



National Unit specification

General information

Unit title: Exercise and Fitness: Resistance Training (SCQF level 4)

Unit code: HK4R 44

Superclass: MD

Publication date: April 2017

Source: Scottish Qualifications Authority

Version: 01

Unit purpose

On successful completion of this unit learners will be able to participate safely and effectively in a variety of resistance training sessions. Learners will also be able to evaluate their own personal performance. This unit is designed for learners who have no previous experience and who may wish to pursue a career in the fitness industry.

The opportunity to progress on successful completion of this unit would be to *Exercise and Fitness: Resistance Training* (F826 11).

Outcomes

On successful completion of the unit the learner will be able to:

- 1 Prepare and participate in various resistance training sessions.
- 2 Perform basic warm up and cool down activities.
- 3 Evaluate safe and effective personal performance.

Credit points and level

0.5 credit at SCQF level 4 (3 SCQF credit points at SCQF level 4).

Recommended entry to the unit

Entry is at the discretion of the centre.

National Unit specification: General information (cont)

Unit title: Exercise and Fitness: Resistance Training (SCQF level 4)

Core Skills

Opportunities to develop aspects of Core Skills are highlighted in the support notes for this unit specification.

There is no automatic certification of Core Skills or Core Skill components in this unit.

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.

Equality and inclusion

This unit specification has been designed to ensure that there are no unnecessary barriers to learning or assessment. The individual needs of learners should be taken into account when planning learning experiences, selecting assessment methods or considering alternative evidence.

Further advice can be found on our website www.sqa.org.uk/assessmentarrangements.

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.

Outcome 1

Prepare and participate in various resistance training sessions.

Knowledge and/or Skills

- (a) Participate in different types of resistance training.
- (b) Select appropriate clothing and personal equipment.

Outcome 2

Perform basic warm up and cool down activities.

Knowledge and/or Skills

- (a) Participate in tutor led warm up appropriate for resistance training.
- (b) Participate in tutor led cool down appropriate for resistance training.

Outcome 3

Evaluate safe and effective personal performance.

Knowledge and/or Skills

- (a) Maintain a personal log of the sessions, equipment and exercises used.
- (b) Evaluate own personal performance highlighting strengths and areas for improvement.

National Unit specification: Statement of standards (cont)

Unit title: Exercise and Fitness: Resistance Training (SCQF level 4)

Evidence requirements for this unit

Learners will need to provide evidence to demonstrate their knowledge and/or skills across all Outcomes by showing that they can:

Outcome 1: Prepare and participate in various resistance training sessions.

Performance evidence confirming clothing, footwear and personal equipment chosen is appropriate for the session and location.

Evidence of participation is required to show that the learner has taken part in minimum of ten resistance training exercises.

This outcome could be evidenced by an observation checklist completed by the assessor backed up by the learner's log book.

Outcome 2: Perform basic warm up and cool down activities.

Each learner must participate in a tutor led warm up and cool down for every session.

This outcome could be evidenced by an observation checklist completed by the assessor backed up by the learner's log book.

Evidence should be recorded in the logbook and by assessor's observation check list. The log book should be completed for every session. The observation check list should be completed on at least three occasions.

Outcome 3: Evaluate safe and effective personal performance.

Learners should clearly identify knowledge gained throughout the unit. This would be recorded in the logbook.

Learners must evaluate own performance identifying at least one strength and one area for improvement. This should be done on a minimum of two occasions, one at the start of the unit, and one towards the end of the unit. In addition, learners must re-evaluate the area of improvement and strength identified at the start of the unit.

This outcome could be evidenced by learners recording personal performance in their log book.



National Unit support notes

Unit title: Exercise and Fitness: Resistance Training (SCQF level 4)

Unit support notes are offered as guidance and are not mandatory.

While the exact time allocated to this unit is at the discretion of the centre, the notional design length is 20 hours.

Guidance on the content and context for this unit

This is essentially a practical unit and should be taught and delivered in practical settings.

For the practical elements of the unit appropriate environments and equipment are required. It should be emphasised to the learners that the unit is designed to introduce them to the benefits of participation. The use of a widest variety of equipment and locations should be strongly encouraged. It is strongly recommended centres consider using outside areas as well as indoors. The use of council run “green gyms” should also be considered if available.

This may include fixed weight machinery or free weights equipment (barbells and dumbbells). If using fixed weights equipment the general principles underlying its use should be emphasised, for example correct body and machine alignment, spinal safety, breathing, movement velocity and postural control. This is not an exhaustive list. Assessors should bear in mind that this is a level 4 unit based on individual competence and participation.

If the unit is taught using free weights it is crucial that technique is the focus. Individual participation and competence can be easily overshadowed by a desire to increase weight, and this should be kept in mind in all teaching. It should be also be emphasised that there is no reason why this unit should not be used (where appropriate) with younger students provided normal considerations for resistance training with such age groups are observed (High reps/low weights repetitions, technique and precision with supervised sessions at all times, no maximal lifting, plenty of variety — sets, reps, modalities).

Outcome 1

Learners should participate in a programme of resistance training. There should also be as wide a use of equipment as possible.

An assessor’s observation checklist should be completed to show evidence the learner consistently selected clothing and footwear appropriate to the environment in which the session was conducted and participated safely in the different types of resistance training exercises.

This should be backed up with the learner’s log book.

National Unit support notes (cont)

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Outcome 2

Learners should be taught the basic theory and aims of the warm up and cool down. It is strongly recommended that this outcome is delivered as practically as possible, with learners introduced to the theory in this setting.

Outcome 3

The emphasis of this outcome is on evaluating personal performance and on improving personal competence in the individual performance of the exercises. It is vital that the learner starts to develop reflective learning skills and that time and guidance is given, especially in the early stages, to complete the log books fully.

Guidance on approaches to delivery of this unit

Learners should be taught the warm up and cool down as early as possible during the delivery of this unit. If the unit is being delivered as part of a group award where other level 4 units, such as *Exercise and Fitness: Circuit Training* HK4T 44 or *Fitness for the Army* (F5FL10) is also delivered then integrated delivery would be advised.

The unit should be delivered as far as possible in a practical setting with as much variety as local facilities allow.

Guidance on approaches to assessment of this unit

Learners should be introduced to resistance training in a practical setting. Underpinning knowledge may be developed by use of hand-outs and work packs. Most of the unit and assessment should be delivered in a practical situation.

Centres should ensure that the theoretical input covers safe and effective performance and purpose of the warm up, cool down and the individual exercises selected. This should be continually reinforced during the practical elements.

Outcome 1

Observation and performance evidence of the learner's ability to perform exercises in a safe and effective manner. Evidence from observation reinforced with the learners reflective log book completed after every session. Learners must participate in a minimum of ten resistance training exercises. While ten resistance training sessions is the minimum, it is recommended that learners participate in at least 75% of all the sessions available.

Clothing and equipment worn should be also be appropriate for the activity and recorded in the log book. The equipment worn for each session should be recorded in the individual's log book and on the tutor's observation checklist.

National Unit support notes

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Outcome 2

This is a practical outcome and could be assessed by the assessor observing the learner's performance and recording it in an assessor observation checklist. This could be reinforced by learner's reflection in the log book.

Outcome 3

This outcome could be assessed through discussions with the learner reinforced by the learner logbook confirming evidence of effective execution of individual activities and evaluation of own performance. This should include the strengths and areas of improvement highlighted in the early stages of the unit and a reassessment of these towards the end of the unit.

Opportunities for e-assessment

E-assessment may be appropriate for some assessments in this unit. By e-assessment we mean assessment which is supported by Information and Communication Technology (ICT), such as e-testing or the use of e-portfolios or social software. Centres which wish to use e-assessment must ensure that the national standard is applied to all learner evidence and that conditions of assessment as specified in the evidence requirements are met, regardless of the mode of gathering evidence. The most up-to-date guidance on the use of e-assessment to support SQA's qualifications is available at www.sqa.org.uk/e-assessment.

Opportunities for developing Core and other essential skills

This unit requires some elements of review and reflection, so there may be opportunities for learners to develop oral and/or written communication skills and problem solving. There may also be opportunities to develop the Core Skill of *Working with Others* through group activities.

There is no automatic certification of Core Skills or Core Skill components in this unit.

History of changes to unit

Version	Description of change	Date

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General information for learners

Unit title: Exercise and Fitness: Resistance Training (SCQF level 4)

This section will help you decide whether this is the unit for you by explaining what the unit is about, what you should know or be able to do before you start, what you will need to do during the unit and opportunities for further learning employment.

This unit is designed for someone who has no previous experience and who may wish to pursue a career in the fitness industry.

On successful completion of this unit you will be able to participate safely and effectively in a variety of resistance training sessions. You will also be able to evaluate your own personal performance. You will participate in a variety of sessions that will help build a foundation for further levels. The majority of the unit is delivered and assessed in a practical environment.

There are opportunities to develop the Core Skills of *Communication, Problem Solving and Working with Others* in this unit.

This unit is part of the National Certificate in Army Preparation at SCQF level 4.