

BTEC Level 1-2 First Award in Sport

First teaching September 2018

Sample Marked Learner Work

SECTOR: Sport

Unit 3: Applying the Principles of Personal Training

Learning Aim C: Implement a self-designed personal fitness training programme to achieve own goals and objectives

Distinction level (2C.P4, 2C.M3, 2C.D2)

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You will need to refer to the appropriate specification alongside these sample materials.

Note:

- The Authorised Assignment Brief (AAB) used for generating this learner work is the same as the one provided by Pearson. Centres are expected to get the AAB fully internally verified prior to being issued to the learners.
- The learner work generated is an exemplar of standard for a particular Learning Aim(s) and grade(s), and **NOT** a response to the entire task detailed in the Authorised Assignment Briefs. We therefore expect centres to use this resource to exemplify how to structure a response to a task. We also encourage centres to use this work to standardise their Assessment teams and demonstrate to learners the level of work expected to achieve the different targeted grades outcome.

BTEC Assignment Brief

Qualification	Pearson BTEC First in Sport
Unit number and title	3: Applying the Principles of Personal Training
Learning aim(s)	C: Implement a self-designed personal fitness training programme to achieve own goals and objectives
Assignment title	My training diary: training for success!
Assessor	Ron Aldo
Issue date	26.11.18
Hand in deadline	16.1.19 (due to 6-week training period)

Vocational Scenario or Context	<p>You are now ready to complete your own personal fitness programme which is to be used as an example within the sports centre. The head of the 'Get Fit' initiative wants clients to see you following the programme to show the positive changes fitness training can make. It is important that the other clients see you working hard and following your programme so they can fully understand the benefits of fitness training.</p>
Task 1	<p>The progress of your training is going to be displayed in the fitness centre on a special 'Get Fit' progress notice board. You need to keep an accurate record of your fitness training as you complete the six-week programme.</p> <p>Safely follow your six-week fitness training programme You must make sure you;</p> <ul style="list-style-type: none"> • Complete the full fitness training programme through participation in the selection of activities in a safe environment. • Wear the correct kit and following all safety procedures. This includes safe use of the equipment and using the correct technique. • Collect pictures and videos of you participating in the training programme and use these as evidence to supplement your training diary. These will also be displayed on the notice board. <p>Record your progress in a training diary Your training diary should provide the following details:</p> <ul style="list-style-type: none"> • Date, time and location of the training you have done. • The aims and objectives for each session. • Session duration. • The type(s) of training you did and what methods of training you used. • Log of personal performance and achievements in each session. • The resources you required to do each session e.g. equipment.

	<ul style="list-style-type: none"> • Details of how progressive overload was achieved over the course of the programme. • Details of programme intensity using % HR max and RPE. • Include photographs and videos of you undertaking your training sessions as part of your six-week programme. • A summary of the success of each session; what worked, what didn't work and what you did or will do to amend the session in future. <p>At the end of each week you should write a summary that measures the success of your fitness training programme. This information will be displayed on the 'Get Fit' notice board so it should consider the following topics;</p> <ul style="list-style-type: none"> • Any evidence of personal development including achievement of programme goals, aims and objectives. • Your enjoyment, dedication and commitment to training that week. • Motivation for training – specifically what has made you maintain your motivation? • Changes you have made to your programme to avoid or overcome any barriers to training, issues or problems.
Checklist of evidence required	
Criteria covered by this task:	
Unit/Criteria reference	To achieve the criteria you must show that you are able to:
2C.P4	Safely implement a six-week personal fitness training programme, maintaining a training diary.
2C.M3	Safely implement a successful six-week personal fitness training programme, maintaining a training diary summarising outcomes for each session.
2C.D2	Safely implement a successful six-week personal fitness training programme, maintaining a training diary to evaluate performance and progress.

