



## National Unit specification

### General information

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

**Unit code:** HK4T 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 circuit 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: Circuit Training* (F82511).

### Outcomes

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

- 1 Prepare and participate in various circuit 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: Circuit 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](http://www.sqa.org.uk/assessmentarrangements).

## **National Unit specification: Statement of standards**

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

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 circuit training sessions.

#### **Knowledge and/or Skills**

- (a) Participate in different types of circuit training in various environments.
- (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 session appropriate for circuit training.
- (b) Participate in tutor led cool down session appropriate for circuit 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: Circuit 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 circuit training sessions.

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

Evidence of participation must show that the learner has taken part in minimum of ten circuit training sessions. These should be carried out in at least two different environments.

An observation check list completed by the assessor and backed up by the learner's log book can be used to evidence this outcome.

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

Performance evidence confirming learner's participation in a tutor led warm up and cool down for every session.

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

An observation check list completed by the assessor and backed up by the learner's logbook could be used to evidence this outcome.

**Outcome 3:** Evaluate safe and effective personal performance.

Learners should clearly identify knowledge gained throughout the unit. This would be recorded in the learner's 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 highlighted initially.

This outcome could be evidenced by learner's recording personal performance in their logbook.



## National Unit support notes

**Unit title:** Exercise and Fitness: Circuit 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.

This may be done in either an indoor or outdoor environment. Though it is possible to teach circuits in a machine environment, it is recommended that this unit is taught using basic equipment such as stretch cords, skipping ropes, steps, small dumbbells, heavy bags, etc and employing the use of body weight exercises.

It should be emphasised to learners that the unit is designed to introduce them to the benefits of participation. The unit should not be delivered in one location and the use of a widest variety of equipment and locations should be strongly encouraged. It is strongly recommended that centres consider using outside areas as well as indoors. The use of council run “green gyms” and outdoor areas should also be considered if available.

#### Outcome 1

Learners should participate in a programme of circuit training. Ideally this should include both indoor and outdoor environments. There should also be as wide a use of equipment as possible.

Assessor observation checklist should be completed to show evidence the learner consistently selected appropriate clothing and equipment for the location and weather conditions.

Learners should ideally record the selection of appropriate personal clothing, footwear and equipment in the learner logbook.

#### Outcome 2

Learners should be taught the basic theory and aims of the warm up and cool down. This could be done as a group in the early stages of the unit but latterly could be done as an individual(s) as learners begin to understand the reasons and aims of a 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.

## National Unit support notes (cont)

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

### Outcome 3

The emphasis of this outcome is on evaluating personal performance and should be 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 logbook fully.

The personal evaluation of the learner's own performance will help develop further understanding of good and safe practices during circuit training. 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.

### 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: Resistance Training* HK4R 44 or *Fitness for the Army* (F5FL10) are also being 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 circuit 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 warm up, cool down and the individual exercises selected. This should be continually reinforced during the practical elements.

### Outcome 1

An assessor's observation checklist should be used to confirm the learner's ability to perform exercises in a safe and effective manner. This will be reinforced by the learner's logbook which should include details of the clothing and footwear worn for each session and the equipment used.

### Outcome 2

Observation of performance evidence recorded on a tutor observation checklist reinforced by learner's reflection in the log book.

The observation checklist can be developed to cover both outcomes.

## National unit support notes (cont)

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

### Outcome 3

Learners should be encouraged to identify knowledge gained as they work through the unit and record this in their logbook. They are also required to evaluate their own performance identifying at least one strength and one area for improvement for a minimum of two occasions. It is recommended that this is undertaken at the start of the unit, and also 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](http://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: Circuit 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 circuit 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.