

FAIRFIELD HIGH SCHOOL

PHYSICAL EDUCATION DEPARTMENT

BTEC First Diploma in Sport

Unit 14 – Instructing Exercise & Fitness

Assessment Part 1

Assignment Context

You have recently qualified as a personal fitness trainer. This is a very competitive field of employment and you have secured an interview at Merseyside's latest exclusive private health and fitness centre. The centre's clients range from Liverpool football players and stars of popular TV soaps, to local business people and you must show an ability to mix with people from such walks of life with varying levels of existing fitness.

Instructing Exercise & Fitness

Part One

Scenario

You are asked for interview at the health and fitness centre and given the task of preparing a presentation to the regional manager, which will show your knowledge and understanding of some of the key areas of your work. These include fitness training and health & safety

Learning Outcomes

Outcome 1 – Understand the principles of an effective exercise session and exercise programming

Tasks:

Prepare and deliver a power point presentation of 8-10 slides relating to the principles of training.

To achieve a PASS grade: -

1. **Describe** the principles of fitness training. (P1)
2. **Outline** health & safety issues an exercise instructor needs to consider for their clients. (P2)

In order to achieve a Merit Grade, you must: -

1. **Explain** the principles of fitness training (M1)

In order to achieve a DISTINCTION grade, you must ALSO: -

1. **Relate** the principles of training to a range of clients with different needs (D1)

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Assessment Part 2

Assignment Context

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Part Two

Scenario

You are asked to bring to the interview, information relating to exercise programmes for a variety of clients. The health and fitness centre has given you details of 3 willing members they would like to observe you put through an exercise session, including a warm-up.

Learning Outcomes

Outcome 2 – Be able to plan an exercise programme

Outcome 3 – Be able to assist in instructing an exercise session

Tasks:

Produce a booklet, which you will be able to use with clients as a guide to performing a safe and effective exercise programme. The booklet should include text and photographs of selected physical activities, suitable warm-up procedures and stretches. You will also have to demonstrate your practical ability as a fitness-training instructor.

To achieve a PASS grade: -

1. **Outline** exercise programmes for three different types of client. (P4)
2. **Describe** and instruct a warm up and a cool down (P3)
3. **Assist** in instructing induction, resistance training and circuit training sessions for selected clients (P5)

In order to achieve a Merit Grade, you must: -

1. **Produce** detailed exercise programmes for three different types of client (M3)
2. **Justify** each part of the warm up and cool down (M2)
3. **Demonstrate** effective communication with selected clients (M4)

In order to achieve a DISTINCTION grade, you must ALSO: -

1. **Plan** exercise programmes justifying, the aims and range of activities suggested for three different types of clients (D2)

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Assessment Part 3

Assignment Context

You have recently qualified as a personal fitness trainer. This is a very competitive field of employment and you have secured an interview at Merseyside's latest exclusive private health and fitness centre. The centre's clients range from Liverpool football players and stars of popular TV soaps, to local business people and you must show an ability to mix with people from such walks of life with varying levels of existing fitness.

Instructing Exercise & Fitness

Part Three

Scenario

The final part of the interview process involves you obtaining feedback from the clients and conducting a review of the sessions and your own strengths and areas for development. Your ability to monitor and develop performance of clients and yourself will be a vital part of the job if you are successful

Learning Outcomes

Outcome 4 – Be able to undertake a review of an exercise programme and an exercise session

Tasks:

Produce feedback material for distribution amongst clients after the sessions. You must be able to interpret feedback and make a self-assessment of your own performance in the delivery of each session.

To achieve a PASS grade: -

1. **Use** appropriate feedback to review three different exercise programmes and exercise sessions(P6)
2. **Review** performance in the outlining of exercise programmes and in the instruction, and assisting the instruction, of exercise sessions, identifying strengths and personal development needs (P7)

In order to achieve a MERIT Grade, you must: -

1. **Competently** use different forms of feedback in order to review three different exercise programmes and exercise sessions (M5)
2. **Justify** identified personal development needs (M6)

In order to achieve a DISTINCTION grade, you must ALSO: -

1. **Demonstrate** competence in monitoring and adapting exercise to suit different client ability levels (D3)