|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Programme Title:**  BTEC Level 1 Certificate in Active Sport & Leisure | | | **Assignment number:** | | | 3 |
| **Student Name:**  **Stephen Lavall** | | | **Issue Date:** | Monday 6th February 2012 | | |
| **Unit Assessor:** | | | **Hand in Date:** | Monday 27th March 2012 | | |
| **Assignment Grade:** | | **Resubmission:**  **Date:** | **Upgrade:**  **Date:** | | | |
| **Unit 11: Taking Part in Exercise & Fitness** | | | | | | |
| **Learning outcomes:**  3 Be able to demonstrate work skills through participation in exercise and fitness activities  4 Be able to review own performance | | | | | | |
| **Assessment and grading criteria** | | | | | **Achieved** | |
| 3.1 | Actively participate in exercise and fitness activities and demonstrate:   * time management skills * appropriate dress for the activity * following instructions provided by the activity leader * following health and safety guidelines before, during and after activities | | | |  | |
| 4.1 | Identify own strengths and areas for improvement in exercise and fitness activities | | | |  | |
| 4.2 | Suggest ways of improving own performance in one activity | | | |  | |

**Statement on Plagiarism:**

I declare all the work produced as a response to this assignment is all my own work. I understand the college policy on plagiarism.

Signed: Date:

|  |  |  |
| --- | --- | --- |
| **Student Reflection:** I feel this assignment is worth: Please circle below and comment. | | |
| **Pass** | **Merit** | **Distinction** |
| **My Minimum target grade is:**  **I believe I have achieved the above grade because…** | | |
| **Tutor Feedback:**  **Pass:** | | |
| **Merit:** | | |
| **Distinction:** | | |
| **Student signature:** |  | |
| **Assessor signature:** |  | |

**Scenario:**

You have been asked by the College of Haringey, Enfield and North East London to produce an informative document about the different exercises & fitness activities available in the local area.

**Task 1:**

You have shown that you are able to warm up and cool down others appropriately in sports, whilst participating in various sporting activities for example fitness classes with high impact aerobics and weight training. You know need to review your performance of two different sporting activities and two different gym sessions, considering the following points when reviewing your own performance.

* Active participation
* Time management
* Following dress code
* Following instructions
* Dress code
* Health & Safety considerations

**A witness statement will be used to record your evidence of participation on two different sporting activities and two different gym sessions.**

**This provides evidence for 3.1**

**B)** You need to consider two strengths and two areas of improvements for the different sporting activities and two strengths and two areas of improvements for the different gym sessions that you have participated in.

**This provides evidence for 4.1**

**C)** From your own the areas of improvement that you have made suggestions on, suggest one way of improving your own performance in any one activity.

**This provides evidence for 4.2**

**Assessment and Grading Criteria Description**

When you see **describe** you should try and paint a picture in words to the reader. It is useful to always think that the reader of your script knows nothing and therefore you have to teach the reader the knowledge that you have through your assignment

When you are asked to **explain** you should describe the point and then give details and reasons of why. For example, if you are describing sporting injured to explain the injury you would provide an example from the word of sport of an athlete who has had the injury and explain the causes of this injury to the player, you may also explain the treatment to the player.

When you are asked to **compare and contrast** you must look for similarities between subjects and also look at significant differences, you should describe each similarity and difference. For example, when asked to compare the success of Manchester United and Liverpool FC, you may describe similarities such as high financial backers, excellent players, youth facilities etc, however you may then describe the differences in success over the last ten years, Manchester United have won more league championships, Liverpool have won more European competitions and explain why you think that is the case.

When you are asked to **analyse** you should select the key points that you have been asked to look at and explain each point providing reasons for each point and possible impacts.

**Essential resources**

Learners will need access to a local health and fitness facility. They will also need to be able toaccess a range of exercise and fitness classes and a suitably equipped gym.

**Indicative resource materials**

**Textbooks**

Dalgleish J et al – *The Health & Fitness Handbook* (Longman, 2001) ISBN 0582418798

Harris et al – *BTEC Introduction to Sport and Leisure* (Heinemann, 2005) ISBN 0435460005

Sharkey B – *Fitness and Health* (Human Kinetics Europe Ltd, 2006) ISBN 0736056149

**Websites**

www.bases.org.uk British Association of Sport and Exercise Sciences

www.eatwell.gov.uk Food Standards Agency

www.nhs.uk National Health Service

www.nutrition.org.uk British Nutrition Foundation

www.skillsactive.com Website of SkillsActive, the SSC for the Sport and Active Leisure sector

www.topendsports.com Top End Sports, provides advice on different aspects of sport