

The Controlled Assessment

Students should be able to understand, describe, explain, analyse and justify the impact of lifestyle and training choices on an individual.

SMSC and British Values

- Understanding the importance and health and well being
- Understanding body types and health condition awareness.

Work Related Learning:

Gaining knowledge to assist in a sports coaching/teaching, sports science career.

Numeracy links:

- Food percentages
- Reading data
- Interpreting data

The aim of the unit is for you to explore the process required for screening clients and assessing their lifestyle and nutritional intake. How to interpret this information will then be examined. From this information you will explore how to make judgements on a specific individual's current lifestyle and then suggest modifications to help improve the individual's fitness, health and overall well-being.

Fitness training methods will be examined for each component of physical and skill-related fitness. The selection of appropriate training methods for a selected individual and their application into a training programme will then be explored.

This unit will be assessed under supervised conditions. Learners will be given a case study one week before the supervised assessment period to carry out preparatory work. The supervised assessment period is a maximum of 2.5 hours as timetabled by Pearson. During the assessment learners will be given a task that will assess their ability to interpret lifestyle factors and health screening data from a scenario and stimulus information in order to develop and justify a fitness training programme and nutritional advice based on these interpretations.

Command Words:

AO1 - Demonstrate knowledge and understanding of the effects of lifestyle choices

AO2 - Apply knowledge and understanding of fitness principles and theory, lifestyle modification techniques, nutritional requirements and training methods

AO3 - Analyse and interpret screening information

AO4 - Evaluate qualitative and quantitative evidence to make informed judgements

AO5 - Develop a fitness training programme

Key Vocabulary

- **Lifestyle** - the way in which a person lives
- **Screening** - the evaluation or investigation of something as part of a methodical survey, to assess suitability for a particular role or purpose
- **Modify** - make partial or minor changes to (something)
- **Nutrition** - the process of providing or obtaining the food necessary for health and growth
- **Macronutrients** – a type of food (e.g. fat, protein, carbohydrate) required in large amounts in the diet
- **Micronutrients** – a chemical element or substance required in trace amounts for the normal growth and development of living organisms

Wider experiences and opportunities:

- Students will endure practical learning opportunities to understand how training programmes can be adapted to individuals.
- Observations of a personal trainer in the fitness industry.

Section A – Examine lifestyle factors and their effect on health and well-being

Learning and understanding that **exercise** and **healthy eating** are important in the maintenance of health and well being.

Understanding that **negative lifestyle** factors such as smoking, alcohol, stress, lack of sleep and having a sedentary lifestyle can effect health and well being.

Identifying lifestyle **modification** techniques and how these can have a positive effect on health and well being.

Section B - Understand the screening processes for training programming

Have knowledge of **screening processes** and to interpret them. Understanding the legal considerations is also key.

Knowledge of **health monitoring tests** such as BMI, blood pressure, waist to hip and reading resting heart rate, interpreting the results of these tests against normative data.

The Content

Section C – Understand programme-related nutritional needs

Students should be able to understand **common nutritional terminology**. Students will know the recommended daily allowances (**RDA**) and energy balance (**BMR**).

Students will understand the requirements of a balanced diet including hydration and how important it is on performance.

Understand different nutritional strategies and understand the use of **ergogenic** aids and sports drinks.



Section D - Examine training methods for different components of fitness

Students should be able to understand the components of **physical fitness** and the application of each component in a fitness training context. Understand the components of **skill-related fitness** and the application of each component in a fitness training context.

Appropriate training methods to be included in the design of a training programme. Indoor and outdoor environments to be considered, with associated equipment, to allow for a variety of methods of exercising. Advantages and disadvantages of training methods to be considered when applied to a specific sport and exercise goal.

Section E – Understand training programme design

Students need to be able to understand the principles of fitness training programme design and be able to design a fitness training programme including all the major components. Students should be able to explain details of what they would like to achieve and how they intend to meet their aims.

Student should be able to make training programmes using personal goals – specific, measurable, achievable, realistic, time-related, exciting, recorded (**SMARTER**).