**BTEC Assignment Brief**

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| **Qualification** | Pearson BTEC Level 3 National Extended Diploma in Sport  |
| **Unit number and title** | **Unit 5: Application of Fitness Testing** |
| **Learning aim(s)** (For NQF only) | **C:** Undertake evaluation and feedback of fitness tests results. |
| **Assignment title** | Fitness profiling  |
| **Assessor** | James Mepham |
| **Issue date** | 1/3/20 |
| **Hand in deadline**  | 22/3/20 |
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| **Vocational Scenario or Context** | As a student on the Level 3 BTEC Sport programme Peterborough’s Norwich City FC RDP has approached you about the potential of becoming an established assistant coach for developing sports players in the RDP. You have previously demonstrated your knowledge surrounding the principles of fitness testing and you are now required by the RDP to provide a fitness profile of your selected athlete and the impact of their scores on sporting performance.  |
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| **Task 1** | **Report – including an evaluation and feedback from fitness test results.** Your head coach has now asked you to provide feedback to the sport performer assessing their fitness strengths and areas for improvement. Firstly, an overall fitness profile of the athlete should be created accompanied by written feedback on their fitness tests assessing their strengths and areas for improvement. The work should include the following features:* An appropriate method of feedback should be selected – either verbal, written or both.
* Test results should be provided in an appropriate format for the client.
* Levels of fitness should be assessed and clearly explained including how they can impact on sporting performance.
* Your detailed assessment of the overall strengths and areas for improvement should be explained.
* Suggest and justify appropriate recommendations for improvements to develop each component of fitness tested.
* Evaluate the effectiveness of methods used to test the components of fitness of your client.
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| **Checklist of evidence required**  | * A fitness profile of the sports performer.
* An evaluation of how the sports performers scores can impact their sporting performance
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| **Criteria covered by this task:** |
| Unit/Criteria reference | To achieve the criteria you must show that you are able to: |
| 5/C.P6 | Create a fitness profile for a selected sports performer following fitness testing, providing feedback to the performer on their fitness test results and how they can impact on sporting performance. |
| 5/C.M5 | Assess the strengths and areas for improvement from fitness test results providing feedback for a selected sports performer. |
| 5/C.D2 | Justify the fitness profile for a selected sports performer including identified areas for improvement related to their selected sport. |
| 5/C.D3 | Evaluate the effectiveness of methods used to test the components of fitness and provide feedback to sports performers. |
| **Sources of information to support you with this Assignment** | Books American College of Sports Medicine – *ACSM’s Guidelines for Exercise Testing and Prescription, 7th edition* (Lippincott Williams and Wilkins, 2005) ISBN 9780781745901American College of Sports Medicine – *ACSM’s Health-Related Physical Fitness Assessment Manual* (Lippincott Williams and Wilkins, 2007) ISBN 9780781775496Coulson M – *The Fitness Instructor’s Handbook: A Complete Guide to Health and Fitness – Fitness Professionals* (A&C Black, 2007) ISBN 9780713682250Franks B D and Howley E T – *Fitness Leader’s Handbook* (Human Kinetics Europe, 1998) ISBN 9780880116541Hazeldine R – *Fitness for Sport* (The Crowood Press, 2000) ISBN 9781861263360Heyward V H – *Advanced Fitness Assessment and Exercise Prescription* (Human Kinetics, 2006) ISBN 9780736057325Howley E T and Franks B D – *Health Fitness Instructor’s Handbook* (Human Kinetics Europe, 2003)ISBN 9780736042109Powers S K and Howley E T – *Exercise Physiology: Theory and Application to Fitness and Performance* (McGraw Hill Higher Education, 2006) ISBN 9780071107266Sharkey B J and Gaskill S E – *Fitness and Health* (Human Kinetics, 2006) ISBN 9780736056144 Skinner J – *Exercise Testing and Exercise Prescription for Special Cases: Theoretical and Clinical Applications* (Lippincott Williams and Wilkins, 2005) ISBN 9780781741132Watson A W S – *Physical Fitness and Athletic Performance: A Guide for Students, Athletes and Coaches* (Longman, 1996) ISBN 9780582091108 Websites American College of Sports Medicine [www.acsm.org](http://www.acsm.org) British Association of Sport and Exercise Sciences [www.bases.org.uk](http://www.bases.org.uk) Coachwise [www.1st4sport.com](http://www.1st4sport.com) Human Kinetics [www.humankinetics.com](http://www.humankinetics.com) Sport Science [www.sportsci.org](http://www.sportsci.org) Sports Coach UK [www.sportscoachuk.org](http://www.sportscoachuk.org) Top End Sports [www.topendsports.com](http://www.topendsports.com) |
| **Other assessment materials attached to this Assignment Brief** | Risk assessment to be carried out prior to the practical delivery of the fitness testing session |