

Higher National Unit Specification

General information for centres

Unit title: Fitness Conditioning in Sport

Unit code: DD2L 35

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.

Credit value: 1 HN Credit at SCQF level 8: (8 SCOTCAT credit points at SCQF level 8*)

**SCOTCAT 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 SCOTCAT points at an SCQF level. There are 12 SCQF levels, ranging from Access 1 to doctorates.*

Recommended prior knowledge and skills: It would be beneficial for candidates to possess skills or experience relevant to the unit. This may have been gained through the HN Unit “Anatomy, Physiology and Energy Systems”, and / or “Principles of Fitness Training”. Ultimately entry is at the discretion of the centre.

Core skills: There may be opportunities to gather evidence towards core skills in 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 Sports Coaching.

Assessment:

Outcome 1 will be assessed by an assignment of approximately 1200 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. Observation by the assessor will confirm that the candidate can deliver the content suggested in 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
- Positional /role demands

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 1200 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.

Higher National Unit specification: statement of standards (cont)

Unit title: Fitness Conditioning in Sport

- Flexibility – active/dynamic, passive/static, ballistic, proprioceptive neuromuscular facilitation (PNF), stretch reflex.

Over training.

- physiological/psychological
- causes/effects

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).

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 2 different components of fitness and involving a minimum of 2 conditioning methods. There must also be an explanation of how this 12 week programme will fit within the training year.

Higher National Unit specification: statement of standards (cont)

Unit title: Fitness Conditioning in Sport

Further assessment of competence will be a checklist to be completed by the assessor observing the candidate for a minimum of 40 minutes over a minimum of 2 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.

Administrative Information

Unit code: DD2L 35

Unit title: Fitness Conditioning in Sport

Superclass category: MD

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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/D award. This should allow the candidate to apply knowledge and/or skills from Anatomy, Physiology and Energy systems and Principles of Fitness Training.

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.

Outcome 2 - The candidate would use knowledge and skills from previous units (Anatomy Physiology and Energy systems and Principles of Fitness Training) 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

Open learning implies that, while candidates study out with the centres using materials provided, it would be necessary to attend the centre for assessment purposes. For further information on Open and Distance learning please refer to the SQA publication, Assessment and Quality Assurance of Open and Distance Learning (SQA2000).

Higher National Unit specification: support notes (cont)

Unit title: Fitness Conditioning in Sport

Special needs

This Unit specification is intended to ensure that there are no artificial barriers to learning or assessment. Special needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments or considering special alternative Outcomes for Units. For information on these, please refer to the SQA document *Guidance on Special Assessment Arrangements* (SQA, 2001).

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, i.e. 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 from the 12-week extraction. The tutor will assess using a checklist.

Bibliography.

Essentials of Exercise Physiology– McArdle, Katch and Katch. 1999, Lippincott, Williams and Wilkins.

Foundations of Sport and Exercise Physiology(second edition) – Robert S. Weinberg, Daniel Gould. Human Kinetics. 1999.

Physiology of Sport and Exercise (second edition) – Jack H. Wilmore / David L. Costill. Human Kinetics. 1999.

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