

BTEC Sport Level 3 Extended Certificate

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

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1. Introduction to Unit 2

This unit focuses on how fitness training can improve health, performance, and well-being. You will learn how to design, deliver and review training programmes based on client needs.

Key Skills Developed:

- Fitness testing and analysis
- Programme planning
- Understanding training methods
- Evaluating performance and progress

Student Task

- Write a short paragraph explaining why fitness training is important for both **health and sport performance**.
 - Identify **3 personal fitness goals** you would like to achieve.
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2. Learning Aim A: Lifestyle Factors & Health

Lifestyle Factors

Lifestyle choices can have a significant impact on health and fitness:

Physical Activity

- Regular exercise improves cardiovascular health
- Sedentary lifestyles increase risk of disease

Diet & Nutrition

- Balanced diet provides energy and nutrients
- Poor diet leads to obesity and deficiencies

Alcohol & Smoking

- Smoking reduces lung capacity
- Excessive alcohol can damage organs

Sleep & Stress

- Sleep aids recovery
- Stress can impact performance and health

Effects on Health

- Increased risk of cardiovascular disease
- Impact on BMI and body composition
- Mental health outcomes (anxiety, depression)

Student Tasks

Task 1: Lifestyle Analysis

- Complete a table of your own lifestyle habits:
 - Physical activity
 - Diet
 - Sleep
 - Stress levels
- Identify **2 strengths** and **2 areas for improvement**.

Task 2: Case Study

- Research the lifestyle of any professional athlete.
- Explain how their lifestyle could affect:
 - Physical health

- Mental health
- Fitness levels

Task 3: Exam Practice (8 marks)

- Explain how lifestyle factors affect health and performance using examples.
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3. Learning Aim B: Screening & Training Methods

Pre-Participation Screening

Ensures safety before exercise:

- PAR-Q (Physical Activity Readiness Questionnaire)
- Medical history
- Lifestyle assessment

Key Health Measures

- Heart rate
- Blood pressure
- BMI

Fitness Testing

Components of Fitness

- Cardiovascular endurance
- Muscular strength
- Muscular endurance
- Flexibility
- Body composition
- Speed, power and agility

Example Tests

- Cooper Run Test
- Sit and Reach Test
- 1RM Strength Test
- Illinois Agility Test

Training Methods

Aerobic Training

- Continuous training
- Fartlek training

Strength Training

- Free weights
- Resistance machines

Flexibility Training

- Static stretching
- Dynamic stretching

Circuit Training

- Combination of exercises for full-body fitness

Student Tasks

Task 1: PAR-Q Practice

- Look up a ready made Par-Q form.
- Identify any **risks to participation** that you may have.

Task 2: Training Method Matching

- Match the following goals to a training method:
 - Weight loss
 - Strength gain
 - Flexibility improvement

Task 3: Justification

- Explain why a chosen training method is suitable for a specific sport (6 marks).
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4. Learning Aim C: Programme Design

Principles of Training

- Specificity
- Overload
- Progression
- Reversibility

- Individual needs

FITT Principle

- Frequency
- Intensity
- Time
- Type

Writing a Training Programme

Key Sections:

- Warm-up
- Main activity
- Cool down

Example Session:

Goal: Improve cardiovascular fitness

- Warm-up: 5–10 mins jogging + mobility
- Main: 20 mins interval run
- Cool down: Stretching

Periodisation

- Macrocycle (long-term)
- Mesocycle (medium-term)
- Microcycle (short-term)

Student Tasks

Task 1: FITT Application

- Design a **1-week training plan** using the FITT principle.

Task 2: Programme Design

- Create a **4-week training programme** for a client.
- Include:
 - Goals
 - Training methods
 - Progression

Task 3: Session Plan

- Write a detailed session including:
 - Warm-up

- Main activity
 - Cool down
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6. Key Terms Glossary

Term	Definition
Aerobic	Exercise with oxygen
Anaerobic	Exercise without oxygen
VO2 Max	Maximum oxygen uptake
Hypertrophy	Increase in muscle size
Flexibility	Range of movement
