**BTEC Level 2 Sport**

**Unit 3: Applying the Principles of Personal Training**



|  |  |  |  |
| --- | --- | --- | --- |
| **Name** |  | **Form** |  |

**Check list**

|  |  |  |
| --- | --- | --- |
| **Criteria** | **Tasks** | **Tick when completed**  **(student)** |
| **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. |  |
| **2B.P2** | Describe the structure and function of the musculoskeletal and cardiorespiratory systems |  |
| **2B.P3** | Summarise the short term effects on the musculoskeletal 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 |  |
| **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 |  |
| **2D.P5** | Review the six-week personal fitness training programme set for an activity/sport goal, describing results, strengths and areas for improvement. |  |
| **2D.M4** | Explain the results, strengths of the training programme set for an activity/sport goal and areas for improvement, providing recommendations for future training and performance. |  |
| **2D.D3** | Fully explain the results, strengths and improvements for the training programme, justifying recommendations for future training and performance. |  |

**Learning Aim A.1 Personal information to aid training programme design**

What I want to achieve in doing this training programme:

|  |  |
| --- | --- |
| Testing – The components of fitness I am going to test are |  |

|  |  |  |
| --- | --- | --- |
| Goal 1 – Short Term  (One day to one month) | Aims  (Details of what you would like to achieve) | Objectives  (How you intend to meet their aims) |
|  |  |  |
| Goal 2 – Medium Term  (One month to six months) | Aims  (Details of what you would like to achieve) | Objectives  (How you intend to meet their aims) |
|  |  |  |
| Goal 3 – Long Term  (Six months and beyond) | Aims  (Details of what you would like to achieve) | Objectives  (How you intend to meet your aims) |
|  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Name of Test** | **Test Score** | **Re-Test Score** |
| **1** |  |  |  |
| **2** |  |  |  |
| **3** |  |  |  |

|  |  |
| --- | --- |
| **SMARTER** | **About your goal (explain how your planned training has included the SMARTER targets)** |
| **Specific** |  |
| **Measurable** |  |
| **Achievable** |  |
| **Realistic** |  |
| **Time-Related** |  |
| **Evaluated** |  |
| **Rewarded** |  |

A.1 - Personal History Questionnaire (PAR-Q)

It is important to collect medical information to screen an individual before they undertake a new training regime.

**1 Personal details**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Name | |  | | | | | | | | | |
| Address | |  | | | | | | | | | |
| Gender | m / f | DoB |  | Age |  | Height(m) |  | Weight(kg) |  | BMI |  |

**2 Current training status/level –**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| What are your main training requirements? (highlight) | | | | | | |
| Muscular strength | Speed | | Muscular endurance | | Weight loss | |
| Aerobic fitness | Power | | Flexibility | | Skill related fitness | |
| Weight gain | Other (please state) | |  | | | |
| How would you describe your current fitness status? | |  | | | | |
| How many times a week will you train? | |  | | How long have you got for each training session? | |  |

**3 Your nutritional needs**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| On a scale of 1 – 10 (1 being very low quality and 10 being very high quality) how would you rate the quality of your diet? | | | |  |
| Do you follow any particular diet? | Yes / No | Vegetarian Vegan | Vegetarian & fish  Gluten free | Dairy free |
| Describe how often you eat and a typical day’s intake. |  | | | |

**4 Your lifestyle**

|  |  |
| --- | --- |
| Do you experience stress on a daily basis? | No / Yes If yes, how many a day? |
| What techniques do you use to deal with stress? | If yes, what causes you stress (if you know)? |

**5 Physical health**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Do you experience any of the following? (highlight) | | | | |
| Back pain or injury | Swollen joints | | Ankle pain or injury | Knee pain or injury |
| Nerve damage | Hip or pelvic pain | | Shoulder pain or injury | Head injuries |
| If yes please give details | |  | | |
| Are you currently receiving any treatment for any injuries? | |  | | |

