

# FAIRFIELD HIGH SCHOOL

PHYSICAL EDUCATION DEPARTMENT

## BTEC First Diploma in Sport

### Unit 4 – Preparation for Sport

## **Assessment Part 1**

#### **Assignment Context**

You have just been employed as a Fitness Trainer at Liverpool Football Club. Your role is to supplement the training of all footballers, within the busy and very successful club. You will be working with the footballers in both a practical and theoretical setting.

# PREPARATION FOR SPORT

## Part one

### **Scenario**

You have been promoted to the post of fitness advisor to Liverpool football Club due to a requirement for the players to understand why fitness and lifestyle are important factors in maintaining high performance.

### **Learning Outcomes**

Outcome 1 – Understand the fitness and lifestyle of an individual sports performer

### **Tasks:**

To write a report on the fitness requirements and lifestyle requirements for a professional footballer at the club and how these factors can effect sports performance.

### **To achieve a PASS grade: -**

1. **Describe** the components of fitness and their effects on sports performance (P1)
2. **Describe** four different lifestyle factors that can affect sports performance (P2)

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

1. **Explain** the effects of fitness and the lifestyle of sports performers on sports performance (M1)

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

1. **Evaluate** the effects of lifestyle factors on sports performance, providing recommendations for changes (D1)

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## **Assessment Part 2**

### **Assignment Context**

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# PREPARATION FOR SPORT

## Part 2

### **Scenario**

As part of the clubs pre-season training programme, all players must undertake a number of fitness tests. The clubs full time fitness coach uses these to produce the player's individual fitness programmes, which are administered and monitored.

### **Learning Outcomes**

Outcome 2 - Be able to plan a simple fitness training programme for an individual sports performer

### **Tasks:**

There are over 50 full time footballers at the club. You have been allocated five players who you must work with, each of the players that you have been allocated play in different positions:

### **To achieve a PASS grade: -**

1. **Select** and conduct three suitable tests, related to different areas of fitness, in order to assess the fitness of a footballer, with teacher support, recording results accurately (P3)

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

1. **Independently** select and conduct three suitable tests, related to different areas of fitness, in order to assess the fitness of a footballer, accurately recording and interpreting results (M2)

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

1. **Analyse** the fitness tests drawing valid conclusions and making recommendations for future football performance (D2)

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## **Assessment Part 3**

#### **Assignment Context**

You have just been employed as a Fitness Trainer at Liverpool Football Club. Your role is to supplement the training of all footballers, within the busy and very successful club. You will be working with the footballers in both a practical and theoretical setting.

# PREPARATION FOR SPORT

## Part 3

### **Scenario**

There has been a worrying amount of injuries at the club and this is affecting the form of the team. The first team captain has just completed a rehabilitation programme for his injured knee and has been instructed by the clubs doctor that he can now commence full time training.

### **Learning Outcomes**

Outcome 2 - Be able to plan a simple fitness training programme for an individual sports performer

### **Tasks:**

You have been asked by the clubs physiotherapist to help build up the first team captain's fitness, so he can be ready for the start of the teams Champions League campaign. You must:

### **To achieve a PASS grade: -**

1. **Plan**, with teacher support, a six-week training programme for the first team captain (P4)

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

1. **Independently** plan a six-week training programme for the first team captain (M3)

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### **Assessment Part 4**

#### **Assignment Context**

You have just been employed as a Fitness Trainer at Liverpool Football Club. Your role is to supplement the training of all footballers, within the busy and very successful club. You will be working with the footballers in both a practical and theoretical setting.

# PREPARATION FOR SPORT

## Part 4

### **Scenario**

As the season draws to a close, the academy manager is already preparing for the start of next season. The players who have been offered scholarships for the forthcoming season have to attend an induction week, where they are informed of the clubs rules, regulations and expectations.

### **Learning Outcomes**

Outcome 3 - Understand the nutritional requirements of effective sports performance

Outcome 4 - Understand the psychological factors that affect sports training and performance

### **Tasks:**

As part of the clubs induction programme for new parents and players, you are to lead a series of presentations that will prepare both the players and their parents for the step up to full time football. The first presentation will focus on two key issues that can be worked on prior to pre-season training. You must:

### **To achieve a PASS grade: -**

1. **Prepare** and present dietary guidelines for a footballer, providing suitable daily meal plans over a two week period (P5)

2. **In your presentation** you must also, identify psychological factors that can affect sports training and performance and what the effect on sports training and performance could be (P6)

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

1. **Explain** the dietary guidelines and meal plans (M4)

2. **Describe** the psychological factors that can affect sports training and performance and what the effects on sports training and performance could be (M5)

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

1. **Analyse** the psychological factors that affect sports training and performance (D3)