Sources of information to support you with this Assignment	<p>Textbooks</p> <p>Ackland, J. (2007) The Complete Guide to Endurance Training, London: A&C Black, ISBN 978 0 71367 903 8.</p> <p>Adams, M., et al. (2012) BTEC First in Sport Student Book, Harlow: Pearson Education, ISBN 978 1 44690 161 8.</p> <p>Bean, A. (2008) The Complete Guide to Strength Training, London: A&C Black, ISBN 978 1 40810 539 9.</p> <p>Hope, R. and Lawrence, D. (2011) The Complete Guide to Circuit Training, London: A&C Black, ISBN 978 1 40815 635 3.</p>
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	<p>Lawrence, M. (2011) <i>The Complete Guide to Core Stability</i>, London: A&C Black, ISBN 978 1 40813 324 8.</p> <p>Norris, C. M., (2007) <i>The Complete Guide to Stretching</i>, London: A&C Black, ISBN 978 1 71368 348 6.</p> <p>Shepherd, J. (2006) <i>The Complete Guide to Sports Training</i>, London: A&C Black, ISBN 978 0 71367 835 2.</p> <p>Websites</p> <p>The following website will provide help in the use of training programmes and information on diet, nutrition, fitness, wellness and lifestyle:</p> <p>www.brianmac.co.uk/trainprog.htm www.livestrong.com/fitness www.sport-fitness-advisor.com</p>
Other assessment materials attached to this Assignment Brief	

If you have not achieved the Level 2 criteria, your work will be assessed to determine if the following Level 1 criteria have been met.

To achieve the criteria you must show that you are able to:	Unit	Criterion reference
Safely implement, with guidance, a four-week personal fitness training programme, maintaining a training diary.	3	1C.4

Introduction to Learner work

The learner work that follows has been assessed accurately to national standards. This is one example of distinction grade achievement for Learning Aim C for Unit 3: Applying the Principles of Personal Training which is an internally assessed unit.

The learner is in **Year 11** and is completing the Pearson BTEC Level 1/2 First Award in Sport (2018) at a school alongside other qualifications.

The learner has submitted **Assignment 3, Learning Aim C** and it has been assessed as distinction standard meeting the requirements of 2C.P4, 2C.M3 & 2C.D2 in full.

Commentary

The learner has completed a training diary to record their participation in the training programme. The training diary is required for all of the 2C.P4, 2C.M3 and 2C.D2 criteria. When Assessors are grading this Learning Aim, the level of detail within the diary is the main differential for awarding criteria.

The video evidence of the learner participating in the training programme has not been included in this sample for safeguarding and GDPR reasons. Good practice for learning aim C is that the learner is video recorded participating in their training programme over the whole time period. The video does not need to record the full session on every occasion. Shorter video clips showing a range of activities over a number of weeks is more beneficial. The video should show the learner wearing the correct kit and executing the activities safely. The training activities should reflect their planning and show progression over the plan.

To achieve the 2C.P4 the learner has provided evidence that they have safely implemented their training programme. This has been supported by the Assessor including a detailed record of practical activity. The learner has also completed a training diary for each session they have participated in.

The learner has achieved 2C.M3 by summarizing the outcomes of each session. The outcomes link to the measures of success described in the unit content (topic C.3). The format of the training diary is excellent and has allowed the learner to effectively summarise each session.

The learner has achieved 2C.D2 as they have maintained a training diary to evaluate their performance and progress in their 6-week training programme. Within the training diary they have kept a detailed record of the activities they have completed each week and discussed their achievement against personal aims, goals and objectives. The learner has provided details of how the programme has been adapted to ensure continued commitment to training, for example using a variation of activities/training methods from their original choice. The section of the diary entitled ' How did you feel before, during and after this session?' has allowed the learner to reflect on their motivation for training (intrinsic and extrinsic) and how this has helped them to successfully complete a fitness training programme.

Learner work

The learner in this sample of work did submit evidence to demonstrate that they had physically taken part in a 6-week training programme. For safeguarding reasons, the video evidence and pictures have not been included in this sample.

