Unit 1 – Fitness for Sport and Exercise

Unit 3

Applying the Principles of Personal Training

This unit is all about you, the individual performer, training to improve and enhance personal fitness for one activity/sport you participated in for *Unit 2: Practical Performance in Sport*. You must select one component of fitness and one method of training that is most appropriate, beneficial and engaging to improve your fitness for your chosen activity/sport. This may mean training with a group of friends in a local park, or using a personal fitness training programme at a local sports club or leisure centre. Whatever the setting, the design of the training programme must be tailored to meet your personal training goals, aspirations and needs.

Remember, everyone starts somewhere, so don't worry if your current fitness levels are a little below par. This unit supports you in achieving personal training goals for your chosen activity/sport. Likewise, if you already possess good to exceptional levels of fitness, then this unit will help you to develop a training programme to maintain or improve those levels, while giving you the opportunity to safely explore other training methods you might not usually experience. You will also explore how your body responds to the training sessions.

This unit is synoptic and designed so that you think about all of your learning from across the qualification, and use it to respond to the assessment. Therefore it should be taken at the end of the course of study. Learning aim A takes you through the stages of designing a personal fitness training programme, where you can select a component of fitness and an appropriate method of training to improve or maintain your fitness levels safely for your chosen activity/sport. For learning aim B, you will gain awareness of the musculoskeletal and cardiorespiratory body systems and how they respond during the exercise. In learning aim C, you will implement your personal fitness training programme, maintaining a training diary. Finally, for learning aim D you will review your programme, looking at strengths, areas for improvement and suggesting recommendations for future training and performance.

The ability to improve personal fitness is essential for sports performers. However, the same knowledge, understanding and skills are required to improve other people's fitness, and are essential for a number of progression opportunities in the sector, such as qualifications for sports coaches and personal trainers.

SMSC and British Values

- Understanding the importance of setting fitness goals and planning for progression

Work Related Learning:

This unit is particularly relevant if you would like to progress into qualifications in fitness training and and personal fitness

Numeracy links:

- Calculating averages
- Recording distances and fitness scores
- HR Percentages
- Counting and Addition.

Key Vocabulary

PAR Q, Fitness testing, SMARTER targets, Training Programme, Progressive

Learning Aim A

Design a personal fitness training programme

Learning Aim B

Know about the muscular skeletal system and cardiorespiratory system and the effects on the body during fitness training

Learning Aim C

Implement a self- designed personal fitness training programme to achieve own goals and objectives

Learning Aim D

Review a personal fitness training programme

Wider experiences and opportunities:

- All students will be encouraged to exercise independently
- Think about their programmes and how to progress them
- Look at a working fitness related business

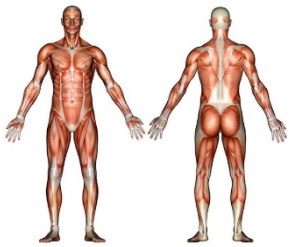
Unit 1 – Fitness for Sport and Exercise

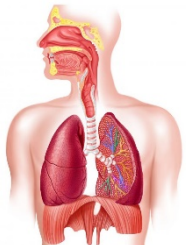
For learning aim A, Students will:

- Gather personal information including a medical history questionnaire.
- Set personal goals, which are set over a short, medium and long term.
- An aim for the programme, which links, to one component of fitness.
- Explain how motivation can be maintained through the fitness-training programme.
- Plan a training programme that incorporates one method of training and the FITT
- Principles.
- Apply the additional principles of training in their programme

For learning aim B, Students will:

- Identify the structure of the musculoskeletal and cardiorespiratory systems
- Discuss the main functions of the musculoskeletal system
- Explain the short-term effects on the musculoskeletal and cardiorespiratory systems.





Fitness testing

Sit and reach: Flexibility
Vertical jump: Power
Cooper run:
Cardiovascular Endurance
1 minute sit up test:
Muscular endurance
BMI: Body composition
35m sprint: Speed
Illinois agility run: Agility

SMARTER Targets:

Specific
Measureable
Achievable
Realistic
Enjoyable
recordable

For learning aim C, Students will:

- Implement a safe and appropriate training programme
- Complete a training diary which highlights:
- evidence of personal development
- personal achievement against original programme goals, aims and objectives
- personal enjoyment, dedication and commitment to training
- amending their programme to avoid or overcome any barriers to training,
- issues or problems
- evidence of how their performance has been taken to a higher level/shown personal improvement.
- Identify and explain motivation for training

For learning aim D, Students will:
Review each training session, including short term physiological effects
Discuss how the programme was modified during the training period
Identify strengths and areas for improvement.
Make recommendations of how to improve training in the future.