

BTEC Sport Award Level 1/2

Unit 3a – Design a personal fitness programme



The Spec!!!

PASS (4)	Independently design a safe six-week personal fitness training programme to meet an activity/sport goal taking into consideration personal information.
MERIT (5.5)	Design a safe six-week personal fitness training programme to meet an activity/sport goal which meets the needs of the individual, showing creativity in the design.
DISTINCTION (7)	Justify the training programme design, explaining links to personal information.

SMARTER Targets

- Specific
- Measurable
- Achievable
- Realistic
- Time related
- Exciting
- Recorded

Programme design

Use personal information to aid training programme design.	Select appropriate training method/activity for improving/maintaining the selected component of fitness	
Safe design appropriate method to meet goals and aims	Application of FITT Frequency Intensity Time Type	Application of additional principles <ul style="list-style-type: none"> • Progressive Overload • Individual needs • Reversibility • Rest & Recovery • Adaptation • Specificity
Selection of appropriate activities for warm up / cool down.	Creative design to keep motivated and avoid barriers	

Personal Information required in your programme

Short term goals (1 day – 1month)	Aims (details of what you would like to achieve)
Medium term goals (progress toward Long term)	Objectives (how you intend to meet your aims, using an appropriate component of fitness and method of training)
Long term goals (3months – 1 year or longer)	Medical History questionnaire
Lifestyle and physical activity history	Attitudes and personal motivation of the person the training programme is for.

Key Verb

Justify	Give reasons or evidence to support your opinion or view to show how you arrived at these conclusions
----------------	--

Exercise Intensity

Target Zones (220 – age HR Max) 60-85% Cardio zone	Borg's perceived exertion (6 – 20 x 10)
--	--