

# Subject: OCR TECHNICALS IN SPORT AND PHYSICAL ACTIVITY LEVEL 3

## Summer Work

### Introduction

#### Unit 13: Health and Fitness Testing for Sport and Exercise

Completing this work will help you progress during the first term of studying OCR technical in sport and physical activity at Level 3. The fitness unit forms the basis of your study throughout the year and within the opening weeks we will focus on the development and testing of your fitness.

#### Level 3 Distinction

Learners will be able to produce a training programme that demonstrates knowledge and understanding of lifestyle factors, nutritional needs and health screening data in the context of the individual in the scenario, supported by justification and the application of relevant research.

Learners can recommend nutritional strategies and behavioural modification activities that are specific, demonstrating a thorough understanding of interrelationships between the health, fitness well-being needs of the client. Learners' recommendations will show an analytical approach, containing sustained lines of argument leading to a cohesive training programme that is entirely relevant in the wider context of fitness training principles.

#### Task 1:

One week into pre-season and it's very clear to you (and the coaching staff) that the fitness levels of many of the players are not up to scratch.

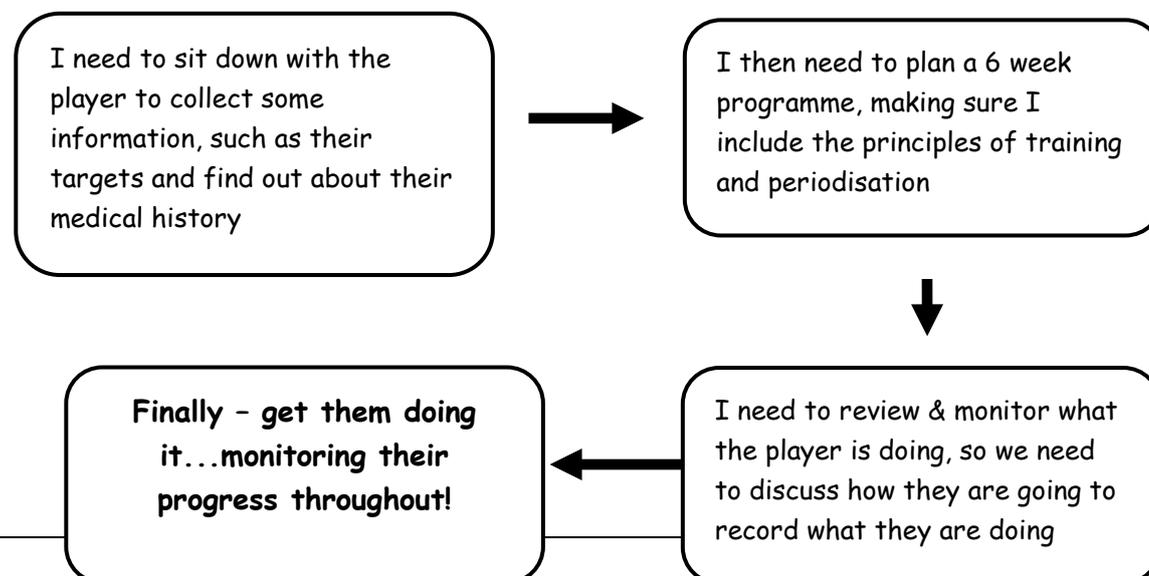
The senior coach asks if you can produce a table of fitness tests and your results before producing **training session plans that cover cardiovascular, resistance (weight training), flexibility and speed training** – all areas that have been identified as needing attention. Before you do anything a full health screening questionnaire needs to be completed.

The coach asks you to **go into as much detail as possible** so that the plans can be circulated.

#### Task 2: Plan, Monitor and Review a Fitness Training Programme (Try and do the training)

Having received the green light to try out your training plans, Focus on **producing a 6-week training programme initially which includes the principles of training.**

You decide to scribble down some ideas to give you a framework to work to



**Task 3: Fitness is more than just exercise and your coach would like you focus on Positive lifestyle factors and their effects on health and well-being.**

Balanced diet: eat well plate (food groups), benefits of a healthy diet (improved immune function, maintenance of body weight, reduces risk of chronic diseases – diabetes, osteoporosis, hypertension, high cholesterol), fluid intake requirements (moderation of caffeine intake), strategies for improving dietary intake (timing of meals, eating less/more of certain food groups, five a day, reducing salt intake, healthy alternatives).

**Try to address all the areas identified above and include a 7-day meal diary of your own which includes calorie consumption. Please use the example provided.**

**When it is required by:**

Please bring this work to your first lesson in the first week of term to the respective member of staff.

**Suggested reading list/useful links:**

Adams M et al – *BTEC Level 3 National Sport (Performance and Excellence) Student Book* (Pearson, 2010)

ISBN 9781846906510

Hazeldine R – *Fitness for Sport* (The Crowood Press, 2000) ISBN 9781861263360

Heyward V H – *Advanced Fitness Assessment and Exercise Prescription* (Human Kinetics, 2006) ISBN 9780736057325

Howley E T and Franks B D – *Health Fitness Instructor's Handbook* (Human Kinetics Europe, 2003) ISBN 9780736042109

Lawrence M – *The Complete Guide to Core Stability* (A&C Black, 2007) ISBN 9780713683479

Watson 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)

**Who to contact for help:**

Mr M Neal – Vale Academy