

BTEC Tech Award Personal Learning Checklist

Paper 1 Component 3 Developing Fitness to Improve Other Participants' Performance in Sport and Physical Activity

Learning Aim	Red	Amber	Green
Learning Aim A1: Importance of Fitness for Sports Performance			
I know the importance of aerobic endurance, muscular endurance, muscular strength, speed, flexibility, body composition, power, agility, reaction time, balance, and coordination for successful participation in sport.			
I can identify how each component of fitness is required in different sports and positions.			
I can explain the role of these fitness components in enhancing sports performance.			
Learning Aim A2: Fitness Training Principles			
I know the basic principles of training (frequency, intensity, time, type - FITT).			
I know the additional principles of training including progressive overload, specificity, individual differences, adaptation, reversibility, variation, and rest and recovery.			
I can create effective training programs using these principles.			
Learning Aim A3: Exercise Intensity and how it can be determined			
I know how to measure exercise intensity using heart rate and the Borg Rating of Perceived Exertion (RPE) Scale.			
I can calculate target zones and training thresholds for aerobic and anaerobic training.			
I can use technology such as heart rate monitors and apps to measure exercise intensity.			
Learning Aim B1: Importance of Fitness Testing			
I know the importance and reasons for fitness testing.			
I can administer various fitness tests.			
I can accurately measure, record, and interpret fitness test results using normative data tables.			
I can recommend improvements based on fitness test results.			
I know about the impact of reliability and validity when testing			
Learning Aim B2: Fitness Test Methods for Components of			

Physical Fitness			
I know which fitness tests are appropriate to test for each component of physical fitness.			
I understand the practicality and validity of these tests for each component of physical fitness.			
I can produce reliable fitness test results and understand their significance.			
Learning Aim B3: Fitness Test Methods for Components of Skill-related Fitness			
I know which fitness tests are appropriate to test for each component of skill-related fitness.			
I understand the practicality and validity of these tests for skill-related fitness components.			
I can conduct and interpret skill-related fitness tests effectively.			
Learning Aim B4: Interpretation of Fitness Test results			
I can use normative data tables to interpret fitness test results.			
I can analyze and evaluate test results to recommend improvements.			
I can communicate findings from fitness test results effectively.			
Learning Aim C1: Requirements for Each of the Fitness Training Methods			
I know the requirements for safely conducting different fitness training methods, including the importance of warming up and cooling down.			
I can link each training method to its associated component of fitness, such as aerobic endurance, flexibility, or muscular strength.			
I can apply the FITT principles and additional principles like specificity and progressive overload to these methods.			
I can ensure training intensities are appropriate and adjusted based on individual needs.			
Learning Aim C2: Fitness Training Methods for Physical Components of Fitness			
I can suggest and justify appropriate physical fitness training methods that could be used for specific sports participants, considering different ages and sporting abilities.			
I can explain and implement different methods such as continuous training, Fartlek training, interval training, and circuit training for aerobic endurance.			
I can describe and apply flexibility training methods such as static stretching, PNF stretching, and dynamic stretching.			

I know how to conduct muscular endurance training using methods like free weights with low loads and high weights, resistance machines, and circuit training.			
I can explain and perform muscular strength training using methods like free weights with high loads and low repetitions and fixed resistance machines			
I can perform speed training using acceleration sprints, interval training, and resistance drills such as hill runs, parachutes, sleds, bungee ropes, and resistance bands.			
Learning Aim C3: Fitness Training Methods for Skill-related Components of Fitness			
I can suggest and justify appropriate skill-related fitness training methods for specific sports participants, considering different ages and sporting abilities.			
I know how to carry out skill-related fitness training safely and effectively.			
I can implement training methods such as Speed Agility and Quickness (SAQ) drills for agility, plyometric exercises for power, and balance exercises like the stork stand test or Y balance test.			
I can apply coordination exercises that integrate the use of multiple body parts and implement reaction time exercises such as the ruler drop test or online reaction time tests to improve quick responses to external stimuli.			
Learning Aim C4: Additional Requirements for each of the Fitness Training Methods			
I know the advantages and disadvantages of each training method, including factors such as cost, setup time, and specificity to sports performance.			
I can evaluate the effectiveness of different training methods for various sports participants.			
Learning Aim C5: Provision for Taking Part in Fitness Training Methods			
I know about different types of fitness training provision, such as public, private, and voluntary sectors.			
I can evaluate the accessibility and support available in various fitness training provisions.			
Learning Aim C6: The Effects of Long-term Fitness Training on the Body Systems			
I know how long-term fitness training affects the cardiovascular, respiratory, muscular, and skeletal systems.			

I can analyze and explain the benefits of these adaptations on sports performance.			
Learning Aim D1: Personal Information to Aid Training Fitness Programme Design			
I can design a fitness program using personal information and SMART goals.			
I know how to select appropriate training methods and apply motivational techniques.			
I can evaluate the success of the fitness program and make recommendations for improvement.			
Learning Aim D2: Personal Information to Aid Training Fitness Programme Design			
I can use personal information to aid in the design of a training programme.			
I can select appropriate training methods and activities for improving specific components of fitness.			
I can apply the FITT principles and additional principles of training to the programme.			
Learning Aim D3: Motivational Techniques for Fitness Programme			
I know the definition and types of motivation, including intrinsic and extrinsic.			
I know how to set personal goals using the SMARTER framework to increase and direct motivation.			
I can explain the benefits of motivation on sports performance, such as increased participation, maintained training intensity, and improved performance.			