



National Unit Specification: general information

UNIT Contemporary Fitness and Exercise Training Methods: An Introduction (SCQF level 5)

CODE F40B 11

SUMMARY

This Unit is a Mandatory Unit of the NC Sport and Fitness (SCQF level 5) award, and has been designed to be undertaken as part of that award. However this may be studied as a stand-alone Unit. The Unit is suitable for candidates with some previous experience in exercise and fitness training.

In this Unit candidates will gain underpinning knowledge of the elements of health related physical fitness and the principles of exercise and fitness training. Candidates will be given the opportunity to participate to two different exercise/fitness training activities.

On successful completion of this Unit candidates will be able to identify safe and effective personal and facility equipment relating to the selected activities. The candidate will be able to participate safely and effectively in assigned exercise and fitness training programmes based on two contemporary activities, including appropriate warm up and cool down. Activities may include exercise to music, studio weights, spin classes, resistance training, circuits, modified aerobics/combat type classes, running techniques, yoga based exercise, dance based exercise, pilates, aquafit etc.

This Unit is designed to enhance candidates' interest in exercise and fitness training and promote further study of the subject.

OUTCOMES

- 1 Describe the principles of fitness training in relation to components of health related fitness.
- 2 Explain the principles and techniques used in warm up activities and cool down activities.
- 3 Undertake and record safe and effective preparation and participation in two selected activities.

Administrative Information

Superclass: MD

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National Unit Specification: general information (cont)

RECOMMENDED ENTRY

While entry is at the discretion of the centre, it would be beneficial if candidates had previous experience in the area of fitness and exercise.

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 components in this Unit.

Opportunities for developing aspects of Core Skills are highlighted in Learning and Teaching Approaches for this Unit

National Unit Specification: statement of standards

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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.

The candidate should:

OUTCOME 1

Describe the principles of fitness training in relation to components of health related fitness.

Performance Criteria

- (a) Describe the principles of fitness training.
- (b) Describe components of health related physical fitness.
- (c) Relate principles of fitness training to components of health related physical fitness.

OUTCOME 2

Explain the principles and techniques used in warm up activities and cool down activities.

Performance Criteria

- (a) Explain principles and techniques used in warm up.
- (b) Explain principles and techniques used in cool down.

OUTCOME 3

Undertake and record safe and effective personal preparation and participation in two selected activities.

Performance Criteria

- (a) Select and use appropriate personal and facility equipment.
- (b) Demonstrate safe and effective participation in appropriate warm up and cool down.
- (c) Demonstrate and record safe and effective participation in the two selected activities.

National Unit Specification: statement of standards (cont)

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EVIDENCE REQUIREMENTS FOR THIS UNIT

Evidence that covers all the Outcomes and Performance Criteria is required.

- ◆ For Outcome 1 this will take the form of written and/or oral recorded evidence obtained under controlled, supervised conditions. The assessment will be closed-book, short answer or restricted response questions.
- ◆ For Outcome 2 this will take the form of written and/or recorded evidence obtained under controlled, supervised conditions. The assessment may be either:
 - Closed-book, short answers or restricted response questions for the two activities.
 - Closed-book, case study related to the two selected activities.
- ◆ For Outcome 3 performance evidence of practical application must be generated for at least one session for each of the two selected training methods. An assessor checklist must be generated and retained for the sessions assessed for Outcome 3 and must include relevant safety checks in addition to the performance elements.

An Assessment Support Pack has been produced for this Unit. This pack includes a sample of activity plans, a template for the plan, candidate review sheets and an observation checklist. 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

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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

For the practical elements of the Unit an appropriate sport or fitness environment is required. There should be access to relevant equipment and facilities, and instruction should allow candidates to work at their own level. It should be emphasised that the Unit is designed to introduce candidates to contemporary fitness training activities so they are able to participate safely and effectively at a basic level under supervision. It is *not* designed to allow candidates to use non routine practices or adapt techniques.

Activities used for the practical elements of the Course may include any of the following: exercise to music, studio weights, spin classes, resistance training, circuits, modified aerobics/combat type classes, running techniques, yoga based exercise, dance based exercise, pilates, aquafit. This list is *not* exhaustive.

