

National Unit Specification: general information

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| UNIT | Sport and Recreation: Assist with Fitness Programming (Intermediate 2) |
| CODE | DX0G 11 |
| COURSE | Sport and Recreation (Intermediate 2) |

SUMMARY

This Unit is a mandatory Unit of the Course Sport and Recreation (Intermediate 2) and has been designed to be taken as part of that Course. In this Unit candidates, working with the person responsible, will learn how to develop and organise a physical training plan for a client. Candidates will also be able to assist in establishing a client's fitness baseline, taking into account the client's overall objectives. They will work with the person responsible to address aspects of health and safety, monitor the client's progress, carry out periodic monitoring of the client's physical training plan, review the results and modify the physical training plan. This Unit is suitable for candidates interested in pursuing a career in the sport and recreation industry and for candidates who have a general interest in fitness programming.

This Unit is suitable for candidates with no previous experience but will also provide progression for candidates who have completed the Intermediate 1 Course or Units.

OUTCOMES

- 1 Develop a physical training plan for an agreed client with the person responsible.
- 2 Monitor the physical training plan and modify it, as required, with the person responsible.
- 3 Review the physical training plan with the person responsible and modify it as required for future use.

RECOMMENDED ENTRY

While entry is at the discretion of the centre it would be beneficial for candidates to have completed the following or equivalent:

- ◆ *the Intermediate 1 Sport and Recreation: Personal Fitness Unit*

Administrative Information

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| Superclass: | MD |
| Publication date: | April 2007 |
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| Version: | 02 |

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National Unit Specification: general information (cont)

UNIT Sport and Recreation: Assist with Fitness Programming
(Intermediate 2)

CREDIT VALUE

1 credit at Intermediate 2 (6 SCQF credit points at SCQF level 5*).

**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.*

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: Assist with Fitness Programming (Intermediate 2)

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

Develop a physical training plan for an agreed client with the person responsible.

Performance Criteria

- (a) With assistance from the person responsible, consult with the client and identify two components of fitness to be addressed in the plan.
- (b) Undertake a fitness assessment for both components to establish the fitness baseline of the client and record the results.
- (c) With assistance from the person responsible, plan and design a physical training plan ensuring that the plan takes into account the client's overall objectives.
- (d) With assistance from the person responsible, identify the basic health and safety factors that need to be addressed when designing and implementing the client's physical training plan.

OUTCOME 2

Monitor the physical training plan and modify it, as required, with the person responsible.

Performance Criteria

- (a) With assistance from the person responsible, monitor the client's physical training plan at regular intervals during implementation of the plan.
- (b) With assistance from the person responsible, modify the client's physical training plan and agree the modifications with the client.

OUTCOME 3

Review the physical training plan with the person responsible and modify it as required for future use.

Performance Criteria

- (a) Reassess the two identified components of fitness and review the client's results with the person responsible and the client.
- (b) With assistance from the person responsible, review progress with the client, identify both positive and negative aspects of the design and implementation of the plan.
- (c) With assistance from the person responsible, identify improvements to the client's physical training plan and modify where appropriate.

National Unit Specification: statement of standards (cont)

UNIT Sport and Recreation: Assist with Fitness Programming (Intermediate 2)

EVIDENCE REQUIREMENTS FOR THIS UNIT

Evidence that covers all the Outcomes and Performance Criteria is required. This should take the form of the following performance and written and/or oral recorded evidence:

- ◆ completed client's physical activity record questionnaire
- ◆ completed fitness baseline record for one client
- ◆ client's physical training plan related to two components of fitness, incorporating safety aspects and any necessary modifications, covering a minimum period of six weeks
- ◆ final review form
- ◆ modified client's physical training plan for future use
- ◆ assessor checklist

In this Unit, candidates will be working under supervision, and will be given support and guidance by the person responsible.

Evidence should be gathered at appropriate points throughout the Unit.

The NAB item for this Unit provides templates for the documents required. These exemplify the national standard. Centres wishing to develop their own assessments should refer to the NAB to ensure that they are of a comparable standard. It is recommended that these are submitted to SQA for moderation prior to use.

National Unit Specification: support notes

UNIT Sport and Recreation: Assist with Fitness Programming (Intermediate 2)

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

An appropriate sport, recreation or fitness 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 clients. This Unit is not suitable for delivery in a conventional classroom setting. Candidates are required to work with the person responsible at all times throughout this Unit. When a situation arises that is outside the candidate's level of responsibility, they must seek help and assistance from the person responsible.

This Unit is designed to enable candidates, with assistance from the person responsible, to develop, design, monitor and review a physical training plan for a client. With the assistance of the person responsible, the candidate will consult with the client to identify two components of fitness to be addressed in the plan, then undertake the necessary assessments to establish the client's fitness baseline and record the results. Examples of components of fitness are cardio-respiratory endurance, muscular endurance, stamina, strength, flexibility, power and speed (other terms can be used). From the information gathered, candidates will design a plan for the client, ensuring that all safety considerations have been addressed. Candidates will have to identify basic health and safety considerations. The plan will have to incorporate reviews of the client's training at regular intervals, for example, once or twice a month. Modifications to the original plan may be made in consultation with the client and the person responsible.