To support assessment decisions for learning aim C, best practice would include;

- ✓ Video clips of the learner following their training programme. It would be beneficial if they could introduce themselves at the start of the video so it is clear who they are throughout the video clips. The videos should also evidence participation in all 6-weeks of the programme. The video footage should highlight the intensities/sets/reps the learner is completing. The video does not have to record the full session but must show the learner participating in all of the activities they have designed.

Where it is not possible to video record learners;

- ✓ Annotated photographs of the learner participating in their programme should be obtained. The photographs should clearly show the learner completing all of their exercises and the gym environment they are training in to ensure it is safe. The learner should annotate the photographs to highlight what aspects of their training they are doing.

In the evidence the learner must clearly;

- ✓ Complete the full fitness training programme through participation in the selection of activities
- ✓ Train in a safe environment
- ✓ Wear the correct kit and following all safety procedures
- ✓ Use the equipment safely and use the correct technique

Training Diary

Week 1

Date: 28/11/18	Time: 3.00pm	Location: School fitness gym	Duration: 45 mins
<p>Aims/objectives: To improve my aerobic endurance.</p> <ul style="list-style-type: none"> • Take part in interval training • Stick to the plan I have made or make it harder • Try my best in every session 			
<p>Training activities undertaken (including FITT): Warm up of: Pulse raiser – 2 mins jogging, 2 mins sidesteps, 1 minute of high knees. SAQ Ladders. Joint mobilization - 1 minute of walking lunges, 1 minute of shoulder rotation, 1 minute of hamstring walks Stretching - 1 minute of lunges and hold it for 2 seconds, 30 secs static stretch both quadriceps, 1 minute of side Lunges hold it for 2 seconds.</p> <p>Main session: Exercise bike- 2 minute at 50% MHR and then 1 min at 75% MHR X 6</p> <p>Cool down: Pulse lowering activity - 2 minute of jogging, 2 minutes of sidesteps, 2 minutes of walking to lower pulse rate Stretching - Lunges 1 minute, Calf stretch, Quadriceps stretch</p>			
<p>Resources required for training activities: stopwatch, SAQ Ladders, exercise bike, kit, trainers</p>			
<p>What are your personal performances and achievements? (Comment on goals, aims and objectives) I couldn't do most of my warm up because we were in the fitness suite so I had to change it to 5 minutes jogging on the treadmill at RPE 10 and 5 minutes on the cross trainer at RPE 12. I completed all of the stretches though before I started the main bit. I met all of my objectives as I did interval training and I tried really hard. I completed all 6 repetitions of the interval training and managed to do a cool down in the time we had.</p>			
<p>Training Intensity (% HR Max): 50% and then Approx 75% in the sprint</p>		<p>RPE during session: 15</p>	

Comments on progressive overload and how you may need to change the next session:
 Next week I am going to ask Sir if I can add some SAQ ladders at the start of the session to make the session more interesting. The main bit of the session was pretty boring and I think I could work harder. I will decrease the rest (50% MHR) to 90 seconds rather than 2 minutes to make it harder next week.

How did you feel before, during and after this session?

I felt a bit nervous before starting the training session because I didn't know if I could manage to cycle for 18 minutes without stopping. I think this affected by intrinsic motivation in a good way because it made me want to try harder to finish the session. I was really tired at the end. Sir was really good when I was getting tired because he encouraged me to push myself. During the session I felt quite hot because I was indoors but I managed to keep going for the whole session. After a rest and a drink, I started cycling and after a minute or so I found a good rhythm, for the last minute I really found my legs hurting which I think was lactic acid.

