with guidance, a four-week personal fitness training programme, maintaining a training diary.	3	1C.4