



National Unit specification: general information

Unit title: Body Conditioning (SCQF level 4)

Unit code: H2W7 10

Superclass: LB

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Summary

In this Unit candidates will be introduced to basic body conditioning skills and will be able to identify the reasons for warming up, cooling down, stretching and strengthening the core.

This Unit is suitable for candidates who are interested in developing their own fitness levels and for those who wish to continue to study dance at SCQF level 5.

Outcomes

- 1 Demonstrate a warm up.
- 2 Demonstrate stretching and core strengthening.
- 3 Demonstrate a cool down.

Recommended entry

While entry is at the discretion of the centre, candidates would normally be expected to have attained one of the following, or equivalent:

Expressive Arts experiences and outcomes in Dance

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Credit points and level

1 National Unit credit at SCQF level 4: (6 SCQF credit points at SCQF level 4*)

**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

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

There is no automatic certification of Core Skills or Core Skill component in 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.

Outcome 1

Demonstrate a warm up.

Performance Criteria

- (a) Demonstrate mobilisation of joints.
- (b) Demonstrate cardiorespiratory exercise.
- (c) Describe the reasons for warming up.

Outcome 2

Demonstrate stretching and core strengthening.

Performance Criteria

- (a) Demonstrate stretching techniques.
- (b) Demonstrate core strengthening.
- (c) Describe the reasons for stretching and core strengthening.

Outcome 3

Demonstrate a cool down.

Performance Criteria

- (a) Demonstrate a cool down.
- (b) Describe the reasons for a cool down.

National Unit specification: statement of standards (cont)

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Evidence Requirements for this Unit

Evidence is required to demonstrate that candidates have achieved all Outcomes and Performance Criteria.

Outcome 1

Performance evidence supported by a video/DVD recording and an assessor observation checklist is required for this Outcome. This evidence will be gathered under supervised conditions at appropriate points in the Unit.

Candidates must demonstrate mobilisation of joints and a range of cardiorespiratory exercises. Candidates will demonstrate a condensed tutor-led warm up lasting a minimum of 10 minutes.

Written and/or oral evidence is also required. Candidates will describe the reasons for warming up to include:

- ◆ injury prevention
- ◆ increase in lung and heart capacity
- ◆ increased muscular strength
- ◆ better co-ordination

This evidence must be approximately 100 words in length or a 1 minute oral presentation and will be gathered in open-book conditions at appropriate points in the Unit.

Outcome 2

Performance evidence supported by a video/DVD recording and an assessor observation checklist is required for this Outcome. This evidence will be gathered under supervised conditions at appropriate points in the Unit.

Candidates must demonstrate a selection of dynamic and static stretches for the major muscle groups. They must also demonstrate core strengthening exercises.

Candidates will demonstrate tutor-led stretching exercises lasting a minimum of 10 minutes in total, covering the major muscle groups in the body. Evidence will be gathered under supervised conditions at appropriate points in the Unit.

Written and/or oral evidence is also required. Candidates will describe the reasons for stretching and core strengthening to include:

- ◆ range of movement at a joint
- ◆ improve posture
- ◆ reduce risk of injury
- ◆ reduced muscular tension
- ◆ improved technique
- ◆ safe stretching technique

This evidence must be approximately 100 words in length or a 1 minute oral presentation and will be gathered in open-book conditions at appropriate points in the Unit.

National Unit specification: statement of standards (cont)

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Outcome 3

Performance evidence supported by a video/DVD recording and an Assessor Observation Checklist is required for this Outcome. This evidence will be gathered under supervised conditions at appropriate points in the Unit.

Candidates must demonstrate the following:

Cool down

- ◆ slow down movements
- ◆ lower heart rate
- ◆ stretch
- ◆ breathing
- ◆ hydration

Candidates will demonstrate tutor-led cool down exercises lasting a minimum of 10 minutes in total. Evidence will be gathered under supervised conditions at appropriate points in the Unit.