Week 2

Date: 5/12/17	Time: 3.00pm	Location: School fitness gym	Duration: 45 mins
<p>Aims/objectives: To improve my aerobic endurance.</p> <ul style="list-style-type: none"> • Take part in continuous training • Stick to the plan I have made or make it harder • Try my best in every session 			
<p>Training activities undertaken (including FITT): Warm up: 5 minutes jogging on the treadmill at RPE 10 and 5 minutes on the cross trainer at RPE 12 Exercise bike- 90 seconds at 50% MHR and then 1 min at 75% MHR X 6 Cool down - Pulse lowering activity - 2 minute of jogging, 2 minutes of sidesteps, 2 minutes of walking to lower pulse rate, Stretching - Lunges 1 minute, Calf stretch, Quadriceps stretch</p>			
<p>Resources required for training activities: stopwatch, exercise bike, rowing machine, treadmill, kit, trainers</p>			

<p>What are your personal performances and achievements? (Comment on goals, aims and objectives)</p> <p>I managed to complete the whole session today. I had to change on of the warm up activities today because all of the cross trainers were being used. I went on a rower instead which was quite good because it worked my arms as well.</p>	
<p>Training Intensity (% HR Max): 50% and then Approx 75% in the sprint</p>	<p>RPE during session: 18 in the main session</p>
<p>Comments on progressive overload and how you may need to change the next session: My training has progressed from starting at 2 minutes at 50% MHR to 90seconds. I noticed a big difference this week because I did not have as much time to recover. This was not too bad at the start of the 6 reps but towards the end I got really tired. This made my RPE more like 18 than 15.</p> <p>I will keep the programme like this for one more week while I get used to it.</p>	
<p>How did you feel before, during and after this session?</p> <p>I felt fine before starting the training session because I was confident I could manage the cycle with no problems. During the session I felt quite comfortable in the first part of the cycle but I really had to push myself in the last part of the main section. My legs were really hurting and I had to use intrinsic motivation to get through all of the training plan. I didn't need as much extrinsic motivation today as I was determined to finish the plan myself. After the session I felt quite tired and my legs were aching again but I felt good about myself because I had worked harder and still finished the programme.</p>	

Week 3

Date: 12/12/18	Time: 3.00pm	Location: School fitness gym	Duration: 45 mins
<p>Aims/objectives: To improve my aerobic endurance.</p> <ul style="list-style-type: none"> • Take part in interval training • Stick to the plan I have made or make it harder • Try my best in every session 			

<p>Training activities undertaken (including FITT):</p> <p>Warm up: 5 minutes jogging on the treadmill at RPE 10 and 5 minutes on the rower at RPE 12 Exercise bike- 90 seconds at 50% MHR and then 1 min at 75% MHR X 7 Cool down - Pulse lowering activity - 2 minute of jogging, 2 minutes of sidesteps, 2 minutes of walking to lower pulse rate, Stretching - Lunges 1 minute, Calf stretch, Quadriceps stretch</p>	
<p>Resources required for training activities: stopwatch, rowing machine, exercise bike, kit, trainers</p>	
<p>What are your personal performances and achievements? (Comment on goals, aims and objectives)</p> <p>I managed to complete the programme much easier this week so I put an extra repetition of the cycling in to push myself. I had to cut the cool down a bit short to make sure I had time to get changed though. I didn't feel the shorter breaks made any real difference. I am starting to get used to rowing now and feel I have got into a good rhythm so the warm up was more fun.</p>	
<p>Training Intensity (% HR Max): 50% and then Approx 75% in the sprint</p>	<p>RPE during session: 15</p>
<p>Comments on progressive overload and how you may need to change the next session: My training has progressed from doing 6 repetitions of interval training to 7 which is an extra 3 minutes of training. Next session I am going to change the exercise bike to the cross-trainer so I don't get bored with doing the same thing all the time. Sir also said that we can bring music to listen to next week which I think will help. I will reduce my rest time between the warm up to see if I can do an extra repetition of interval training. This will ensure progressive overload too.</p>	
<p>How did you feel before, during and after this session?</p> <p>I felt fine again before starting the training session because I am confident in my programme. I wasn't looking forward to the cycling as I am starting to get a bit bored with it so I will change this activity next week. Again, during the session I felt quite comfortable cycling and I was motivated to do an extra repetition of interval training. My coach didn't substitute me at football this weekend and I feel a lot fitter so I am going to try to do a bit more each week so I play more football. After the session I felt quite tired again but not as bad as last week. I am looking forward to training with music which I think will give me extra extrinsic motivation to train hard.</p>	