**6 Medical history**

|  |  |  |  |
| --- | --- | --- | --- |
| Do you have, or have had, any of the following medical conditions? | | | |
| Asthma | Epilepsy | Heart problems | Bronchitis |
| Diabetes | Chest pains | High blood pressure | Other - |
| Are you taking any medication? If yes, state what, how much and why | |  | |
| **For P1/M1/D1 - Describe why it is important to screen an individual before starting a training programme and summarise your ability to take part below using your own personal information:** | | | |
|  | | | |

**A.1**

|  |  |
| --- | --- |
| **What personality traits do you believe are needed to be successful in training?**  **(e.g. Motivation, Commitment, Resilience, Persistence, Honesty, Focus, Determination, Organisation)** | |
| **1** |  |
| **2** |  |
| **3** |  |
|  | |
| **What is it that motivates you to create this training programme?** | |
|  | |

**A.2 Programme design**

|  |  |  |
| --- | --- | --- |
| **Component of fitness** | **Training method used** | **Description of method** |
| **Flexibility** |  |  |
| **Strength** |  |  |
| **Muscular Endurance** |  |  |
| **Power** |  |  |
| **Aerobic Endurance** |  |  |
| **Speed** |  |  |

**A.2 – The Basic Principles of Training (FITT) and Further Principles of Training and how they are applied to training methods:**

|  |  |  |
| --- | --- | --- |
| **Principle of Training** | **Meaning** | **How would you show it in fitness training programme** |
| **Frequency** |  |  |
| **Intensity** |  |  |
| **Time** |  |  |
| **Type** |  |  |
| **Specificity** |  |  |
| **Progressive Overload** |  |  |
| **Adaptation** |  |  |
| **Reversibility** |  |  |
| **Variation** |  |  |
| **Rest and Recovery** |  |  |

**A.2**

|  |  |
| --- | --- |
| **The importance of a warm-up and a cool-down** | |
| **Warm-up** |  |
| **Cool-down** |  |

**Learning Aim B: Know about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training**

**B.1 Musculoskeletal system**

|  |
| --- |
| Location of major muscles |
| 1.  2.  3.  4.  5.  6.  7.  8.  9.  10.  11. |

**B1 – Musculoskeletal system**

|  |
| --- |
| Location of major bones |
| 1  2  3  4  5  6  7  8  9  10    11  12  13  14  15  16  17  18  19 |

**B.1 Musculoskeletal System**

|  |
| --- |
| Structure and function of synovial joints |
| **Structure of synovial Joints**   |  |  | | --- | --- | | Structure | Function | | Cartilage |  | | Ligament |  | | Tendon |  |   **Hip – Label the parts of the joint to include, bones, muscles, cartilage, ligament and tendon**      **Shoulder - Label the parts of the joint to include, bones, muscles, cartilage, ligament and tendon**      **Knee- Label the parts of the joint to include, bones, muscles, cartilage, ligament and tendon**  **Elbow- Label the parts of the joint to include, bones, muscles, cartilage, ligament and tendon** |

**B.1 Musculoskeletal system**

|  |  |
| --- | --- |
| **What are the short term effects of training on the muscular skeletal system** | |
| **Muscular System – How progressive overload encourages micro muscle tears** | |
| **1** |  |
| **2** |  |
| **3** |  |
| **Skeletal System – The effect of a warm up and flexibility exercises on joints** | |
| **1** |  |
| **2** |  |
| **4** |  |
| **B.2 – Cardiorespiratory system** | |
| **Structures of the cardiovascular system – The heart** | |
|  | |

**B.2 – Cardiorespiratory system**

|  |
| --- |
| **Structures of the respiratory system** |
| Describe the role of the:  **Bronchi**  **Bronchioles**  **Alveoli** |

**B.2 Cardiorespiratory System**

|  |  |
| --- | --- |
| **What are the short term effects of training on the cardiorespiratory system** | |
| **Cardiovascular System – What changes happen to the cardiovascular system when we start to exercise?** | |
| **1** |  |
| **2** |  |
| **3** |  |
| **Respiratory System – What changes happen to the respiratory system when we start to exercise?** | |
| **1** |  |
| **2** |  |
| **4** |  |
|  | |

