

**Name:**

**Unit 8: Specialised Fitness Training**

**2020/2021**

**BTEC National Subsidiary Certificate in Sport and Exercise Science**

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| **ASSIGNMENT BRIEF -** |
| **Introduction -**  The fitness training industry is booming with both sport and non-sporting people going to gyms and engaging with trainers or fitness coaches. It is important firstly that we understand the fitness requirements of the sports that we play. For example why does a netball player need power or muscular endurance? |

**Learning Outcomes -**

In this unit you will:

**A: Examine the fitness requirements, physical characteristics and demands of sport that contribute to effective training and performance.**

**Scenario -**

You are Year 12 students who have kindly volunteered to help with the Taster Days the college runs. Some of the Year 9 Taster students you are working with are unsure of the content of the training unit. Your information will help them decided their study programme.

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| **TASK** | **TASK DESCRIPTION** | **GRADING**  **CRITERIA** | **Submission date** | **ASSESSOR** |
| **1** | * Using a sport that you **play** or **have an interest** in you are to explore the fitness demands of this sport. * Write around 50 to 75 words on **each** of the following components of fitness for your sport. **So explain when they need these components.**   Cardiovascular endurance  Strength (isometric and isotonic)  Muscular endurance  Explosive power  Speed  Agility  Balance  Proprioception  Speed endurance  Flexibility  Reaction time  **If you sport does not need a component of fitness – you will need to explain why they do not.** | **Part A.P1** | First BTEC Sport Sci lesson | Graham Saffery |
| **Evidence you must produce for this task.** | A word processed or hand written document. | | | |
| **Criteria covered by this task:** | | | | |
| Describe the fitness demands of your sport. | | | | **Part A.P1** |

If you experience any difficulties with this piece of work please email Saffers ([gs@asfc.ac.uk](mailto:gs@asfc.ac.uk))