

## BTEC Assignment Brief

<b>Qualification</b>	Pearson BTEC Level 3 National Extended Certificate in Sport Pearson BTEC Level 3 National Foundation Diploma in Sport Pearson BTEC Level 3 National Diploma in Fitness Services
<b>Unit number and title</b>	<b>Unit 5: Application of Fitness Testing</b>
<b>Learning aim(s)</b> (For NQF only)	<b>A:</b> Understand the principles of fitness testing <b>B:</b> Explore fitness tests for different components of fitness
<b>Assignment title</b>	Investigating and implementing fitness testing practices
<b>Assessor</b>	
<b>Issue date</b>	
<b>Hand in deadline</b>	

<b>Vocational Scenario or Context</b>	<p>As a student on the Level 3 BTEC Sport programme a local sports club has approached you about the potential of becoming an established assistant coach for developing sports players in the club. The club are particularly interested in developing the physical conditioning of the athletes and are looking for someone to assist with the fitness testing procedures to determine the current fitness levels of a range of athletes.</p> <p>You are required to demonstrate your practical skills and understanding of fitness testing procedures through a variety of tasks that have been discussed, and agreed, in a recent committee meeting of club members.</p>
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<b>Task 1</b>	<p><b>Written report on validity, reliability, practicality and ethical considerations.</b></p> <p>The club head coach would like you to demonstrate your understanding of testing procedures by creating a report outlining the validity, reliability, practicality and ethical considerations when planning and conducting fitness tests with different clients.</p> <p>Within your report it is suggested that you include the following concepts:</p> <p><u>Validity</u></p> <ul style="list-style-type: none"> <li>Define validity with clear explanations to demonstrate an understanding what validity means and the application to fitness testing.</li> </ul>
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- Provide examples from a range of sports to explain validity of fitness test for different sports performers.

#### Reliability

- Explain the concept of reliability to show your understanding of what reliability means.
- Explain the concept of Benchmarking data.
- Recommend methods explaining examples of methods you would undertake to ensure that fitness tests are carried out in a reliable manner (for example pre-tests, calibration of the equipment, warm-up, and fitness test technique practice).
- Recommend methods explaining the importance of following the correct protocol during fitness tests and the impact of the skill level of the administrator, adherence to test protocol, constant conditions, and appropriate rest period between tests.

#### Practicality and suitability of fitness tests

- Recommend methods explaining the factors affecting the practicality of fitness tests including cost, time, equipment and available facilities.
- Recommend methods explaining how individual differences can affect the suitability of fitness tests selection. (e.g. type of sport, individual differences of the sports performer and fitness levels of the performer).

#### Ethical issues

- Recommend methods explaining how you should follow the appropriate ethical procedures with participants prior to and during fitness testing.
- Recommend methods of the ethical procedures that you would follow prior to and during fitness testing (e.g. informed consent form, reasons for terminating a test, ensuring suitable rest periods, appropriate hydration and suitable warm up for selected tests).
- Recommend methods explaining how you would ensure data protection when recording results, maintain confidentiality of data and in consideration of these factors storage of the data collected.
- Explain any principles you would need to follow regarding ethical clearance to carry out testing on sports performers.
- Recommend methods demonstrating how you would ensure the welfare of the subject throughout the test procedures.

<b>Checklist of evidence required</b>	A written report on the principles of fitness testing, including the following discussion of the following features: <ul style="list-style-type: none"> <li>• Validity</li> <li>• Reliability</li> <li>• Practicality</li> <li>• Suitability</li> <li>• Ethical requirements</li> </ul>
<b>Criteria covered by this task:</b>	
Unit/Criteria reference	To achieve the criteria you must show that you are able to:
5/A.P1	Explain the importance of validity, reliability, practicality and suitability in relation to fitness testing.
5/A.P2	Explain how ethical requirements should be met when planning and conducting fitness testing, giving examples.
5/A.M1	Recommend methods that can be used to ensure fitness testing is conducted in a valid, reliable, practical, suitable and ethical way.