Week 4

Date: 26/12/18	Time: 5.00pm	Location: Roads around house in Shirevale.	Duration: 25 mins
<p>Aims/objectives: To improve my aerobic endurance.</p> <ul style="list-style-type: none"> • Take part in continuous training • Stick to the plan I have made or make it harder • Try my best in every session 			
<p>Training activities undertaken (including FITT): Warm up: 10 press ups, 10 squats, 10 lunges, 10 sit ups, 10 jumping jacks. Stretching - Calf stretch, Quadriceps stretch, hamstring stretch. Main session - 25 minute jog,(Continuous training) Cool down - Stretching - Lunges 1 minute, Calf stretch, Quadriceps stretch</p>			
<p>Resources required for training activities: Smartphone, kit, trainers</p>			
<p>What are your personal performances and achievements? (Comment on goals, aims and objectives) I ran around up Broadway in Shirevale for 25 minutes. The school gym was shut as it was boxing day so I couldn't do any cycling. I have been doing interval training in the school fitness gym but because I don't have an exercise bike I had to go out running on the roads instead. I finished the running but I had to stop a few times to catch my breath because I was really tired. I ran too fast at times and then had to stop and walk to get my breath back. I should have gone slower for longer but I think this is because I am used to interval training. I am going to try to go to the local gym next week instead.</p>			
<p>Training Intensity (% HR Max): Approx 70%</p>		<p>RPE during session: 19</p>	
<p>Comments on progressive overload and how you may need to change the next session: Next session I am going to change the exercises back to my normal plan as I did not enjoy road running. I will try to go back to week 5 of the plan to make sure I am meeting my fitness goal.</p>			

How did you feel before, during and after this session?

Again, I felt fine before starting the training session because I am confident in my running but I didn't really know where to go and it was dark. It was different running outside to in the gym as the weather makes it colder on my legs as I was running in shorts. I felt I was getting out of breath because it was colder too. This made me less motivated to finish the session so I stopped for some breaks which I don't do in the gym. I think I try harder in school because Sir is watching me so it must give me some extrinsic motivation. After running I felt quite tired and my breathing was quite heavy. After a walk to cool down and some stretching I felt better soon after.

Week 5

Date: 2/1/19	Time: 12pm	Location: Leisure Centre fitness gym.	Duration: 60 mins
<p>Aims/objectives:</p> <p>To improve my aerobic endurance.</p> <ul style="list-style-type: none"> • Take part in interval training • Stick to the plan I have made or make it harder • Try my best in every session 			
<p>Training activities undertaken (including FITT):</p> <p>Warm up: 5 minutes jogging on the treadmill at RPE 10 and 5 minutes on the cross trainer at RPE 12</p> <p>Main session - Exercise bike- 90 seconds at 50% MHR and then 1 min at 75% MHR X 8</p> <p>1000M rowing race at 20 RPE</p> <p>Cool down - Pulse lowering activity – 5 minutes cycling</p>			
<p>Resources required for training activities:</p> <p>stopwatch, kit, trainers, cross trainer, treadmill, rowing machine.</p>			
<p>What are your personal performances and achievements? (Comment on goals, aims and objectives)</p> <p>As school was still shut I went to the local leisure centre with my friend from the footy team. He followed my programme with me. We did the normal session and then he asked me to race him on the rower. I said yes but after I did it I felt sick and could hardly move. This wasn't aerobic endurance because I was working at 20 RPE. This was a bit silly and I won't do it again because I felt rubbish afterwards.</p>			

