



# Cotswold Edge Sixth Form



<b>Subject:</b>	NCFE L2 Certificate in Fitness Instructing @ YA	<b>Assessment Point 1 - Coursework</b>
<b>Title of the project:</b>	Principles of Training	
<b>Due date:</b>	First lesson back September 2018	
<b>Learning skills and their place in the specification</b>	Research and select relevant information Presenting and Communicating information	
<b>Specification link</b>	<a href="https://www.ncfe.org.uk/qualification-search/ncfe-level-2-certificate-in-fitness-instructing-gym-based-exercise-4432.aspx">https://www.ncfe.org.uk/qualification-search/ncfe-level-2-certificate-in-fitness-instructing-gym-based-exercise-4432.aspx</a>	
<b>Tasks set</b>	Research how to apply the principles and variables of fitness to exercise	
<b>How this links to the exam specification</b>	Unit Principles of Exercise, fitness and Health 3.1 Describe the physiological implications of <ul style="list-style-type: none"> <li>• Specificity</li> <li>• Progressive Overload</li> <li>• Reversibility</li> <li>• Adaptability</li> <li>• Individuality</li> <li>• Recovery Time</li> </ul> 3.2 Explain the principles of FITT <ul style="list-style-type: none"> <li>• Frequency</li> <li>• Intensity</li> <li>• Time</li> <li>• Type</li> </ul>	
<b>How to complete the task:</b>	Your task is to produce a two page leaflet that describes the Principles of training  <b>Therefore for each principle it is expected that:</b> <ol style="list-style-type: none"> <li>1. You describe the principle</li> <li>2. Provide a specific example of how you can apply it in training, for example for Intensity- <i>In strength weight training I can increase my bicep curl from 15 Kilograms to 20 kilograms</i></li> </ol> It is expected that you <b>DO NOT</b> simply copy and paste text from internet websites, but write any researched material in your own words.	
<b>Resources or links</b>	<a href="http://www.brianmac.co.uk/trnprin.htm">http://www.brianmac.co.uk/trnprin.htm</a> <a href="http://www.teachpe.com/gcse_training/sessions.php">http://www.teachpe.com/gcse_training/sessions.php</a> Adams M et al – BTEC Level 3 National Sport, student book, (Pearson 2010).	

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<b>Number of learning hours it will take to complete</b>	Minimum 5 hours