Written and/or oral evidence is also required. Candidates will describe the reasons for a cool down to include:

- ◆ injury prevention
- ◆ delayed onset muscle soreness
- ◆ breathing rate
- ◆ stretching
- ◆ purpose of hydration

This evidence must be approximately 100 words in length or a 1 minute oral presentation and will be gathered in open-book conditions at appropriate points in the Unit.

National Unit specification: support notes

Unit title: Body Conditioning (SCQF level 4)

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 is free-standing Unit at SCQF level 4. It is designed to introduce candidates to the basics of body conditioning.

Candidates will develop their body conditioning skills through short tutor led presentations of a warm up, stretching and core strengthening and a cool down.

Outcome 1 introduces the basic elements of a warm up. Candidates will be introduced to the reasons why warming up is important and will be led through a series of warm up exercises. Candidates will also be required to identify the reasons for warming up.

Outcome 2 introduces candidates to the basic elements of stretching. They will cover the safety aspect of stretching effectively by practising tutor-led dynamic and static stretches for the major muscle groups in their body. Candidates will also be introduced to the basics of core strengthening. This will include posture and alignment and specific exercises to increase core strength. Candidates will also be required to identify the reasons for stretching and improving core strength.

Outcome 3 introduces the basic elements of a cool down. Candidates will be introduced to the reasons for cooling down and will be led through a series of cool down exercises and activities. Candidates will also be required to identify the reasons for a cool down.

Guidance on learning and teaching approaches for this Unit

Warm up and cool down

At this level candidates need to have a basic understanding of the reasons for participating in body conditioning activities and be able to experience the practical application for themselves.

Through the course of the Unit candidates should start to feel the benefits of taking part in body conditioning. The main focus of this Unit is on warm ups, stretching and basic core strengthening and cool downs. However, it would be at the discretion of the centre if they wished to extend this further into strength and/or endurance (aerobic) activities.

National Unit specification: support notes (cont)

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Consideration should be given to the following:

Warm up

- ◆ prepare body and mind
- ◆ mobilise joints — neck, shoulders, spine, hips, knees, feet
- ◆ raise body temperature
- ◆ adaptations by the body for cardiorespiratory activity — walking, jogging, jumping jacks, grapevine and appropriate continuous travelling movement
- ◆ prevent injury
- ◆ coordination
- ◆ progressive increase in intensity

Stretching

- ◆ range of movement at a joint or group of joints
- ◆ dynamic and static stretching of major muscle groups — neck and shoulders, back, hip flexors, hamstrings, quadriceps, calf muscles
- ◆ improve posture
- ◆ reduce risk of injury
- ◆ reduced muscular tension
- ◆ stretching all major muscle groups in the body
- ◆ safe stretching techniques

Core strength

- ◆ optimal posture and alignment for the individual
- ◆ applying posture and alignment to their own body
- ◆ core strengthening exercises
- ◆ use of abdominals in core strengthening exercises
- ◆ reducing risk of injury
- ◆ application of core strength and posture in static and active movements

Cool down

- ◆ gradual slowing down of movements/activity
- ◆ static stretching
- ◆ lower heart rate
- ◆ prevent muscle stiffness
- ◆ get rid of lactic acid
- ◆ rehydrate
- ◆ delayed onset muscle soreness (DOMS) — reduced instance

Candidates should demonstrate appropriate movements/activities for warming up and cooling down led by the tutor. The tutor should lead practical sessions that will be a mixture of basic theory and physical activities.

It is to be encouraged that candidates learn to apply skills developed in this Unit to any appropriate physical activities they undertake.

National Unit specification: support notes (cont)

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Stretching (flexibility)

Candidates should be able to understand what flexibility is, why it is important and why they should stretch. The tutor could explore this in a variety of ways, through practical sessions looking at, for example, flexibility testing. By understanding the importance, candidates will be able to understand why they need to incorporate stretching into their fitness regime.

It is important to introduce candidates to appropriate methods of stretching and particularly the safety aspect. Therefore, it is advised that simple static and dynamic stretching under supervision is to be encouraged to ensure safe practice and eliminate the risk of injury.