<p>Training Intensity (% HR Max): Approx 50 - 70% in the main section 95% in the rowing</p>	<p>RPE during session: 15 - 20</p>
<p>Comments on progressive overload and how you may need to change the next session: I progressed the main section of my training plan to 8 repetitions of the interval training on the exercise bike this week. It was hard but I felt like I could do it. I overloaded my muscles too much by having a rowing race against my friend. My muscles were still sore at football training so I couldn't take part properly. I won't do the race again because it is not in the aerobic training zone and therefore doesn't help me meet my aim.</p>	
<p>How did you feel before, during and after this session? Again, I felt fine and confident before starting the training session because I am confident in all of my activities now. I could show my friend what to do and tell him how hard to work on each one. Having a training partner was good in one way because it made me competitive and try harder but, in another way, I was silly and I did the wrong type of training because I wanted to beat him. It was good to train in the local fitness gym where they have new machines with televisions on them. The change of gym was fun and I would like to train there after I have finished my 6-week programme. I wasn't out of breath due to the cold this week as well. After the session I felt sore again but that is good as it shows I have had a challenging session and am improving my aerobic endurance. I felt worse this week because I was silly and pushed myself too hard against my friend. I am proud of myself that I did a second training session outside of school.</p>	

Week 6

Date: 9/1/19	Time: 3.00pm	Location: School gym.	Duration: 45 mins
<p>Aims/objectives: To improve my aerobic endurance.</p> <ul style="list-style-type: none"> • Take part in interval training • Stick to the plan I have made or make it harder • Try my best in every session 			

<p>Training activities undertaken (including FITT): Warm up: 10 minute jog on the treadmill at RPE 12 and stretches (calf, hamstring and quadriceps) Main session - Exercise bike- 2 minute at 50% MHR and then 1 min at 75% MHR X 10 Cool down - Pulse lowering activity – 5 minutes on the cross trainer</p>	
<p>Resources required for training activities: stopwatch, kit, trainers, treadmill, exercise bike, cross trainer</p>	
<p>What are your personal performances and achievements? (Comment on goals, aims and objectives)</p> <p>I completed the 30 minute interval session in the gym. I was able to jog for 10 minutes at RPE 12 in the warm up before I started the main session. I think is because of the run I did over Christmas. I did this without stopping which I couldn't do in week one. I stuck to my original plan and did 10 repetitions of the interval training plan. I knew it was going to be harder so I went back to the original 2 minutes at 50% MHR instead of 90 seconds. This worked because I completed it all.</p> <p>I am nearing the end of training plan and will soon be retesting my scores on the different tests.</p>	
<p>Training Intensity (% HR Max): Approx 70%</p>	<p>RPE during session: 17</p>
<p>Comments on progressive overload and how you may need to change the next session: My training has progressed from doing 2 minutes at 50% MHR and 1 minute at 75% MHR six times to being able to do it 10 times. I pace myself better during the activities now so that my heart rate stays in the right zone and doesn't jump up and down as much. I have changed my warm ups quite a lot from my original suggestions. I couldn't do the side steps and SAQ ladders as we have been training in a fitness gym. I have had to change the warm up to aerobic equipment instead. I have still done my stretches though. I can definitely run further/faster now than I could in week 1. I feel more confident in the gym and using all of the machines properly. If I carry this training programme on I think I would add some continuous training to it.</p>	
<p>How did you feel before, during and after this session?</p> <p>Before starting the training session, I was confident that I could finish the programme as I have been getting fitter every week. My intrinsic motivation to train has gone up because I am enjoying the training more and I can see a change in my body as well as my fitness. I am getting extrinsic motivation from my footy coach because he is not substituting me as much because I am unfit.</p> <p>During the session I was feeling good and confident that I was going to achieve the aim of the session. After the session I felt some soreness again but that is good as it shows I have had a challenging session and am improving my aerobic endurance. I used to think sore legs was bad but now I know it is when I have done progressive overload. I am looking forward to retesting my fitness levels on the tests I did before my training started.</p>	

