Unit title	Training and Fitness Sport and Exercise
Unit level	Three
Unit credit value	3
Unit code	WNI843
Unit type	Academic Subject Content
Unit review date	31/12/2028
Graded/Ungraded	Graded

This unit has 4 learning outcomes:

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	**The learner can:**
1. Understand the components of physical fitness.	1.1 Describe the main components of fitness.
2. Understand the principles of training.	2.1 Explain the principles of training.
3. Understand different methods of fitness training.	3.1 Describe methods of fitness training for the different components of physical fitness.
4. Be able to plan and review a fitness training programme.	4.1 Plan a six-week fitness training programme that incorporates the principles of training and periodisation. 4.2 Monitor performance against goals during the six-week training programme. 4.3 Produce an evaluation of the six-week fitness training programme on completion, describing strengths and areas for improvement.

Assessment (Graded)

1. Meets assessment criteria	At least a Pass
2. Further grading	
▪ Meets assessment criteria but not merit grading standards	Pass
▪ Meets assessment criteria and merit but not distinction grading standards	Merit
▪ Meets assessment criteria and distinction grading standards	Distinction

Indicative content

The following content is to be included in the delivery of the unit.

Learning outcomes	Indicative content
1. Components of fitness	• Aerobic endurance • Strength • Power • Muscular endurance • Flexibility • Speed
2. Principles of training	• Specificity • Progression • FITT principle (frequency, intensity, time and type) • Overload (the FITT principle should be applied in a way that ensures that progressive overload can be achieved without significantly risking injury as a result of fatigue) • Reversibility • Variation • Individual needs: the programme should be designed to meet the needs and requirements of the sport as well as the personal information collected. • Tedium • Rest and recovery • Adaptation.
3. Fitness training methods (examples)	• Speed (interval, sports specific speed training, downhill sprinting) • Power (weight training, plyometric, hill sprints) • Aerobic endurance (interval training, fartlek training, continuous training, circuit training) • Muscular endurance (circuit training, specific weights programmes)

	• Flexibility (dynamic stretching, static stretches, ballistic stretches, proprioceptive neuromuscular facilitation (PNF) stretching) • Strength (weight training programmes for example free weights, resistance machines, body weight exercises).
4. Plan a 6-week training programme	• Collect information: goals (short-, medium- and long-term goals); SMART (specific, measurable, achievable, realistic, time-bound) targets; lifestyle; medical history; physical activity history • Appropriate activities for warm-up • Principles of training • Appropriate activities for cool-down • Selection of suitable equipment and facilities • Ways of monitoring intensity, e.g. heart rate monitors, rating of perceived exertion (RPE) • Periodisation: macrocycle; mesocycle; micro cycle; individual training sessions • Training diary: eg progression, attitude, motivation, links to goals • Safe design of session

5. Evaluation of a 6-week training programme	• Use a range of methods to gain feedback, e.g. ask participants, self-evaluation, peer/supervisor evaluation
	• Analyse feedback (strengths, weaknesses, suggestions)
	• Evaluate how improvements could be made.
	  • prioritise areas for improvement.
	  • steps that could be taken to improve identified weaknesses.
	  • how improvements will be measured

Indicative content

The following content is to be included in the assessment of the unit.

Learning outcomes	Indicative content
1.	The learners must describe all components of fitness within the indicative content.
2.	Learners must explain all of the principles of training providing relevant sporting examples to support their explanations. • Specificity • Progression

	• FITT principle (frequency, intensity, time and type) • Overload, the FITT principle should be applied in a way that ensures that progressive overload can be achieved without significantly risking injury as a result of fatigue. • Reversibility • Variation • Individual needs: the programme should be designed to meet the needs and requirements of the sport as well as the personal information collected • Tedium • Rest and recovery • Adaptation
3.	Learners must describe one training method for each of the component of fitness identified in Learning Outcome 1 Methods of training that could be described for each component of fitness include: • speed (interval, sports specific speed training, downhill sprinting) • power (weight training, plyometric, hill sprints) • aerobic endurance (interval training, fartlek training, continuous training, circuit training) • muscular endurance (circuit training, specific weights programmes) • flexibility (dynamic stretching, static stretches, ballistic stretches, proprioceptive neuromuscular facilitation (PNF) stretching) • strength (weight training programmes for example free weights, resistance machines, body weight exercises).
3.	The learner must plan a 6-week fitness training programme for a selected individual. The learner must collect any information they need to plan the programme. The plan for the 6-week programme must use the following principles of training: • Specificity • Progression. • FITT principle • Overload. • Reversibility • Variation

	• Individual needs • Tedium • Rest and recovery • Adaptation. The learner must plan the 6-week programme to fit the individual's macrocycle. The 6-week plan should fit the individual's mesocycle and the learners must provide details of the individual's microcycles.

Assessment methodology

The following assessment methods are suggested for the assessment of this unit.

- Report
- Presentation
- Academic Poster
- Assignment
- health screening questionnaire.
- Training plan
- Training diary