**Learning Aim C Implement a self-designed personal fitness training programme - C.1/2 Safely implement a personal fitness training programme**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Warm-up** | **Training Session** | **Intensity** | **Cool-down** | **Health and Safety** |
| **Monday** |  |  |  |  |  |
| **Tuesday** |  |  |  |  |  |
| **Wednesday** |  |  |  |  |  |
| **Thursday** |  |  |  |  |  |
| **Friday** |  |  |  |  |  |
| **Saturday** |  |  |  |  |  |
| **Sunday** |  |  |  |  |  |

**C.1/2 Training Diary for Week 1/6**

|  |  |
| --- | --- |
| **Aims for the week**  **(What do you want to achieve this week in terms training? Train 3 times, Run 5km, improve recovery rates etc…)** | |
|  | |
|  |  |
| **Session Outcomes**  **What are your targets for the Circuit Training session? Work for the full amount of time at each station, X number of reps etc…)** | |
|  | |
|  | |
| **How my training week went and notes for next week:** | |
|  | |

**Please add some photos as evidence of practical sessions (copy and paste your photos into the space below (minimum of four).**

**C.1/2 Programme Design (Week 2/6) (Minimum of 3 extra sessions a week)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Warm-up** | **Training Session** | **Intensity** | **Cool-down** | **Health and Safety** |
| **Monday** |  |  |  |  |  |
| **Tuesday** |  |  |  |  |  |
| **Wednesday** |  |  |  |  |  |
| **Thursday** |  |  |  |  |  |
| **Friday** |  |  |  |  |  |
| **Saturday** |  |  |  |  |  |
| **Sunday** |  |  |  |  |  |

**C.1/2 Training Diary for Week 2/6**

|  |  |
| --- | --- |
| **Aims for the week**  **(What do you want to achieve this week in terms training? Train 3 times, Run 5km, improve recovery rates etc…)** | |
|  | |
|  |  |
| **Session Outcomes**  **What are your targets for the Circuit Training session? Work for the full amount of time at each station, X number of reps etc…)** | |
|  | |
|  | |
| **How my training week went and notes for next week:** | |
|  | |

**Please add some photos as evidence of practical sessions (copy and paste your photos into the space below (minimum of four).**

**C.1/2 Programme Design (Week 3/6) (Minimum of 3 extra sessions a week)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Warm-up** | **Training Session** | **Intensity** | **Cool-down** | **Health and Safety** |
| **Monday** |  |  |  |  |  |
| **Tuesday** |  |  |  |  |  |
| **Wednesday** |  |  |  |  |  |
| **Thursday** |  |  |  |  |  |
| **Friday** |  |  |  |  |  |
| **Saturday** |  |  |  |  |  |
| **Sunday** |  |  |  |  |  |

**C.1/2 Training Diary for Week 3/6**

|  |  |
| --- | --- |
| **Aims for the week**  **(What do you want to achieve this week in terms training? Train 3 times, Run 5km, improve recovery rates etc…)** | |
|  | |
|  |  |
| **Session Outcomes**  **What are your targets for the Circuit Training session? Work for the full amount of time at each station, X number of reps etc…)** | |
|  | |
|  | |
| **How my training week went and notes for next week:** | |
|  | |

**Please add some photos as evidence of practical sessions (copy and paste your photos into the space below (minimum of four).**

**C.1/2 Programme Design (Week 4/6) (Minimum of 3 extra sessions a week)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Warm-up** | **Training Session** | **Intensity** | **Cool-down** | **Health and Safety** |
| **Monday** |  |  |  |  |  |
| **Tuesday** |  |  |  |  |  |
| **Wednesday** |  |  |  |  |  |
| **Thursday** |  |  |  |  |  |
| **Friday** |  |  |  |  |  |
| **Saturday** |  |  |  |  |  |
| **Sunday** |  |  |  |  |  |

