

School Logo

BTEC Sport Assignment

Front Cover Sheet

Unit 1: Fitness Testing and Training

Name: _____ Class: _____

Sample

P1	M1	
P2		
P3		
P4		
P5	M2	D1
P6	M3	D2

Assessed by: _____ Date: _____

Comments: _____

Unit 1: Fitness Testing and Training

On completion of this unit, learners should:

LO1 To understand fitness components needed to achieve sporting excellence.

LO2 To describe lifestyle factors that contribute to training and performance.

LO3 To understand how to test own fitness levels and psychological factors that affect performance

To achieve a PASS grade the evidence must show that the learner is able to:	To achieve a MERIT grade the evidence must show that, in addition to the pass criteria, the learner is able to:	To achieve a DISTINCTION grade the evidence must show that, in addition to the pass and merit criteria, the learner is able to:
P1 Describe the fitness requirements for achieving excellence in a selected sport.	M1 Explain the fitness requirements for achieving excellence in a selected sport.	
P2 Describe three different fitness training methods used to achieve excellence in a selected sport.		
P3 Describe four different lifestyle factors that can affect sports training and performance.		
P4 Carry out four different fitness tests for different components of fitness, recording the results accurately.		
P5 Interpret their test results and personal level of fitness.	M2 Explain their test results and personal level of fitness, identifying strengths and areas for improvement.	D1 Evaluate their test results and personal level of fitness, considering the level required to achieve excellence in a selected sport.
P6 Describe the effects of psychological factors on sports training and performance.	M3 Explain the effects of psychological factors on sports training and performance.	D2 Analyse the effects of psychological factors on sports training and performance.

Unit 1 links to a number of other units, as shown below, and provides a lot of opportunities to cross-reference and combine assignment work for these units.

- **Unit 9** Psychology of Sports Performance
- **Unit 11** Development of personal fitness

Unit 1: Fitness Testing and Training

Scenario

You are a badminton coach. You will need to think about your performer's fitness requirements and possible training methods to use with them. As a coach you should also consider:

- Psychological factors that might affect performance.
- Ways of testing fitness and analysing the results.
- What lifestyle factors could contribute to your athlete's performance levels.

Task 1

Describe the fitness requirements for achieving excellence in a selected sport. P1

Explain the fitness requirements for achieving excellence in a selected sport. M1

Task 2

Describe three different fitness training methods used to achieve excellence in a selected sport. P2

Task 3

Describe four different lifestyle factors that can affect sports training and performance. P3

Task 4

Carry out four different fitness tests for different components of fitness, recording the results accurately. P4

Task 5

Interpret their test results and personal level of fitness. P5

Explain their test results and personal level of fitness, identifying strengths and areas for improvement. M2

Evaluate their test results and personal level of fitness, considering the level required to achieve excellence in a selected sport. D1

Task 6

Describe the effects of psychological factors on sports training and performance. P6

Explain the effects of psychological factors on sports training and performance. M3

Analyse the effects of psychological factors on sports training and performance. D2

sample