It should also be reinforced at this level that it is necessary to warm up before stretching and that stretching on its own does not constitute a warm up. If appropriate, tutors can give some background to muscle structure and the stretch reflex to enhance candidates' understanding. It is also useful to discuss the feeling that should be experienced when stretching; there should be no feeling of pain, but a feeling of mild tension.

Candidates will be able to demonstrate different stretching activities for different areas of the body and will learn which stretches are of particular benefit to them as an individual.

Core strength

Candidates will be introduced to the importance of practising correct posture and alignment.

Exercises that help to develop this can be based on a number of different approaches to strengthening the core. Attention should be brought, however, to the deep abdominal muscle (transversus abdominus) and not solely to the more superficial muscles (eg. rectus abdominus). It should be stressed that core contraction is not a bracing of the abdominals, but a gentle contracting (tightening) of the transversus abdominus to enable the muscle fibres to contract continuously without tiring (slow twitch fibres). At this level background information on the group of core muscles would be useful, but not essential. The correct use of the abdominals at this level is sufficient.

Exercises can include a range of approaches and can be executed in different positions — eg prone, supine, side lying and on all fours. Exercises can be executed in a number of positions including floor work, standing, side lying and on all fours.

Throughout the Unit there are opportunities for tutor and peer feedback. Candidates can also reflect on their own improvement by measuring their distance travelled, for example, recording their flexibility before embarking on a stretching programme and then recording any improvements made. This can be incorporated into the activities led by the tutor and help to make the classes relevant to the individual candidate.

National Unit specification: support notes (cont)

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There are a number of resources available to enhance the learning experience for candidates at this level. Below is a list of suggested reading/resources, this list is not exhaustive.

Muscle Book, Paul Blakey, Himalayan Institute Press; illustrated edition (30 July 2008), ISBN-10: 0893892637

Stretching Without Pain, W. Paul Blakey, Twin Eagles Educational & Healing Institute; 1st edition (1 January 1994), ISBN-10: 1896238009

Conditioning for Dance: Training for Peak Performance in All Dance Forms, Eric Franklin, Human Kinetics Publishers (30 October 2003), ISBN-10: 0736041567

BBC Bitesize (GCSE Physical Education),

The Anatomy of Stretching, Brad Walker, Lotus Publishing (2011), ISBN-10: 1-55643-596-7

Guidance on approaches to assessment for this Unit

Suitable instruments of assessment for all Outcomes are practical activities with short answer questions.

The practical activities for Outcomes 1, 2 and 3 can be assessed at the same time or separately. For example, the class could be led through a warm up, stretching activities and cool down lasting a total of 30 minutes. Video/DVD recording can be filmed in groups or as a whole class.

The written/oral assessment for Outcomes 1, 2 and 3 could be combined and could be short answer questions on the basic theory underpinning the practical activities. Each Outcome requires candidates to produce around 100 words or a 1 minute presentation covering the Evidence Requirements. If the Outcomes are combined around 300 words would be appropriate or 2–3 minutes if the candidates present their responses orally. This is an open-book assessment and can be gathered on one assessment occasion or at appropriate points throughout the Unit.

Opportunities for the use of 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 e-checklists. Centres which wish to use e-assessment must ensure that the national standard is applied to all candidate evidence and that conditions of assessment as specified in the Evidence Requirements are met, regardless of the mode of gathering evidence. Further advice is available in *SQA Guidelines on Online Assessment for Further Education (AA1641, March 2003)*, *SQA Guidelines on e-assessment for Schools (BD2625, June 2005)*.

National Unit specification: support notes (cont)

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Opportunities for developing Core Skills

Candidates will be producing written and/or oral evidence for all Outcomes, which gives the opportunity to develop aspects of the Core Skill of *Communication*

Through peer analysis or perhaps working on tasks in pairs or small groups candidates will have opportunities to develop aspects of the Core Skill of *Working with Others*.

Disabled candidates and/or those with additional support needs

The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments, or considering whether any reasonable adjustments may be required. Further advice can be found on our website www.sqa.org.uk/assessmentarrangements

History of changes to Unit

Version	Description of change	Date

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