



## National Unit Specification: general information

**UNIT** Fitness for the Army (SCQF level 4)

**CODE** F5FL 10

### SUMMARY

On successful completion of this Unit, the candidate will be able to participate safely in various methods of running and training and will also be able to perform the skills and techniques involved in those methods.

### OUTCOMES

- 1 Prepare for participation in a run, ensuring that pre-activity and post-activity stages are included.
- 2 Demonstrate safe and effective techniques relating to various methods and styles of running.
- 3 Demonstrate running the set distance within the required time.
- 4 Maintain a personal training log to record and review performances.

### RECOMMENDED ENTRY

While entry is at the discretion of the centre, candidates would normally be expected to have an interest in maintaining their own personal fitness and have a general understanding of some aspects of training principles.

### CREDIT VALUE

1 credit at (Intermediate 1) (6 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

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

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### **CORE SKILLS**

This information will be provided by the NQ Product Team.

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

The Unit provides opportunities for candidates to develop aspects of the following Core Skills:

- ◆ Problem Solving
- ◆ Working with Others
- ◆ Numeracy
- ◆ Communication

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

### **UNIT Fitness for the Army (SCQF level 4)**

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 SQA.

#### **OUTCOME 1**

Prepare for participation in a run, ensuring that pre-activity and post-activity stages are included.

##### **Performance Criteria**

- (a) Personal clothing and footwear used is appropriate for the run.
- (b) Warm up and stretch is completed safely and effectively.
- (c) Cool down and stretch is completed safely and effectively.

#### **OUTCOME 2**

Demonstrate safe and effective techniques relating to various methods and styles of running.

##### **Performance Criteria**

- (a) Techniques used are safe and appropriate for the type of running and/or terrain.
- (b) Appropriate decisions during running performances are taken to suit the changing environment.

#### **OUTCOME 3**

Demonstrate running the set distance within the required time.

##### **Performance Criteria**

- (a) Outline the required selection criteria.
- (b) Run the set distance within the required time.

#### **OUTCOME 4**

Maintain a personal training log to record and review performances.

##### **Performance Criteria**

- (a) Keep a record of all runs undertaken.
- (b) Review training periodically and look for ways of improving performance.
- (c) Set new targets for the next period.
- (d) Run the set distance periodically to measure progress.

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

**UNIT**      Fitness for the Army (SCQF level 4)

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

Written and/or oral evidence and performance evidence that cover all the Outcomes and Performance Criteria are required for this Unit.

#### **Outcome 1, 2 and 3 — Performance evidence and written and/or oral recorded evidence**

Candidates must:

- ◆ prepare for participation in running by the selection of appropriate clothing and footwear
- ◆ effectively participate in warm up and cool down activities
- ◆ explain reasons for warming up and cooling down
- ◆ outline the selection criteria required for distance and time
- ◆ demonstrate safe running techniques from at least four of the following list
  - trail running
  - cross country
  - road running
  - multi terrain
  - treadmill
  - fartlek running
  - hill running
  - long distance running
  - tempo training
- ◆ run the distance of 1.5 miles in the required time

Written and oral evidence will be produced in the form of a log book. This will be used in conjunction with the feed back from trainers. This log book will also show the aim for the next period of training.

#### **Outcome 1**

An assessor check list should be used to ensure that all Performance Criteria have been addressed.

#### **Outcome 2**

An assessor checklist may be used and may if required, be supplemented by questions and recorded responses to ensure that the decisions made by the candidate were logical and appropriate for the circumstances prevailing.

#### **Outcome 3**

Candidates must provide evidence of their understanding of the criteria required. This may be by questions and recorded responses or may be contained within the candidate's log-book. Other methods can be used if appropriate.

Assessor signed evidence of the achievement of the target time within the permitted rules.

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

### **UNIT**      Fitness for the Army (SCQF level 4)

#### **Outcome 4**

Assessor checklist or assessor signed log book entry, confirming that the candidate has kept an accurate log throughout the period required.

An Assessment Support Pack has been produced for this Unit. This pack includes a sample candidate log book, an assessor checklist and sample questions. Centres wishing to produce their own instruments of assessment should refer to the Assessment Support Pack to ensure that they are of a comparable standard.

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

### **UNIT      Fitness for the Army (SCQF level 4)**

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**

This Unit is part of the National Certificate Group Award Army Preparation at SCQF level 4 but can also be taken as a free-standing Unit.

This Unit is designed to meet the standards set by the Army Development and Selection Centre's criteria.

It is designed to permit candidates (both male and female) to access the Army Development and Selection Centre and meet the key fitness requirement of that process. Currently the distance is 1.5 miles (2.4 kilometres approximately) and the required time to run the distance is different for males and females and may further vary according to the area being applied for in the Army. During the life of this Unit, should the criteria change, the current criteria will be those which apply. This information may be accessed from an Army Recruitment Centre.

An appropriate environment is required where candidates can access relevant sports and training facilities and varied terrain.

It is anticipated that candidates will be in attendance at a course where their aptitude will be established and during that time, they will have many opportunities to train and develop their own fitness to allow the target time to be achieved. Candidates will be shown how to keep a log of their own performance and activities and this may include assessor checklists to show where the criteria have been met.

