

BTEC Unit 3 Overview YEAR 11 PE BTEC: (coursework)

This unit is all about you, the individual performer, training to improve and enhance personal fitness for one activity/sport you participated in for Unit 2: Practical Performance in Sport. You must select one component of fitness and one method of training that is most appropriate, beneficial and engaging to improve your fitness for your chosen activity/sport. This may mean training with a group of friends in a local park, or using a personal fitness training programme at a local sports club or leisure centre. Whatever the setting, the design of the training programme must be tailored to meet your personal training goals, aspirations and needs.

You will be able to:

- Design a personal fitness training programme
- Know about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training
- Implement a self-designed personal fitness training programme to achieve own goals and objectives
- Review a personal fitness training programme

Lesson Overview	Key Words
<p>Assignment 1 <i>Design a personal fitness training programme</i></p> <ul style="list-style-type: none">• Personal goals• Aims• Objectives• Lifestyle and physical activity history.• Medical history questionnaire.• Attitudes, the mind and personal motivation for training	<ul style="list-style-type: none">• Progressive Overload• Specificity• Reversibility• PAR-Q• FITT principle• Intensity
<p>Assignment 2 <i>Know about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training</i></p> <p>Know the features of the musculoskeletal system and cardiovascular system sufficient to understand the short term effects of exercise</p> <ul style="list-style-type: none">• Location of major muscles• Location of major bones• Location and function of the joints• Purpose of a warm up• Planning for progressive overload	
<p>Assignment 3 <i>Implement a self-designed personal fitness training programme to achieve own goals and objectives</i></p> <ul style="list-style-type: none">• Safely implement a personal fitness training programme• Training diary for each session recording• Measures for success	
<p>Assignment 4 <i>Review a personal fitness training programme</i></p> <ul style="list-style-type: none">• Review, including short term physiological effects, improvements as a result of the programme to meet the activity/sport goal.	