
Overview

Physical fitness is vital to achieving excellence in your sport. To be successful, elite athletes need to develop and maintain high levels of physical fitness. Fitness training is important. You will be working with experienced and proficient coaching staff and other experts such as personal trainers, physiotherapists and doctors. However, you also have an important role to play in improving your physical capabilities.

It is important that you can:

- understand the physical demands to achieve excellence in your sport
- compare your own level of physical fitness and potential with these physical demands
- understand and agree the main goals you need to set to achieve the necessary levels of physical fitness
- work with your coaching and or other staff to plan a physical conditioning development programme that will help you to achieve the necessary level of physical excellence
- work with your coaching and or other staff to reduce the risk of injury
- take part in the physical conditioning development programme to the best of your ability
- contribute to ongoing assessments of your fitness and help to improve your physical conditioning development programme
- apply your physical capability at all times, particularly in a competitive situation
- evaluate how well you applied your physical capability at all times, particularly in a competitive situation
- identify the key lessons for your future improvement.

This standard is divided into two parts. The first part describes the three things you have to do. These are:

- 1. Identify and agree a development programme to improve your physical capability**
- 2. Implement a development programme to improve your physical capability**
- 3. Apply and evaluate your physical capability at all times, particularly in a competitive situation**

The second part covers the knowledge and understanding you must have.

Target Group

This standard is for athletes who have the realistic potential to achieve excellence in their sport and are seeking to perform at the highest level.

Develop your physical capability to achieve excellence in your sport

Performance criteria Identify and agree a development programme to improve your physical capability

- You must be able to:*
- P1 work with your coaching and or other staff to agree the **physical demands** for excellence in your role(s)
 - P2 work with your coaching and or other staff to analyse your own level of physical capability and your potential for achieving excellence
 - P3 provide your own views and opinions as part of the analysis
 - P4 agree with your coaching and or other staff your main priorities for achieving the necessary level of physical capability
 - P5 work with your coaching and or other staff to identify **physical goals** that meet your priorities
 - P6 work with your coaching and or other staff to plan and agree a development programme to achieve your **physical goals**

Implement a development programme to improve your physical capability

- You must be able to:*
- P7 take part in the planned physical conditioning development programme as agreed and to the best of your ability
 - P8 study the analyses and follow the instructions and demonstrations provided by your coaching and or other staff
 - P9 contribute to ongoing assessments of your progress
 - P10 provide feedback to your coaching and or other staff on how well the physical conditioning development programme is meeting your needs
 - P11 work with your coaching and or other staff to modify the development programme so that you can achieve your **physical goals**

Apply and evaluate your physical capability at all times, particularly in a competitive situation

- You must be able to:*
- P12 work with your coaching and or other staff to identify how to make best use of your physical capability at all times, particularly in a competitive situation
 - P13 discuss and agree with your coaching and or other staff how you can work on your physical capability before, during and after competition
 - P14 take part in pre-competition physical practices to the best of your physical capability
 - P15 provide feedback to your coaching and or other staff on the effectiveness of pre-competition physical practices and make suggestions for improvement
 - P16 integrate your physical capability with your technical, tactical and psychological skills effectively at all times, particularly in a competitive situation

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- P17 work co-operatively and objectively with your coaching staff and or other staff to evaluate your performance and set new **physical goals**
 - P18 identify and agree with your coaching and or other staff how you can improve your physical capability and how to apply it
 - P19 discuss and agree with your coaching and or other staff how your **physical goals** and physical development programme can be improved

Develop your physical capability to achieve excellence in your sport

Knowledge and understanding **Identify and agree a development programme to improve your physical capability**

You need to know and understand:

- K1 sources of information on the physical demands of your sport and how to make best use of them
- K2 the physical demands of your role(s) in your sport
- K3 how to work best with your coaching and or other staff on improving your physical capability
- K4 the types of assessments that are used to analyse physical capability in your sport, how to take part in them and how they work
- K5 the importance of providing your own views and opinions during assessments of your physical capability
- K6 the types of physical priorities that athletes in your role may have to concentrate on to achieve excellence

Implement a development programme to improve your physical capability

You need to know and understand:

- K7 the importance of setting, understanding and agreeing physical goals to achieve excellence in your sport
- K8 the types of physical goals that athletes at your level may need to set themselves
- K9 the main components of a physical conditioning development programme at your level in your sport and how they should help you achieve your goals
- K10 the common types of injuries in your sport and the short, medium and long term effects these can have on your performance
- K11 strategies you can adopt to reduce the risk of injury
- K12 the psychological impact that injuries can have on your performance
- K13 the physical and psychological strategies you can use to recover from injuries
- K14 the main components of a development programme to recover from injury both physically and psychologically
- K15 the types of information that you can provide to coaching and or other staff to help them develop a physical conditioning development programme appropriate to your needs
- K16 the importance of committing yourself to a physical conditioning development programme and how to do so
- K17 the importance of recovery in a physical conditioning development programme

- K18 how you can show that you are contributing positively to all aspects of

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the physical conditioning development programme

- K19 why it is important that you give your coaching and or other staff honest feedback on how well the physical conditioning development programme is meeting your needs
- K20 the types of things you should be feeding back on during the physical conditioning development programme
- K21 ways in which a physical conditioning development programme can be modified to meet your needs

Apply and evaluate your physical capability at all times, particularly in a competitive situation

You need to know and understand:

- K22 how to make best use of your physical capability at all times, particularly in a competitive situation
- K23 the types of physical pre-competition techniques that can help you to prepare for competition and how to use them
- K24 ways in which you can help your coaching and or other staff to improve physical pre-competition practices
- K25 the importance of making thorough and objective evaluations of your physical performance and the impact of training techniques
- K26 methods that can be used to evaluate physical capability at all times, particularly in a competitive situation
- K27 how to contribute to evaluations of physical performance
- K28 how to use evaluations to make further improvements to your physical capability

Additional Information

Scope/range

1 Physical goals

- 1.1. short term
- 1.2. medium term
- 1.3. long term
- 1.4. training
- 1.5. pre-competition practices
- 1.6. competition

2 Physical demands

- 2.1. cardiovascular endurance
- 2.2. muscular endurance
- 2.3. strength
- 2.4. flexibility
- 2.5. body composition
- 2.6. agility
- 2.7. balance
- 2.8. power
- 2.9. speed
- 2.10. other appropriate requirement, including injury recovery

SKAES13 SQA Unit Code H9AG 04

Develop your physical capability to achieve excellence in your sport

~~Links to other NOS~~ This standard links closely with SKAES11, SKAES12 and SKAES14.

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