**C.1/2 - Training Diary for Week 4/6**

|  |  |
| --- | --- |
| **Aims for the week**  **(What do you want to achieve this week in terms training? Train 3 times, Run 5km, improve recovery rates etc…)** | |
|  | |
|  |  |
| **Session Outcomes**  **What are your targets for the Circuit Training session? Work for the full amount of time at each station, X number of reps etc…)** | |
|  | |
|  | |
| **How my training week went and notes for next week:** | |
|  | |

**Please add some photos as evidence of practical sessions (copy and paste your photos into the space below (minimum of four).**

**C.1/2 Programme Design (Week 5/6) (Minimum of 3 extra sessions a week)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Warm-up** | **Training Session** | **Intensity** | **Cool-down** | **Health and Safety** |
| **Monday** |  |  |  |  |  |
| **Tuesday** |  |  |  |  |  |
| **Wednesday** |  |  |  |  |  |
| **Thursday** |  |  |  |  |  |
| **Friday** |  |  |  |  |  |
| **Saturday** |  |  |  |  |  |
| **Sunday** |  |  |  |  |  |

**C.1/2 - Training Diary for Week 5/6**

|  |  |
| --- | --- |
| **Aims for the week**  **(What do you want to achieve this week in terms training? Train 3 times, Run 5km, improve recovery rates etc…)** | |
|  | |
|  |  |
| **Session Outcomes**  **What are your targets for the Circuit Training session? Work for the full amount of time at each station, X number of reps etc…)** | |
|  | |
|  | |
| **How my training week went and notes for next week:** | |
|  | |

**Please add some photos as evidence of practical sessions (copy and paste your photos into the space below (minimum of four).**

**C.1/2 Programme Design (Week 6/6) (Minimum of 3 extra sessions a week)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Warm-up** | **Training Session** | **Intensity** | **Cool-down** | **Health and Safety** |
| **Monday** |  |  |  |  |  |
| **Tuesday** |  |  |  |  |  |
| **Wednesday** |  |  |  |  |  |
| **Thursday** |  |  |  |  |  |
| **Friday** |  |  |  |  |  |
| **Saturday** |  |  |  |  |  |
| **Sunday** |  |  |  |  |  |

**C.1/2 - Training Diary for Week 6/6**

|  |  |
| --- | --- |
| **Aims for the week**  **(What do you want to achieve this week in terms training? Train 3 times, Run 5km, improve recovery rates etc…)** | |
|  | |
|  |  |
| **Session Outcomes**  **What are your targets for the Circuit Training session? Work for the full amount of time at each station, X number of reps etc…)** | |
|  | |
|  | |
| **How my training week went and notes for next week:** | |
|  | |

**Please add some photos as evidence of practical sessions (copy and paste your photos into the space below (minimum of four).**

**Learning Aim A.2:**

**P1 Know about exercise adherence factors and strategies for continued training success.**

|  |
| --- |
| **Choose four of the following exercise adherence factors and describe how they will have an impact on your training;**  **Access to facilities, Motivation and Commitment, Cost, Time, Emotional Barriers and Personal Injury.** |
|  |
|  |
|  |
|  |

|  |
| --- |
| **Choose four of the following strategies for training success and describe how they will have an impact on your training; Setting SMARTER targets, Taking part in enjoyable activities, Support and reinforcement, Rewards for achieving goals and knowing about the benefits of a personal fitness training programme.** |
|  |
|  |
|  |
|  |

(Describe 4 personal adherence factors and 4 strategies for training success)

**Unit 3 Topic D.1**

**Level 1 – Review the four week personal fitness training programme, identifying strengths and areas for improvement.**

**Level 2 Pass – Review the six week personal fitness training programme, describing strengths and areas for improvement.**

**Level 2 Merit – Explain strengths of the training programme and areas for improvement, providing recommendations for future training and performance.**

**Level 2 Distinction – Justify recommendations for future training and performance.**

**(M4/D3) P5 Reviewing my training programme**

|  |
| --- |
|  |
| **The strengths of my personal fitness training programme were:** |
|  |
|  |
| **The areas of my personal fitness training programme that could be improved are:** |
|  |
|  |
| **Explain and Justify the recommendations would you give for future training and performance.** |
|  |