Since candidates are likely to wish to progress to higher level study and/or a career in the exercise and fitness industry, the Unit also emphasises the importance of good health and safety awareness both in a personal and group context.

For the purposes of this Unit the following minimum evidence and definitions apply:

Outcome 1a

Principles of fitness training: adaptation, progressive overload (in the contexts of Frequency, Intensity, Time and Type), specificity, reversibility, and rest/recovery in the context of fitness training.

Outcome 1b

Components of health related fitness: Strength, Flexibility, Cardiovascular Endurance, Muscular endurance, Body Composition.

Outcome 2

Principles and techniques used in warm up: pulse raising, increased body temperature and dynamic stretching.

Principles and techniques used in cool down: lowering body temperature and heart/breathing rate, removal of waste products from body, static stretching.

Outcome 3

Health and Safety considerations: environment (temperature and ventilation), clothing and footwear, fire evacuation procedures, first aid, basic risk assessment.

National Unit Specification: support notes (cont)

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GUIDANCE ON LEARNING AND TEACHING APPROACHES FOR THIS UNIT

It is suggested that this Unit is taught in a predominantly practical environment, with theoretical input related to the selected activities. The activities selected for participation should be taught in a manner which stresses the health related components of fitness which underpin them, and which enables good health and safety practice to inform candidate participation. Candidates must know and understand the importance of appropriate clothing and correct equipment for the activity. Candidates will be expected to complete a basic safety check based on the venue of the activity and emergency procedures for the activity.

Centres should ensure that theoretical input covers the principles and techniques specified in Outcomes 1 and 2, and that these are continually reinforced during delivery of the practical elements. It is important that candidates are aware of the importance of regular fitness based activity: current industry/governmental guidelines may be used here.

Candidates will complete a logbook covering all practical activities undertaken.

Logbook should include the following information for each session in which the candidate has participated:

- ◆ date, time and location of session
- ◆ purpose of session (aerobic, strength, endurance, etc)
- ◆ personal and facility equipment used
- ◆ detail of warm up and cool down activities
- ◆ detail of session in which the candidate participated
- ◆ reflection on activity — enjoyment, effectiveness of participation, performance, how to improve etc
- ◆ basic safety check for the venue/activity

It is suggested that participation in at least 80% of the practical elements of the Course should underpin assessed elements.

OPPORTUNITIES FOR CORE SKILL DEVELOPMENT

In this Unit candidates will be involved in group exercise formats. This gives the opportunity to develop aspects of the Core Skill *Working with Others*. The Unit also requires some elements of feedback, review and reflection, so there may be opportunities to develop both oral/written *Communication* skills and *Problem Solving*. *Information Technology* may be developed in the candidate's reflection — for example an electronic logbook format could be used. There may also be opportunities to develop *Numeracy* skills.

National Unit Specification: support notes (cont)

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GUIDANCE ON APPROACHES TO ASSESSMENT FOR THIS UNIT

Centres must be satisfied that the evidence submitted is the work of individual candidates.

Outcome 1: this should take the form of written and/or oral recorded evidence obtained under controlled, supervised conditions. The assessment should be closed-book, restricted response, and should last no more than 30 minutes.

Outcome 2: this should take the form of written and/or oral recorded evidence obtained under controlled, supervised conditions. The assessment should be either closed-book, restricted response, or closed-book case study and should last no more than 30 minutes.

Outcome 3: performance evidence of practical application should be generated for at least one session for each of the selected training methods. An assessor checklist should be generated and retained for the sessions assessed for Outcome 3, and should include relevant health and safety considerations in addition to the performance elements. This evidence can be supplemented by video recordings.

Candidates should keep a log book of activities for Outcome 3.

The logbook should include the following information for each session in which the candidate has participated:

- ◆ date, time and location of session
- ◆ purpose of session (aerobic, strength, endurance, etc)
- ◆ personal and facility equipment used
- ◆ detail of warm up and cool down activities
- ◆ detail of session in which the candidate participated
- ◆ reflection on activity — enjoyment, effectiveness of participation, performance, how to improve etc
- ◆ basic safety check for the venue/activity

It is suggested that participation in at least 80% of the practical elements of the Course should underpin assessed elements.

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).