

National Unit Specification: general information

UNIT Planning Personal Fitness (Higher)

NUMBER D81R 12

COURSE

SUMMARY

Explaining the main components of fitness, their relationships with relevant activities and applying this to planning personal fitness programmes. This unit is aimed at those candidates who wish to develop personal fitness programmes or who wish to pursue a career in the health and fitness industry. The unit is designed to develop knowledge and skills acquired in Person Well-Being and Fitness and complements knowledge and skills developed in the units Sports Coaching and Resistance Training.

OUTCOMES

- 1 Demonstrate the components of fitness and their relationship to chosen activities.
- 2 Explain reasons for fitness testing and methods of organising and carrying out effective testing.
- 3 Assess level of personal fitness.
- 4 Plan and carry out a detailed fitness programme.

RECOMMENDED ENTRY

Access to this unit is at the discretion of the centre. However it would be beneficial if the candidate had some knowledge of health and exercise. This may be evidenced by possession of National Certificate Module 5170005 Personal Wellbeing and Exercise or similar qualifications or experience.

CREDIT VALUE

1 credit at Higher.

Administrative Information

Superclass: HJ

Publication date: February 2002

Source: Scottish Qualifications Authority 2002

Version: 02 (Version 01 is former National Certificate Module No.5170015)

© Scottish Qualifications Authority 2002

This publication may be reproduced in whole or in part for educational purposes provided that no profit is derived from reproduction and that, if reproduced in part, the source is acknowledged.

Additional copies of this unit specification can be purchased from the Scottish Qualifications Authority. The cost for each unit specification is £2.50 (minimum order £5.00).

CORE SKILLS

Information on the automatic certification of any core skills in this unit is published in *Automatic Certification of Core Skills in National Qualifications* (SQA, 2001).

National Unit Specification: statement of standards

UNIT Planning Personal Fitness (Higher)

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

Demonstrate the components of fitness and their relationship to chosen activities.

Performance criteria

- a) Exercises in each selected component of fitness are correctly performed.
- b) The relationship of components of fitness with chosen activities is correctly outlined.

Note on range for the outcome

Components of fitness: speed; strength; flexibility; muscular endurance; cardiovascular endurance; body composition.

Exercises: isometric; isotonic; aerobic; anaerobic; static; dynamic.

Evidence requirements

Performance evidence of the candidate's ability to perform exercises appropriate to each component of fitness.

Oral or written explanation of the relationship between each component of fitness and a selected activity.

OUTCOME 2

Explain reasons for fitness testing and methods of organising and carrying out effective testing.

Performance criteria

- a) Explanation of purpose of fitness testing is correct.
- b) Description of the procedures and protocol for carrying out a test is accurate.
- c) A test measuring a component of fitness is carried out employing correct procedures and protocol.

Note on range for the outcome

Purpose: standardisation; basis for exercise prescription; evaluation of fitness; re-testing.

Evidence requirements

Oral or written explanation of the purposes of fitness testing.

Oral or written description of the procedures and protocol for carrying out a test.

National Unit Specification: statement of standards (cont)

UNIT Planning Personal Fitness (Higher)

Performance evidence of carrying out a test measuring a component of fitness employing correct procedures and protocol.

OUTCOME 3

Assess level of personal fitness.

Performance criteria

- a) Components of personal fitness are measured employing appropriate fitness testing methods and procedures.
- b) Results of fitness tests are accurately recorded.
- c) Analysis of test results is accurate in terms of personal fitness.

Note on range for the outcome

Components of fitness: cardiovascular fitness; flexibility; muscular endurance; body composition.

Evidence requirements

Performance evidence of measuring each component of fitness.

Written evidence of the accurate recording of test results.

Written evidence of an accurate analysis of test results in terms of fitness level of specific components of fitness and overall fitness level.

OUTCOME 4

Plan and carry out a detailed fitness programme.

Performance criteria

- a) Explanation of the principles of training is correct.
- b) The programme is planned taking test results, principles of training and training methods into account.
- c) Identification of safety considerations is accurate and appropriate to planned fitness programme.
- d) The programme is carried out employing correct procedures.
- e) Evaluation of the programme is continuous.

Note on range for the outcome

Principles of training: warm up; cool down; overload; frequency; intensity; duration; progression; regression; recovery.

Training methods: circuits; interval; fartlek; weights; local muscular endurance; sports/games activity.

Safety considerations: supervision; support; setting up equipment; pre-testing; medical check up; medical history.

National Unit Specification: statement of standards (cont)

UNIT Planning Personal Fitness (Higher)

Evidence requirements

Oral or written explanation of the principles of training.

Written evidence of a four week fitness programme having been planned which has taken into account test results, principles of training and training methods.

Performance evidence of the carrying out of the planned fitness programme employing correct safety and operational procedures.

Written evidence of on-going evaluation of fitness programme.

National Unit Specification: support notes

UNIT Planning Personal Fitness (Higher)

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 requires underpinning theoretical knowledge of components of fitness, principles of training and training methods. It is important that this is balanced with application of this knowledge in the practical setting. Encouragement should be given to work individually, in pairs and groups emphasising aspects of safety as applied in each context. Opportunity should be given for personal interests and objectives to be met in the design of the fitness programme. Unit delivery should be planned to ensure that the fitness programme can be carried out and completed within the 40 hours. This may be done by limiting the length of the practical sessions to allow theoretical aspects to be covered in sufficient depth.

GUIDANCE ON LEARNING AND TEACHING APPROACHES FOR THIS UNIT

Underpinning knowledge may be developed by the use of handouts, videos and reference books. The maintenance of a personal log book is recommended.

GUIDANCE ON APPROACHES TO ASSESSMENT FOR THIS UNIT

The outcomes in this unit may be assessed individually. However opportunities exist to integrate both written and practical assessments. Oral or written evidence required for outcomes 1 and 2 may be integrated using short answer/restricted response questions. Practical assessments for outcomes 2 and 3 may also be integrated. A project approach incorporating a personal log could be used integrating outcomes 3 and 4. Tutor observation checklists will support evidence of practical performance.

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 and Certification Arrangements for Candidates with Special Needs/Candidates whose First Language is not English* (SQA, 1998).