

Prior Learning		
Types of provision (component 1)	Components of Fitness	Preparing participants for physical activity (component 1)



LEARNING JOURNEY

Ad Astra

Over the next 15 weeks we will be learning about component 3 – The exam Unit. This assignment requires students to complete a 60 mark test in 90 minutes. The exam will focus on personal training, you will understand how to set up a training programme for different participants and understand the impacts of this exercise on the body. After each key learning topic is completed there will be a mini assessment.

We will develop our learning each week by focusing on:	Completed	Assessment Mark	RAG Rate
<p>Key Learning 1: Components of fitness and Fitness Testing</p> <ul style="list-style-type: none"> Know the Health and Skill related components of fitness. Explain which sports performers need which components of fitness. Know all of the fitness tests and which component of fitness they test. Understand the importance of fitness testing and the pre-test procedures that should be conducted. You will be able to interpret fitness test data and decide on appropriate next steps. 			
<p>Key Learning 2: Methods of training</p> <ul style="list-style-type: none"> Know how to carry out fitness training safely and effectively. Know the different methods of training and which component of fitness they aim to improve. Know the advantages and disadvantages of each test. Types of provision – public, private and voluntary. 			
<p>Key Learning 3: Long term effects of exercise on the body</p> <ul style="list-style-type: none"> Know the long term impacts of different methods of training on the body. 			
<p>Key Learning 4: Fitness training principles</p> <ul style="list-style-type: none"> Know the FITT principles. Apply the FITT principles to exercise activities. Know the training additional training principles (I SPORT with some R&R) Apply the additional training principles to exercise activities. 			
<p>Key Learning 5: Determining exercise intensity</p> <ul style="list-style-type: none"> Know how to measure heart rate. Know and understand the training thresholds and target zones and how to work these out for different athletes. Understand the Borg scale Be able to calculate 1RM and 15RM Know the different types of technology we can use to measure exercise intensity. 			
<p>Key Learning 6: Designing an exercise programme</p> <ul style="list-style-type: none"> Gather information to begin designing a fitness programme for different performers. Select appropriate training methods and activities for each individual. Apply fitness principles to the programme design. Know the types of motivation and how performers can apply this. Know how to apply SMARTER goal setting and why this is important 			
<p>Revision</p> <ul style="list-style-type: none"> Full Mock assessment Recap and revision 			
Key Vocabulary			
Identify	Explain	Analyse	