

## National Unit Specification: general information

**UNIT** Sport and Recreation: Personal Fitness (Intermediate 1)

**NUMBER** DM7M 10

**COURSE** Sport and Recreation (Intermediate 1)

### SUMMARY

This Unit is a mandatory Unit of the Intermediate 1 Sport and Recreation Course, but may also be taken as a free-standing Unit.

In this Unit candidates will learn, with assistance, how to identify their fitness baseline, plan and organise their own ongoing physical training plan, setting both short and long-term personal goals, before putting the physical training plan into action. Candidates will then review their progress with a person responsible and highlight areas that went well, and those that need improvement, before drawing up a revised plan.

### OUTCOMES

- 1 Plan and organise own physical training with assistance.
- 2 Implement and monitor own physical training plan.
- 3 Review and modify own physical training plan.

### RECOMMENDED ENTRY

Entry is at the discretion of the centre.

### CREDIT VALUE

0.5 credit at Intermediate 1 (3 SCQF credit points at SCQF level 4\*).

*\*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.*

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### Administrative Information

**Superclass:** HJ

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## **National Unit Specification: general information (cont)**

### **UNIT** Sport and Recreation: Personal Fitness (Intermediate 1)

#### **CORE SKILLS**

There is no automatic certification of Core Skills in this Unit.

Opportunities for developing aspects of Core Skills are highlighted in *Guidance on Learning and Teaching Approaches for this Unit*.

## **National Unit Specification: statement of standards**

### **UNIT Sport and Recreation: Personal Fitness (Intermediate 1)**

Acceptable performance in this Unit will be the satisfactory achievement of the standards set out in this part of the Unit Specification. All sections of the statement of standards are mandatory and cannot be altered without reference to the Scottish Qualifications Authority.

#### **OUTCOME 1**

Plan and organise own physical training with assistance.

##### **Performance Criteria**

- (a) With the person responsible, establish a fitness baseline and record the results.
- (b) With the person responsible, plan and organise own physical training plan.
- (c) Ensure that the plan is approved by the person responsible.

#### **OUTCOME 2**

Implement and monitor own physical training plan.

##### **Performance Criteria**

- (a) Identify basic health and safety considerations in relation to own physical training plan.
- (b) Put the physical training plan into operation.
- (c) With the person responsible, evaluate and revise the physical training plan at regular intervals.

#### **OUTCOME 3**

Review and modify own physical training plan

##### **Performance Criteria**

- (a) Present evidence of the progress made to the person responsible.
- (b) Discuss the evidence with the person responsible, and highlight areas that went well and those that need improving.
- (c) Identify improvements to own physical training plan.
- (d) With the person responsible, draw up a modified physical training plan for future physical development.

## **National Unit Specification: statement of standards (cont)**

### **UNIT Sport and Recreation: Personal Fitness (Intermediate 1)**

#### **EVIDENCE REQUIREMENTS FOR THIS UNIT**

Evidence which covers all the Outcomes and Performance Criteria is required. This should take the form of the following performance and product evidence:

- ◆ a fitness baseline
- ◆ a physical training plan, developed with support
- ◆ a log sheet providing a brief record of regular evaluation, and revisions made in consultation with the person responsible
- ◆ a review of progress (strengths and weaknesses) taking account of feedback from the person responsible
- ◆ a revised physical training plan with achievable targets

Evidence should be gathered at appropriate points throughout the Unit.

The National Assessment Bank item (NAB) for this Unit exemplifies the national standard. It includes a baseline fitness review form, a template for a physical training plan, a log sheet and a template for reviewing progress. Centres wishing to develop their own assessments should refer to the NAB to ensure a comparable standard.

## **National Unit Specification: support notes**

### **UNIT Sport and Recreation: Personal Fitness (Intermediate 1)**

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 20 hours.

#### **GUIDANCE ON THE CONTENT AND CONTEXT FOR THIS UNIT**

An appropriate sport and recreation environment is required, where there is access to a range of relevant equipment and facilities, and where candidates have opportunities to work with a variety of customers/users. This Unit is not suitable for delivery in a conventional classroom setting.

This Unit is designed to enable candidates to establish a fitness baseline, then to organise and implement their own physical training plan with assistance. Their physical training plan will take into account the candidate's goals, for example: individual training, raising fitness levels and/or teamwork training, team activity skills. Physical training plans will have to incorporate both short and long-term plans as far as possible, to enable the candidate to see their ongoing progression during their personal fitness training.

Candidates will have to identify basic health and safety considerations and review their original physical training plan with the person responsible before putting the physical training plan into operation. Regular revisions should be made throughout the period, with the person responsible, while the candidate is undertaking their personal physical training, and a log sheet for this activity should be completed

It is important that the candidate is aware that if there are any difficulties at any stage, they should discuss these with the person responsible. Seeking and accepting advice is one of the important generic skills which is promoted in this Unit.

Towards the end of the Unit, the candidate's performance and physical development should be reviewed and candidates should present evidence from this review to the person responsible. Areas that went well and those that need improving should be identified by the candidate, and the views of the person responsible should be sought. A revised physical training plan for future physical development should then be devised.

#### **GUIDANCE ON LEARNING AND TEACHING APPROACHES FOR THIS UNIT**

In order to complete this Unit, it is important that candidates understand why an ongoing physical training plan is crucial to their development in areas of sport and recreation. A fitness baseline should be established in order to provide a clear starting point for the candidate and the person responsible, and from that a realistic, achievable physical training plan should be drawn up, to include both short-term and long-term goals.

If the Unit is taken as part of the Sport and Recreation Intermediate 1 Course, the setting of short and long-term goals can be done more easily by spreading delivery of this Unit across the whole Course.

It is important that the candidates understand the benefits of undertaking continuous physical exercise and the basic health and safety considerations when doing this, for example where they carry out their physical training. While the candidate is carrying out their physical training, it is important that

## National Unit Specification: support notes (cont)

### UNIT Sport and Recreation: Personal Fitness (Intermediate 1)

regular evaluations are made to ensure the candidate stays on course and appropriate revisions made accordingly.

At the end of the planning period, candidates should present to the person responsible evidence of the progress made from their initial physical training plan. This evidence should be discussed and areas highlighted where the candidate did well and areas that may need improving. A new physical training plan should then be drawn up for the candidate's future physical training and development.

*Centres should ensure that candidates are shown and taught the basic principles for:*

- ◆ establishing a fitness baseline
- ◆ drawing up short and long-term goals
- ◆ the relevant basic health and safety considerations for their physical training
- ◆ regular revisions to the physical training plan, made throughout the physical training period
- ◆ evidence to be presented to the responsible person at the end of their physical training period
- ◆ reviewing the training period and drawing up future physical training and development plans

#### Employability Skills

On completion of this Unit, the candidate will have had opportunities to develop the following employability skills:

*Planning and Preparation	*Setting targets	Time-keeping
*Self-evaluation	*Time management	Wearing appropriate dress
*Reviewing progress	*Taking advice	

Achievement in a number of these employability skills (those marked with an asterisk) will be clearly identified as a result of the evidence generated through the assessment activities for this Unit. There are opportunities in the Unit to develop the remaining skills.

#### Core Skills

Given the nature of this Unit which involves planning, implementing the plan and reviewing progress, this Unit offers clear opportunities for delivering aspects of problem-solving (planning and organising, and reviewing and evaluating). There are also opportunities in learning and teaching to develop aspects of the general skill of oral communication.

The opportunity could be taken to emphasise that the employability skills and the relevant Core Skills indicated above, are skills which apply to a wide range of situations both in everyday life and in employment.