At the final review of the client's physical training plan, with the assistance of the person responsible, the candidate must gather information on the client's progress, evaluate the client's progress, and identify the positive and negative aspects and any improvements to the physical training plan and agree any appropriate modifications which may have to be made for future use of the plan.

GUIDANCE ON LEARNING AND TEACHING APPROACHES FOR THIS UNIT

Before starting on the activities in this Unit, assessors must ensure that candidates are aware of:

- ◆ the importance of on-going fitness training, and why it is crucial in the development of self and others in the sport and recreation industry (which includes fitness)
- ◆ the components of fitness
- ◆ what a fitness baseline is
- ◆ types of fitness assessment and why they are undertaken
- ◆ why plans are drawn up and why reviews take place at regular intervals
- ◆ the relevant health and safety considerations

National Unit Specification: support notes (cont)

UNIT Sport and Recreation: Assist with Fitness Programming (Intermediate 2)

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

- ◆ carrying out fitness assessments, recording results and establishing a fitness baseline for clients
- ◆ drawing up a physical training plan for clients
- ◆ relevant health and safety considerations when dealing with clients
- ◆ periodic reviews with clients and making appropriate alterations to plans
- ◆ evaluating the client's plan and identifying where improvements can be made
- ◆ reviewing the client's results with the person responsible and the client

Throughout the Unit the candidate will be working alongside the person responsible while assessing the client's fitness. Although the candidate will be contributing to the development, monitoring and review of a client's physical training plan, the person responsible has overall responsibility. At any stage during the candidate's training and/or assessment, candidates must seek help and assistance from the person responsible when situations arise that are outside their level of responsibility.

If the Unit is taken as part of the Sport and Recreation Intermediate 2 Course, the setting of client's short- and long-term goals can be established more easily by spreading delivery of this Unit across the whole Course. The timescales for short- and long-term goals may be set by the centre, however, as a guide a short-term goal would usually be reviewed once or twice a month, where long-term goals would be over two to three months, or more.

In order to achieve this Unit it is important that candidates understand the reasons an ongoing physical training plan is crucial to a client's development in areas of fitness within sport and recreation. With assistance from the person responsible, the candidate will consult with the client to identify two components of fitness to be addressed in the plan. They will then undertake a fitness baseline assessment for both components and record the results. From these results a client's personal physical training plan will be developed, taking into account the client's overall objectives. It is important that the plan incorporates all health and safety considerations and the candidate ensures these are being addressed.

With the assistance of the person responsible, during the period of the client undertaking their physical training plan, the candidate will have to monitor the client's progress and with agreement from the person responsible, make modifications where appropriate. These monitoring and modification review sessions should be held periodically throughout the client's overall plan (guidance on timescales is mentioned above).

At the end of the client's physical training plan, with the person responsible, the candidate will review and evaluate the progress of the client, highlighting both positive and negative aspects of the design and implementation of the plan and identifying further improvements to the physical training plan. The candidate will be expected to collate this information and use it to review the client's results with the person responsible.

National Unit Specification: support notes (cont)

UNIT Sport and Recreation: Assist with Fitness Programming (Intermediate 2)

Employability Skills

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

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| *Planning and preparation | *Setting targets for self and others | *Reviewing progress of others |
| Time management | *Taking advice from others | *Working co-operatively with others |
| *Customer care/dealing with clients | Positive attitude to learning | Completing tasks |
| *Awareness of relevant health and safety issues | Regular attendance | *Giving advice and feedback to others |
| Time-keeping | | Wearing appropriate dress |

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

In this Unit, candidates will be involved in aspects such as planning, implementing and reviewing in relation to physical training plans. This gives the opportunity to develop aspects of the Core Skill of problem solving. Given that the Unit also requires candidates to assist in providing feedback and advice to clients, there are opportunities to develop some aspects of the 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.

National Unit Specification: support notes (cont)

UNIT Sport and Recreation: Assist with Fitness Programming (Intermediate 2)

GUIDANCE ON APPROACHES TO ASSESSMENT FOR THIS UNIT

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In this Unit, candidates will be working under supervision, and will be given support and guidance by the person responsible.

Evidence should be gathered at appropriate points throughout the Unit.

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As part of the formative assessment of the Unit, centres may also wish to use a candidate review sheet which encourages candidates to identify progress in some of the employability skills not covered by the formal assessment outlined above.

Assessor observation checklists and other assessment records should be maintained and kept up to date to keep track of candidate progress and to provide evidence for internal and external moderation purposes.

CANDIDATES WITH DISABILITIES AND/OR ADDITIONAL SUPPORT NEEDS

The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments, or considering alternative Outcomes for Units. Further advice can be found in the SQA document *Guidance on Assessment Arrangements for Candidates with Disabilities and/or Additional Support Needs* (www.sqa.org.uk).