

Level 3 BTEC Sport

Unit 2: Fitness Training and Programming for Health, Sport and Well-being

Introduction to the unit



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Unit 2 Introduction

This unit is all about fitness training and programming to promote health, sport and well-being. During this unit you will have the opportunity to explore client screening and lifestyle assessment, fitness training methods and fitness programming all to support improvements in a client's health and well-being.

To work in the health and fitness industry you need to know how to assess clients and then plan appropriate training programmes for them that takes into account their individual needs.

In this unit you will;

- Explore the process required for screening clients and assessing their lifestyle and nutritional intake.
- How to interpret screening information
- Make judgements on individuals current lifestyle and suggest modifications to help improve their fitness, health and overall wellbeing.
- Examine fitness training methods for each component of physical and skill related fitness
- Select appropriate training methods for a selected individual and their application into a training programme

Unit 2 Assessment

The task will assess your ability to interpret factors and health screening data from a scenario and stimulus information in order to develop and justify a fitness training programme and nutritional advice based on these interpretations.

The task will comprise two parts:

Part A will contain a scenario based on an individual who requires guidance on training, lifestyle and nutrition upon which secondary research will be conducted. You will have a period of 2 weeks to conduct some research and make notes before the supervised assessment session (Part B).

Part B You will be able to take your prepared research notes into the supervised assessment session, where you will be issued with more information building on the scenario information in Part A. You will have 2 hours 30 to respond to the task. But as mentioned previously don't panic, you will have covered all the areas of the topic and be thoroughly prepared by the time you come to sit this!

Assessment outcomes;

- **AO1** Demonstrate knowledge and understanding of the effects of lifestyle choices on an individual's health and well-being
- **AO2** Apply knowledge and understanding of fitness principles and theory, lifestyle modification techniques, nutritional requirements and training methods to an individual's needs and goals
- **AO3** Analyse and interpret screening information relating to an individual's lifestyle questionnaire and health monitoring tests
- **AO4** Evaluate qualitative and quantitative evidence to make informed judgements about how an individual's health and well-being could be improved
- **AO5** Be able to develop a fitness training programme with appropriate justification

Learning aim A – Examine lifestyle factors and their effect on health and well-being



Our first topic to consider is lifestyle factors and their effect on health and well-being. We need to think about both the positive and negative lifestyle factors and their effects.

- A) So in the spaces below try to highlight some positive and negative lifestyle factors.
- B) As well as identifying lifestyle factors you need to understand the importance of these in the maintenance of health and well-being. Discuss how these factors affect our health and well-being.

Positive Lifestyle factors	Negative lifestyle factors



Have a think about the following lifestyle modification techniques;

- *Strategies to increase physical activities?*
- *Smoking cessation strategies?*
- *Strategies to reduce alcohol consumption?*
- *Stress management techniques?*

Create a discussion about various strategies/techniques that could be put into place to reduce these unhealthy lifestyle behaviours...jot your ideas down below.

Create an advertisement for a local fitness centre to promote positive lifestyle factors and one that will be used to advertise the dangers of negative lifestyle factors.

Ways to present could include;

- Leaflet
- Poster
- PowerPoint
- TV advertisement (video)

Diet

Use the table to record everything you eat and drink for the next week. At the end of the week, go onto the second task.

You should record both food and drink in this table.

Day	Breakfast	Dinner	Tea	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				



Activity 2

Look at your food and drink diary, do you think you have a balanced diet? Are you healthy or eating an unhealthy diet?

Discuss your thoughts below.

Childhood obesity



Data available from the Health Survey for England suggests that in 2012 around 28% of children aged 2-15 years of age were classed as either overweight or obese. Similar figures in 2007 suggest obesity levels were at 24%.

Research the possible causes of this increase in childhood obesity. Consider types of food and drink available and the opportunities children have to exercise both at home and in school.

Case study: Jack Donnelly and the new menu

Jack is progressing well as the football club's new sports scientist. Now the academy manager has asked him to help the club's chef ensure the academy players get the correct nutrition during their daily meals at the club. He has been asked to make sure all components of a balanced diet are present in the correct amounts. Failure to do so may result in impaired performance and the players leading a less than healthy lifestyle.

Jack is due to sit down with the chef and compose a dietary plan for a 5 day week, including breakfast, dinner and tea and all hydration.

Check your knowledge

Draw up a 5 day (Mon-Fri) dietary plan for the players;

- Research the recommended amounts for an athlete of each macronutrient (Carbs, fats, proteins)
 - Ensure all macronutrients are included and in the correct amount
- Use ergogenic aids (energy gels, bars, protein or carbohydrate drinks) if you deem them appropriate
 - Make sure you include hydration at the right times and amounts
 - Think about the most appropriate times for each meal.

Components of fitness

Fitness is the ability to meet the demands of your environment. It includes social, spiritual, psychological, emotional and physical well-being. Though it is often defined as one of the following, it is not only concerned with muscle size, body tone or the ability to run far or fast.

Physical fitness

Focusing on the health related aspects of fitness. Good scores in these areas mean you have only a small chance of developing health problems.

Skill-related fitness

Fitness that allows the individual to perform an activity, task or sport (also known as motor fitness)

Physical fitness

Physical fitness component	Definition
Aerobic endurance	
Strength	
Muscular endurance	
Flexibility	
Speed	
Body Composition	

Skill related fitness

Skill related fitness component	Definition
Agility	
Balance	
Coordination	
Reaction time	
Power	

Methods of training

Complete the table below.

Method of training	Component of fitness	Definition/ How to complete the training	Sporting example
Continuous training			Marathon runner
Fartlek training			
Interval training			
Circuit training			
Pyramid sets	Muscular strength		
Static stretching	Flexibility		
Dynamic stretching			
PNF			
Hollow sprints	Speed		
Acceleration sprints			
Resistance drills	Speed		
SAQ	Agility		
Static balance			
Dynamic balance			

Tennis ball toss			
	Reaction time		
Plyometric	Power		