

## Access to Higher Education Unit

This unit forms part of an Access to HE Diploma. If delivering the graded version of this unit, please refer to the Provider Handbook for details on grading descriptors and the application of these across units within your programme.

**Unit Title:** Training and Fitness

**Graded Unit Reference Number:** GA33SPO14

**Ungraded Unit Reference Number:** UA33SPO14

**Module:** Sport and Exercise

**Level:** Three (3)

**Credit Value:** Three (3)

**Minimum Guided Learning Hours:** 30

Learning Outcome (The Learner will):	Assessment Criterion (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
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"> <li>a) reflects the results of fitness assessment</li> <li>b) meet the needs of the client/athlete</li> <li>c) includes the principles of training</li> <li>d) develops fitness levels over time</li> <li>e) identifies the expected benefits of the training programme</li> </ul>