



BTEC Assignment Front Sheet and Assignment Brief

Sport

Course Title:	BTEC Level 2 Extended Certificate in Sport
Unit Title	1: Fitness testing and Training
Learner Name	
Assessment Tutor	Jillie Pritchard

Date Issued		Deadline Date		Submitted on	
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Assignment Title	Assessment Activity 4: Getting your own house in order!
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Task Number	Criteria Reference	To achieve this the evidence must show that the students is able to:
1	P4	Carry out 4 different fitness tests for 4 different components of fitness, recording the results accordingly
2	P5, M2, D1	Interpret the results and comment on your current level of fitness (P5) Explain your test results and personal level of fitness, identifying your strengths and areas for improvement (M2) Evaluate your test results and personal level of fitness, considering the level required to achieve excellence in your selected sport (D1)

Plagiarism is the Act of passing someone else's ideas or work as your own. It is a serious disciplinary offence

Learner Declaration			
I certify that the work submitted for this assignment is my own and research sources are fully acknowledged			
Teacher Declaration			
I declare that the candidate's activities have been regularly monitored and all feedback is recorded. I also declare that to the best of my knowledge, this is the candidate's own work.			
Learner Signature:		Date:	
Teacher Signature		Date:	



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Assignment Description		
<p>Doing all this work on fitness with the younger pupils has made you think very carefully about your own level of fitness.</p> <p>You also think it would be good to help with your sport out-of-school – your coach agreeing!</p> <p>As you've been helping the PE department at school run a series of tests with the year 7s you realise the importance of:</p> <ul style="list-style-type: none"> • Running the tests safely and correctly • Recording the results accurately • Conducting pre-test procedures such as getting consent and calibrating equipment • Making notes of test protocols such as reliability, validity and practicality 		
Task Number	Task Description:	Mapping to Grading Criteria
1	<p>Your coach suggests you focus on 4 components of fitness you think are most important for your sport.....which sounds like a good idea to you!</p> <p>You therefore decide to carry out 4 different fitness tests for 4 different components of fitness, recording the results accordingly</p>	P4
2	<p>Having completed the tests your coach is keen to see the results and asks you to bring them along to the next training session so he/she can discuss the findings with you.</p> <p>As ever, you think carefully about how to do this, eventually deciding to:</p> <p>Interpret the results and comment on your current level of fitness (P5)</p> <p>Explain your test results and personal level of fitness, identifying your strengths and areas for improvement (M2)</p> <p>Evaluate your test results and personal level of fitness, considering the level required to achieve excellence in your selected sport (D1)</p> <p>Again, you have some resources from school to help you prepare.....so make sure you use them!</p>	<p>P5</p> <p>M2</p> <p>D1</p>



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Evidence Suggestions:			
Task 1			
<ul style="list-style-type: none"> • It is suggested that this activity is carried out as part of class lesson – the logistics of the learner carrying out the tests in isolation or an alternative environment (sports club for example) being difficult 			
Task 2			
<ul style="list-style-type: none"> • Via a verbal discussion using Activity 19 for support material • Via an entry in a training diary or part of a fitness assessment programme • Via an email to a coach or member of the PE staff 			
Resources for Support:			
<ul style="list-style-type: none"> • Activity 13 – Tried and tested • Activity 14 – Testing, testing, 1, 2, 3, 4..... • Activity 15 – One more thing! • Activity 16 – Not impressed • Activity 16 – Teacher record of coverage • Activity 17 – And the results are.... • Activity 18 – In my opinion • Activity 19 – Me in a nutshell 			
This brief has been verified as being fit for purpose			
Assessor	Jillie Pritchard		
Signature		Date	
Internal Verifier			
Signature		Date	



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ASSIGNMENT FEEDBACK SHEET

<i>Performance criteria covered in this assignment: (please tick and state with a Y or N if achieved)</i>					
<i>P1</i>	<i>P2</i>	<i>P3</i>	<i>P4</i>	<i>P5</i>	<i>P6</i>
<i>P2</i>	<i>M2</i>	<i>M3</i>	<i>M4</i>	<i>M5</i>	<i>M6</i>
<i>D1</i>	<i>D2</i>	<i>D3</i>	<i>D4</i>	<i>D5</i>	<i>D6</i>

Assessor Feedback:
Grades Achieved:
Student comment:
Action Plan

Assessor Signature		Date	
Learner Signature		Date	