BTEC Sport

First Award in Sport (Level 2)

Unit 5 – Training for personal fitness – Distinction level

Name: . . . . . . . . . . . . . . . . . . . . .

Standards required:

To pass this unit I will need to:

|  |  |
| --- | --- |
| P2 | Independently design a safe six-week personal fitness training programme |
| P5 | Safely implement a six-week personal fitness training programme, maintaining a training diary |
| M2 | Design a safe six-week personal fitness training programme, showing creativity in the design |
| M3 | Safely implement a successful six-week personal fitness training programme, maintaining a training diary summarising outcomes for each session |
| D1 | Justify the training programme design, explaining links to personal information |
| D2 | Safely implement a successful six-week personal fitness training programme, maintaining a training diary to evaluate performance and progress |

Aim for 6 fitness sessions

|  |  |
| --- | --- |
| 1 |  |

Objectives for 6 fitness sessions

|  |  |
| --- | --- |
| 1 |  |
| 2 |  |

Session agreed:

Date:

**Borg Scale**

**RPE – Rating of perceived exertion**

**Types of scales**

There are a number of RPE scales but the most common are the 15 point scale (6-20), and the 11 point scale (0-10).

**15 Point Scale**

* 6 - 20% effort
* 7 - 30% effort - Very, very light (Rest)
* 8 - 40% effort
* 9 - 50% effort - Very light - gentle walking
* 10 - 55% effort
* 11 - 60% effort - Fairly light
* 12 - 65% effort
* 13 - 70% effort - Somewhat hard - steady pace
* 14 - 75% effort
* 15 - 80% effort - Hard
* 16 - 85% effort
* 17 - 90% effort - Very hard
* 18 - 95% effort
* 19 - 100% effort - Very, very hard
* 20 - Exhaustion

**Training Session Justification**

After you have designed your first session, explain the links to your personal information? Why have you decided to choose that type of training?

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Session 1

Date:

Time:

Location:

|  |  |  |
| --- | --- | --- |
| Warm Up |  | Reps/time/  equipment |
| Main Activity |  |  |
| Cool Down |  |  |

RPE:

Working heart rate:

**Training Diary:**

Motivation for training:

Any changes:

Achievement towards aims/objectives:

Any barriers overcome:

Session 2

Date:

Time:

Location:

|  |  |  |
| --- | --- | --- |
| Warm Up |  | Reps/time/  equipment |
| Main Activity |  |  |
| Cool Down |  |  |

RPE:

Working heart rate:

**Training Diary:**

Motivation for training:

Any changes:

Achievement towards aims/objectives:

Any barriers overcome:

Session 3

Date:

Time:

Location:

|  |  |  |
| --- | --- | --- |
| Warm Up |  | Reps/time/  equipment |
| Main Activity |  |  |
| Cool Down |  |  |

RPE:

Working heart rate:

**Training Diary:**

Motivation for training:

Any changes:

Achievement towards aims/objectives:

Any barriers overcome:

Session 4

Date:

Time:

Location:

|  |  |  |
| --- | --- | --- |
| Warm Up |  | Reps/time/  equipment |
| Main Activity |  |  |
| Cool Down |  |  |

RPE:

Working heart rate:

**Training Diary:**

Motivation for training:

Any changes:

Achievement towards aims/objectives:

Any barriers overcome:

Session 5

Date:

Time:

Location:

|  |  |  |
| --- | --- | --- |
| Warm Up |  | Reps/time/  equipment |
| Main Activity |  |  |
| Cool Down |  |  |

RPE:

Working heart rate:

**Training Diary:**

Motivation for training:

Any changes:

Achievement towards aims/objectives:

Any barriers overcome:

Session 6

Date:

Time:

Location:

|  |  |  |
| --- | --- | --- |
| Warm Up |  | Reps/time/  equipment |
| Main Activity |  |  |
| Cool Down |  |  |

RPE:

Working heart rate:

**Training Diary:**

Motivation for training:

Any changes:

Achievement towards aims/objectives:

Any barriers overcome: