

KEY STAGE FIVE CURRICULUM PLANNING: KNOWLEDGE AND SKILLS MAPPING TOOL

SUBJECT: BTEC Sport → Unit 5 Application of Fitness Testing

	KNOWLEDGE	SKILLS
YEAR 13	<p>Sports performers need to be able to maintain, and often improve, their fitness levels in order to excel in their sport. It is essential that they regularly participate in fitness tests to determine their baseline measures. These fitness test results are then used to identify strengths and areas for improvement. Fitness testing results are also used to predict future performance and provide feedback on the effectiveness of a training programme. Fitness testing is also carried out for non-sports performers to help determine a person's general fitness levels, which provides an exercise instructor with baseline measures for exercise programme design. In this unit, you will explore the principles of fitness testing and examine the factors affecting the selection and administration of tests, including validity, reliability and suitability of tests. You will explore a range of laboratory and field-based fitness tests and the administration process of each fitness test. You will consider the selection of appropriate tests for specific sports performers, and demonstrate your ability to conduct a range of fitness tests in accordance with the safety and ethical requirements of fitness testing. Finally, you will investigate the process of evaluating and comparing fitness test results to draw meaningful conclusions about a specific person's fitness. These activities will prepare you for a variety of careers in the sport sector, such as coaching, fitness instruction and working with elite sport performers. This unit will form a good basis for aspects of higher education study in sport and sport and exercise science-related qualifications.</p>	<p>A.P1 Explain the importance of validity, reliability, practicality and suitability in relation to fitness testing</p> <p>A.P2 Explain how ethical requirements should be met when planning and conducting fitness testing, giving examples.</p> <p>A.M1 Recommend methods that can be used to ensure fitness testing is conducted in a valid, reliable, practical, suitable and ethical way.</p> <p>B.P3 Select six valid fitness tests for selected sports performers.</p> <p>B.P4 Safely administer and accurately record the results of six fitness tests for a sports performer.</p> <p>B.P5 Interpret fitness test results against normative data.</p> <p>B.M2 Assess practicality and suitability of each selected fitness test for selected sports performers.</p> <p>B.M3 Administer six fitness tests, demonstrating skills to ensure the test results are accurate and reliable.</p> <p>B.M4 Suggest areas for improvement in the administration process of fitness tests based on test results.</p> <p>AB.D1 Analyse own administration of selected fitness tests against practicality, suitability and ethical guidelines, justifying suggestions for improvement.</p> <p>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.</p> <p>C.M5 Assess the strengths and areas for improvement from fitness test results, providing feedback to a selected sports performer.</p> <p>C.D2 Justify the fitness profile for a selected sports performer, including identified areas for improvement related to their selected sport.</p> <p>C.D3 Evaluate the effectiveness of methods used to test the components of fitness and provide feedback to sports performers.</p>

		Sep-Oct	Nov-Dec	Jan-Feb	March-April	May-June	July
YEAR 13	Content	<p>Learning aim A: Understand the principles of fitness testing</p> <p>A1 Validity of fitness tests A2 Reliability of fitness tests A3 Practicality and suitability of fitness tests A4 Ethical issues associated with fitness screening</p>	<p>Learning aim B: Explore fitness tests for different components of fitness</p> <p>B1 Fitness tests to assess components of physical fitness B2 Fitness tests to assess components of skill-related fitness B3 Planning of tests</p>	<p>Continue with learning aim B: Explore fitness tests for different components of fitness</p> <p>B4 Administration of tests</p> <p>Learning aim C: Undertake evaluation and feedback of fitness test results</p> <p>C1 Produce a fitness profile for a selected sports performer</p>	<p>Continue with learning aim C: Undertake evaluation and feedback of fitness test results</p> <p>C2 Providing feedback to a selected sports performer</p>	<p>Final submission of Unit 5 coursework</p>	
	Assessment	<ul style="list-style-type: none"> • A written report on the principles of fitness testing, including the following discussion of; Validity, Reliability, Practicality, Suitability and Ethical requirements 	<ul style="list-style-type: none"> • A written report which includes a performer profile and justification of the selection of six fitness tests for your client 	<ul style="list-style-type: none"> • Practical delivery of a fitness testing session supported by observation and video evidence • Accurate record of the results from each of the six tests carried out • A written report that interprets the results and evaluates the test administration 	<ul style="list-style-type: none"> • A fitness profile of the sports performer – including their fitness test results • An evaluation of how the sports performers scores can impact their sporting performance 	<ul style="list-style-type: none"> • Unit 5 – Assignment 1 and Assignment 2 evidence 	