RECORD OF ACTIVITY

Observation Record	
Learner name:	Lewis Figo
Qualification:	BTEC First Award in Sport
Unit number & title:	UNIT 3: APPLYING THE PRINCIPLES OF PERSONAL TRAINING
Name of *Observer	Ron Aldo
Date of Activity:	28.11 5.12 12.12 9.01
Assessment criteria targeted :	
<p>2C.P4 Safely implement a six week personal fitness training programme, maintaining a training diary.</p> <p>2C.M3 Safely implement a successful six-week personal fitness training programme, maintaining a training diary summarising outcomes for each session.</p> <p>2C.D2 Safely implement a successful six-week personal fitness training programme, maintaining a training diary to evaluate performance and progress.</p>	
Description of activity undertaken (what the learner did) and the evidence provided/questions asked and answers given:	
<p>Lewis took part in four training sessions at Shirevale Academy in the fitness suite. During the sessions he used the fitness programme he had previously created. In the first week he realised the plan he had written wasn't very suitable for the school fitness suite and changed the warm-up and cool down to cardiovascular machine activities. At times he had to swap aerobic activities as all of the students in the class were doing the programme at the same time and sometimes they wanted the same equipment.</p> <p>Lewis made suitable changes to his plan to progress his plan. For example, he recognised in week 1 that a 2 minute 'rest' period was too long and reduced it to 90 seconds. He then overloaded his sessions by increasing the amount of intervals he did over the session.</p> <p>Over the Christmas break, he did a couple of sessions at home which he evidenced with pictures and short videos on his iPhone. On his last training session he seemed to be really motivated to complete the final week of the plan. I would say he has done the training plan to the best of his ability.</p> <p>In each session he wore the correct training gear, used the equipment safely and wiped the equipment down after he used it.</p> <p>After each session he completed a training diary in the following theory lesson.</p>	
I confirm this is an accurate record of the activity undertaken	

Learner signature:	<i>L. Figo</i>	Date:	10.1.19
* Assessor signature: * please delete as applicable	R.Aldo		

Learner Assessment Submission and Declaration

This sheet must be completed by the learner and provided for work submitted for assessment.

Learner name: Lewis Figo		Assessor name: Ron Aldo	
Date issued: 26.11.18	Completion date: 16.1.19	Submitted on: 16.1.19	
Qualification: BTEC First in Sport			
Assessment reference and title: My training diary: training for success!			

Please list the evidence submitted for each task. Indicate the page numbers where the evidence can be found or describe the nature of the evidence (e.g. video, illustration).

Task ref.	Evidence submitted	Page numbers or description
1	Training diary	Diary
1	Videos and photographs	Video links and photos
Comments for note by the Assessor:		
<i>I did not use any external sources because this was all about me.</i>		

Learner declaration

I certify that the work submitted for this assignment is my own. I have clearly referenced any sources used in the work. I understand that false declaration is a form of malpractice.

Learner signature: *L. Figo*

Date: 16.1.19

ASSESSMENT RECORD SHEET				
Programme		BTEC First in Sport	Learner name	Lewis Figo
Assignment title		My training diary: training for success!	Assessor name	Ron Aldo
Unit no. & title		3: Applying the principles of personal training	Targeted assessment criteria	2C.P4, 2C.M3 2C.D2
Issue date		26.11.18	Submission deadline	16.1.19
First submission / resubmission?*		First	Date submitted	16.1.19
Resubmission authorisation by Lead Internal Verifier*			Date	
Targeted criteria	Criteria achieved? (Yes / No)	Assessment comments		
2C.P4	Yes	You have created a training diary that discusseS every element of your training programme. You participated fully in the training programme and worked safely in every session. Your practical activities have been supported by pictures and videos of you taking part. Well done!		
2C.M3	Yes	In the training diary you have made sure that you have reviewed your achievements within each session to summarise if you have met your outcomes.		
2C.D2	Yes	In the final section of the weekly training diary you have evaluated your motivation and successes before, during and after training. You have been really honest in these sections and reflected on the impact that your training has had on your sport which is excellent.		
General comments				

Assessor declaration			
Assessor signature	R.Aldo	Date	23.1.19
Learner comments	I am glad I reviewed each session at the end so it was easier at the end of 6-weeks.		
Learner signature	Lewis Figo	Date	28.1.19