There may be occasions where although the candidate has made clear decision or made a choice, the assessor will be unclear as to why that decision was made. In that event, it would be appropriate for the assessor to ask supplementary questions to establish the candidate's reasons which lay behind the choice made. A record of this and the assessment decision should be kept where this process is used.

Candidates must be dressed appropriately for the activities, environment and prevailing weather conditions. The choices that candidates make will be assessed and guidance will be given when required to ensure safety. Candidates are unlikely to have detailed knowledge of various training methods and this knowledge will be acquired through practical activities and explanations, prior to assessment.

Candidates will require some guidance on an appropriate method of maintaining a training log or diary and will need to be fully aware of what is required for assessment purposes. Encouragement should be given to candidates to ensure that any additional training is also logged where this is done out with formal delivery time.

Guidance should be given on how to set and plan achievable and realistic targets based upon existing performance levels.

## National Unit Specification: support notes (cont)

### UNIT Fitness for the Army (SCQF level 4)

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

Candidates will require some guidance and support in order to experience a variety of types of training, varied conditions and varied terrain.

Candidates must learn the importance of being suitably attired for the activity and ensure safety throughout the activity.

Guidance and support will be required to show the candidates how to maintain a log book or diary. This may be all the work of the candidates or a template document may be used in support if appropriate.

Candidates should be:

- ◆ encouraged to record any additional personal training undertaken in pursuit of their objectives.
- ◆ given the opportunity to experience many different types of terrain and conditions. At least four will be assessed.
- ◆ given advice and opportunities to experience various types of stretching activities and this should be in line with current theories and 'best practice'. It should be noted that there are many views on this topic, some of which are conflicting.
- ◆ Given an explanation as to the required criteria in order to permit realistic targets to be set.

It is anticipated that this Unit will be delivered and assessed in an environment which is appropriate for the activity. It is not envisaged that the Unit will be delivered in a classroom setting although it may be appropriate to use areas where candidates have an opportunity to discuss and consider aspects such as how to record a log-book, methods of planning, clothing and related safety requirements, basic principles of warm-up and post activity requirements. The Unit is designed to be mainly practical in nature with both delivery and assessment taking place in environments appropriate for running.

#### OPPORTUNITIES FOR CORE SKILL DEVELOPMENT

During the period of candidates undertaking this Unit, they will be involved in planning and reviewing their own activity. This may present opportunities to develop some aspects of *Problem Solving*.

Candidates will be required to give oral or written explanations and this may allow some aspects of skills in *Communication* to be developed.

Some types of training may require candidates to work as a group or team and this may give rise to the development of some aspects of skills in *Working with Others*.

Where candidates use timing equipment or analyse their performance in terms of split times, there are opportunities to apply and develop aspects of the skill of *Numeracy*.

## **National Unit Specification: support notes (cont)**

### **UNIT**      Fitness for the Army (SCQF level 4)

#### **GUIDANCE ON APPROACHES TO ASSESSMENT FOR THIS UNIT**

This Unit requires candidates to be able to run a set distance within a pre-defined target time.

Assessment will be based on practical performance in environments appropriate for running which may be challenging for many candidates.

Outcomes 1 and 2 require candidates to be able to demonstrate knowledge and understanding of both pre and post activity stages of running and select appropriate clothing for the prevailing conditions. It would be appropriate for Outcomes 1 and 2 to be integrated if that is considered helpful.

An integrated approach is to be encouraged as this would be supportive to the candidate and help reduce any assessment load. Assessors should use a checklist to record the candidate achievement; there may be times when the checklist alone does not convince the assessor that the relevant knowledge has been shown. For example, the candidate may wear appropriate footwear but not clearly show any understanding of any other choice available; may push harder or slow down during running into the wind; may change pace according to the terrain — up a steep incline or downhill. If the assessor, during observation, is not clear on the reasons for a choice being made, it would be appropriate for the candidate to be asked supplementary questions to discover the reasons behind the choice. If use is made of additional questions in support of assessment, it is necessary for the assessor to note the substance of the question asked and the key features of the response together with the assessor's judgement of that response. Where assessment is based on performance, this principle may be applied to other Outcomes.

Methods of endurance testing (eg the 'bleep test' and others) may be used in support and may indeed provide strong evidence of safety, selection of clothing, warm-up, cool-down while allowing candidates to learn how to keep a log of training and performance. This method of continuous assessment in a real running environment is to be encouraged throughout this Unit.

Outcome 3 requires that the candidate runs a set distance within a pre-defined time and if during the life of this Unit, these criteria are updated, it would be the current criteria which would apply. Candidates will need to show that they are aware of the required targets and that particular information may be recorded in the log-book or questions may be asked if the assessor is not clear that sufficient knowledge has been demonstrated.

Outcome 4 requires that a log-book is kept with relevant entries being maintained. This log may be of the candidate's own design (although the ability to create a log does go beyond the requirements of the Outcome) or use may be made of an assessor designed template. Candidates are likely to require support to learn how to best use the log to set realistic targets and evaluate progress. Assessment can therefore take place when the assessor judges that the likely competences are being demonstrated.



## **National Unit Specification: support notes (cont)**

### **UNIT**      Fitness for the Army (SCQF level 4)

#### **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 communications 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)*.

#### **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](http://www.sqa.org.uk/assessmentarrangements)