



Higher National Unit specification: general information

Unit title: Fitness Conditioning in Sport

Unit code: FX9K 35

Superclass: MD

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Unit purpose

This Unit introduces the candidate to the design of a sport specific fitness-conditioning programme for a chosen sport and the long-term effects of exercise.

On completion of this Unit the candidate will be able to:

- 1 Describe components of fitness appropriate for participation in a selected sports activity.
- 2 Describe and explain the long-term effects of training on the body.
- 3 Plan and deliver a sport specific fitness-conditioning programme.

Recommended prior knowledge and skills

Entry is at the discretion of the centre.

It would be beneficial for candidates to possess skills or experience relevant to the Unit. This may have been gained through appropriate Units at SCQF level 7.

Credit points and level

1 Higher National Unit credit at SCQF level 8: (8 SCQF credit points at SCQF level 8*)

**SCQF credit points are used to allocate credit to qualifications in the Scottish Credit and Qualifications Framework (SCQF). Each qualification in the Framework is allocated a number of SCQF credit points at an SCQF level. There are 12 SCQF levels, ranging from Access 1 to Doctorates.*

General information (cont)

Core Skills

There may be opportunities to gather evidence towards Core Skills in *Problem Solving* and *Communication* within this Unit, although there is no automatic certification of Core Skills or Core Skills components.

Context for delivery

If this Unit is delivered as part of a Group Award, it is recommended that it should be taught and assessed within the subject area of the Group Award to which it contributes. This Unit is included in the framework for the HNC/D Coaching and Developing Sport.

Assessment

Outcome 1 will be assessed by an assignment of approximately 1,000 words.

Outcome 2 will be assessed by a number of restricted response questions.

Outcome 3 will be assessed the submission of a project and by candidate observation. The project will require the candidate to design a 12-week training plan. The candidate will be required to deliver two sessions from the plan.

Exemplar instruments of assessment and marking guidelines have been produced to indicate the national standard of achievement required at SCQF level 8.

Higher National Unit specification: statement of standards

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The sections of the Unit stating the Outcomes, Knowledge and/or Skills, and Evidence Requirements are mandatory.

Where evidence for Outcomes is assessed on a sample basis, the whole of the content listed in the Knowledge and/or Skills section must be taught and available for assessment. Candidates should not know in advance the items on which they will be assessed and different items should be sampled on each assessment occasion.

Outcome 1

Describe components of fitness appropriate for participation in a selected sports activity.

Knowledge and/or Skills

- ◆ Health and sports related components of fitness.
- ◆ Relevance of Health related components to Fitness Conditioning for Sport.
- ◆ Fitness requirements/demands of a selected sport.

Evidence Requirements

To achieve this Outcome each candidate will require written evidence to demonstrate an understanding of all aspects of the Knowledge and/or Skills section. The Instrument of Assessment will be an open-book assignment in the region of 1,000 words.

Assessment Guidelines

The candidate will be expected to demonstrate an understanding of health and sports related components of fitness in a sport and explain the demands of the activity.

Outcome 2

Describe and explain the long-term effects of training on the body.

Knowledge and/or Skills

The adaption of the body to types of training programme.

- ◆ Strength and Power — muscle physiology, hyperplasia, hypertrophy.
- ◆ Endurance — cardiovascular, muscular, respiratory, energy systems.
- ◆ Flexibility — active/dynamic, passive/static, ballistic, proprioceptive neuromuscular facilitation (PNF), stretch reflex.
- ◆ Over training:
 - physiological/psychological
 - causes/effects

Higher National Unit specification: statement of standards (cont)

Unit title: Fitness Conditioning in Sport

Evidence Requirements

To achieve this Outcome the candidate will be required to provide written evidence that demonstrates their understanding of all aspects of the Knowledge and/or Skills section. Each candidate will be required to answer 15 restricted response questions. Candidates will be required to provide satisfactory responses to all questions. All areas of the Knowledge and/or Skills section must be covered satisfactorily.

Assessment Guidelines

The candidate will be required to provide responses to questions which clearly show an understanding of the long-term effects of training on the body.

Outcome 3

Plan and deliver a sport specific fitness-conditioning programme.

Knowledge and/or Skills

- ◆ Athlete profile.
- ◆ Phases of training — Pre, In and Post Season, macro/micro cycles, sub phases.
- ◆ Tapering and Peaking.
- ◆ Differing forms of fitness conditioning.
- ◆ Practical application of fitness conditioning method(s).

