

Access to H.E. National Programme Unit



Unit Title:	Training and Fitness		
Graded Unit Code:	GA33SPO14	Ungraded Unit Code:	UA33SPO14
Pathway(s):	Health Hospitality, Leisure and Tourism Business and Management		
Module(s):	Sport and Exercise		
Level:	3	Credit Value:	3
Valid from:	1 st August 2014	Valid to:	31 st July 2024

The following QAA grade descriptors must be applied if you are delivering the graded version of this unit:

1	Understanding of the subject
2	Application of knowledge
3	Application of skills
7	Quality

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Understand the principles and methods of training for fitness	1.1 Describe the principles of fitness training including progression and overload
	1.2 Describe the following training methods: aerobic training; resistance training; power (anaerobic) training; flexibility training and skills training
	1.3 Perform and evaluate the effect of at least two different fitness training methods used over a period of time

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LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
2. Understand the design of fitness training programmes.	2.1 Using information provided design training programmes for two individuals that: <ul style="list-style-type: none">a) reflects the results of fitness assessmentb) meet the needs of the client/athletec) includes the principles of trainingd) develops fitness levels over timee) identifies the expected benefits of the training programme