# Learning Outcomes

<table>
<thead>
<tr>
<th>The student should be able to</th>
<th>Assessment Criteria</th>
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<tbody>
<tr>
<td>1. Demonstrate an understanding of fitness testing</td>
<td>The student can</td>
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<tr>
<td>1.1 Describe two different types of physical fitness test for each of the following: cardiovascular, muscular strength and agility</td>
<td>1.2 Explain the rationale of the chosen fitness tests</td>
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<td>2. Develop, carry out and evaluate a fitness programme – case study</td>
<td>2.1 Develop a fitness programme for a client, considering their fitness test results, goals, aims and timescales</td>
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<td>2.2 Explain how FITT principles and concepts including specificity, reversibility, overload and progression have been included within the Fitness programme (case study)</td>
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<td>2.3 Carry out the fitness programme (case study) over a period of at least four weeks, recording relevant details</td>
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<td>2.4 Evaluate the fitness programme (case study), including the results of further fitness tests and a critique of the coaching style used throughout the programme</td>
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## Assessment Methodology

A 1000 – 1500 word report.

## Grading of this unit

The following grade descriptors will be applied to the assessment of this unit:

1. Understanding of the subject
2. Application of Knowledge
5. Communication and Presentation
7. Quality

Please refer to the QAA Grade Descriptors for detail of the components of each descriptor.
### Indicative Content

**Learning Outcome 1**

Components of fitness: Components of physical fitness: flexibility; strength; muscular endurance; power; aerobic endurance; speed.

Fitness tests: flexibility, eg sit and reach; strength, eg 1RM, grip dynamometer; aerobic endurance, eg multi-stage fitness test, step test, maximal treadmill protocol; speed, eg sprint tests; power, eg vertical jump, Wingate test; muscular endurance, eg one-minute press up, one-minute sit up; body composition, eg skinfold calipers, bioelectrical impedance analysis.

Advantages and disadvantages of different tests: eg cost, time, equipment requirement, facility requirements, skill level of person carrying out test, issues with test validity, issues with test reliability.

**Learning Outcome 2**

Collect information: goals (short-, medium- and long-term goals); SMART (specific, measurable, achievable, realistic, time-bound) targets; lifestyle; medical history; physical activity history

Principles of training: overload; specificity; progression; individual differences; variation; reversibility; FITT (frequency, intensity, time and type) principles.

Training diary: eg progression, attitude, motivation, links to goals.

Review and Evaluate Programme: extent to which programme has achieved goals set. Strengths and areas for improvement; modification of programme to achieve planned goals. Changes to programme to continue/maintain improvements.

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**Validation end date:** 31 August 2019