Higher National Unit specification: statement of standards (cont)

Unit title: Fitness Conditioning in Sport

Evidence Requirements

To achieve this Outcome, candidates will require written evidence to demonstrate their understanding of all aspects of the Knowledge and/or Skills section.

Each candidate will be required to plan a sport specific fitness-conditioning programme. The instrument of assessment will be a project which will involve designing a 12-week training programme. The candidate must design a programme covering a minimum of two different components of fitness and involving a minimum of two conditioning methods. There must also be an explanation of how this 12 week programme will fit within the training year.

Further assessment of competence will be a checklist to be completed by the assessor observing the candidate delivering a minimum of 40 minutes over a minimum of two sessions. These sessions will be taken from the 12 week training programme.

Assessment Guidelines

The candidate will be required to produce a project, which shows a 12-week extraction of the fitness conditioning training programme. This will clearly demonstrate their understanding of a sport specific fitness-conditioning programme. The assessor will use a checklist devised to ensure that all requirements have been met.

Higher National Unit specification: support notes

Unit title: Fitness Conditioning in Sport

This part of the Unit specification is offered as guidance. The support notes are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 40 hours.

Guidance on the content and context for this Unit

The Unit is likely to form part of a Group Award and is primarily designed to provide candidates with knowledge of sports specific fitness conditioning programmes, and the long-term effects of training on sports performance. As such candidates will benefit from studying relevant subject based Units prior to studying this Unit. In these circumstances it is likely the Unit will be delivered in year 2 of an HNC/HND award. This should allow the candidate to apply Knowledge and/or Skills from related Units at SCQF level 7.

Guidance on the delivery and assessment of this Unit

Outcome 1 — The candidate will be expected to select a sport and describe the relevant components of fitness that are particularly applicable to that activity. The demands of the sports may include the role or positional requirements

Outcome 2 — The candidate would use knowledge and skills from previous SCQF level 7 Units as the base, and increasing their knowledge from various sources, scenarios, and sports. It is important to remember that the responses should relate to the long term effects of training on the body.

Outcome 3 — One possible approach could be to look at a selection of sports and compare and contrast the different fitness conditioning methods, so as to aid the candidate's knowledge, and to introduce them to different methods of training.

Open learning

While it may be possible to deliver Outcomes 1 and 2 by this means, the practical nature of Outcome 3 would make it difficult to allow the entire Unit to be accessed by this route. For Outcome 3, candidates are required to plan and to be assessed while working with clients.

Opportunities for the use of e-assessment

E-assessment may be appropriate for some assessments in this Unit. By e-assessment we mean assessment which is supported by Information and Communication Technology (ICT), such as e-testing or the use of e-portfolios or e-checklists. Centres which wish to use e-assessment must ensure that the national standard is applied to all candidate evidence and that conditions of assessment as specified in the Evidence Requirements are met, regardless of the mode of gathering evidence. Further advice is available in *SQA Guidelines on Online Assessment for Further Education (AA1641, March 2003)*, *SQA Guidelines on e-assessment for Schools (BD2625, June 2005)*.

Higher National Unit specification: support notes (cont)

Unit title: Fitness Conditioning in Sport

Opportunities for developing Core Skills

Candidates will have opportunities to develop skills in *Problem Solving* as they are required to plan and deliver sessions related to Fitness. This will make use of knowledge acquired and put it into a practical setting. It may be possible to develop skills in *Communication* during the delivery stage as that too will be essential for the final stage while the candidate is working with a client (or clients).

Disabled candidates and/or those with additional support needs

The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments, or considering whether any reasonable adjustments may be required. Further advice can be found on our website www.sqa.org.uk/assessmentarrangements

History of changes to Unit

Version	Description of change	Date

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General information for candidates

Unit title: Fitness Conditioning in Sport

This Unit introduces you to sport specific fitness conditioning programmes, and how we apply previous Knowledge and/or Skills from Year 1, *Anatomy/Physiology and Energy Systems*, and *Principles of Fitness Training*. The Unit looks at developing this knowledge to the next level of performer, ie intermediate/advanced. It also looks at the long-term effects of exercise on the body, and how this will affect sporting performance.

On completion of this Unit you will be able to plan and develop a sport specific fitness-conditioning programme. You will also be able to describe and explain the long-term effects of exercise on the body.

Outcome 1 will require knowledge of the components of fitness and the demands of a selected sport.

Outcome 2 will be assessed by a number of restricted response questions on the effects of long-term exercise on the body.

Outcome 3 will be assessed by a project, which will include a 12-week training programme extraction (complete with explanations) and will involve an assessor observation of sessions.