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| **What will we be learning?****Unit R181 – Applying the principles of training – fitness & how it affects skill performance****TOPIC AREA 3** – Organising & planning a fitness training programme (FTP)**TOPIC AREA 4** – evaluate own performance in planning & delivery of FTP | **Why this? Why now?** This unit is a compulsory coursework unit for the Sport Science course. This unit is taught in Year 10 as it is the largest of the unit and you will have more time to study the unit in depth. This unit has a practical element too. Topic areas 3 & 4 are both linked to the fitness training programme. Topic area 1 and 2 prepare students with knowledge and understanding that is applied to topic areas 3 & 4.  | **Key Words:**Risk assessmentAims/goals/objectivesEnvironmentAdaptationsReflection |
| **What will we learn?****TOPIC AREA 3**:* 1. **Factors when designing a fitness training programme**
		1. Considerations to inform planning
		2. Applying the principles of training
	2. **Planning a fitness-based training programme**
		1. Elements of training programme
		2. How to monitor progress and adapt a programme
	3. **Recording results from fitness training programme**
		1. Post programme tests
		2. Achievement recognised

**TOPIC AREA 4**:**4.1 Effectiveness of a fitness training programme**4.1.1 Reflections on the fitness training programme4.1.2 Strengths and areas for improvement of the fitness training programme4.1.3 Further development suggestions for improvements to the fitness training programme. |
| **What opportunities are there for wider study?****Sixth form studies*** Cam Tech Sport
* A level PE

**Careers/degree courses*** Sports science
* Physiotherapy
* PE teacher
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| **How will I be assessed?*** Set OCR assignments under teacher supervision
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**CAM NAT – SPORT SCIENCE**

**UNIT R181 – TOPIC AREAS 3 & 4**

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| **3.1 FACTORS WHEN DESIGNING A FITNESS TRAINING PROGRAMME**3.1.1 * Considerations to inform planning:
	+ Facilities/equipment
	+ Safety/risk assessments
	+ Aims/goals/objectives
	+ Organisation
	+ Environment
	+ Skills to be improved

3.1.2 * Applying the principles of training:
	+ SPOR and FITT
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| **3.2 PLANNING A FITNESS BASED TRAINING PROGRAMME**3.2.1* Elements of training programme
	+ Suitable warm up & cool down
	+ Activities/main content programme
	+ Duration of plan and sessions
	+ Equipment & facilities
	+ Coaching points
	+ Adaptation of programme based on each session & mid-term testing

3.2.2* How to monitor progress and adapt a programme
	+ Using pre and mid term tests to adapt/improve a programme

3.3 **RECORDING RESULTS FROM A FITNESS TRAINING PORGRAMME**3.3.1* Recording results from a fitness training programme
	+ Skill based tests
	+ Fitness tests

3.2.2* Achievement recognised
	+ Meeting SMART goals
	+ Results from tests
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| **4.1 EFFECTIVENESS OF A FITNESS TRAINING PROGRAMME**4.1.1* Reflections on the fitness training programme
	+ Goals set
	+ Training method used
	+ Fitness component links correctly to skill tests

4.1.2* Strengths & areas for improvement of the fitness training programme
	+ Reasons for success and failure

4.1.3* Further development suggestions for improvements to the fitness training programme
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