

## BTEC Sport Unit 2 Fitness Training and Programming for Health, Sport and Well-being Curriculum Summary

<b>Name of unit</b>	Unit 2 Fitness Training and Programming for Health, Sport and Well-being
<b>Why do we study this unit?</b>	The health and fitness industry is concerned with helping to support clients to increase their fitness levels and also ensuring a client is in appropriate health to take on a fitness programme. To work in the health and fitness industry, staff need to know how to assess clients and then be able to plan appropriate training programmes to take into account individual needs.
<b>By the end of the unit, students will be able to....</b>	In this unit, you will explore the process required for screening clients and assessing their lifestyle and nutritional intake. How to interpret this information will then be examined. From this information you will explore how to make judgements on a specific individual's current lifestyle and then suggest modifications to help improve the individual's fitness, health and overall well-being. Fitness training methods will be examined for each component of physical and skill-related fitness. The selection of appropriate training methods for a selected individual and their application into a training programme will then be explored. To complete the assessment task within this unit, you will need to draw on your learning from across your programme.
<b>Links to previous units</b>	
<b>Key vocabulary</b>	Physical activity, lifestyle, modification, screening, monitoring, Nutrition, Component, skill-related, fitness related, principles,
<b>Week and summary topic</b>	<b>Knowledge and skills learned</b>
1. <b>Positive and negative lifestyle factors and their effects on health and</b>	<p>Understand the importance of lifestyle factors in the maintenance of health and well-being:</p> <ul style="list-style-type: none"> <li>• Exercise/physical activity: physical (strengthens bones, improves posture, improves body shape), reduces risk of chronic diseases (CHD, cancer, type 2 diabetes), psychological (relieves stress, reduces depression,</li> </ul>

<p><b>well-being</b></p>	<p>improves mood), social (improves social skills, enhances self-esteem), economic (reduces costs to National Health Service, reduces absenteeism from work).</p> <ul style="list-style-type: none"> <li>● Balanced diet: eatwell plate (food groups), benefits of a healthy diet (improved immune function, maintenance of body weight, reduces risk of chronic diseases – diabetes, osteoporosis, hypertension, high cholesterol), fluid intake requirements (moderation of caffeine intake), strategies for improving dietary intake (timing of meals, eating less/more of certain food groups, five a day, reducing salt intake, healthy alternatives).</li> <li>● Positive risk-taking activities: participation in outdoor and adventurous activities, endorphin release, improved confidence.</li> <li>● Government recommendations/guidelines: UK Government recommendations (physical activity, alcohol, healthy eating).</li> </ul> <p>Negative lifestyle factors and their effects on health and well-being Understand the factors contributing to an unhealthy lifestyle:</p> <ul style="list-style-type: none"> <li>● Smoking: health risks associated with smoking (CHD, cancer, lung disease, bronchitis, infertility).</li> <li>● Alcohol: health risks associated with excessive alcohol consumption (stroke, cirrhosis, hypertension, depression). Stress: health risks associated with excessive stress (hypertension, angina, stroke, heart attack, stomach ulcers, depression).</li> <li>● Sleep: problems associated with lack of sleep (depression, overeating).</li> <li>● Sedentary lifestyle: health risks associated with inactivity.</li> </ul>
<p><b>2. Lifestyle modification techniques</b></p>	<p>Understand how lifestyle modification techniques can be used to reduce unhealthy lifestyle behaviours:</p> <ul style="list-style-type: none"> <li>● Common barriers to change: time, cost, transport, location.</li> <li>● Strategies to increase physical activity levels: at home, at work, during leisure time, method of transport.</li> <li>● Smoking cessation strategies: acupuncture, NHS smoking helpline, NHS smoking services, nicotine replacement therapy, Quit Kit support packs.</li> <li>● Strategies to reduce alcohol consumption: counselling, self-help groups, alternative treatments.</li> <li>● Stress management techniques: assertiveness training, goal setting, time management, physical activity, positive self-talk, relaxation, breathing techniques, meditation, alternative therapies, changes to work-life balance.</li> </ul>
<p><b>2. Understand the</b></p>	<p>Be able to interpret the lifestyle of a selected individual using</p>

<b>screening processes for training programming</b>	appropriate screening documentation, and know when to refer the individual to a doctor.
<b>3. Interpreting the results of health monitoring tests</b>	Be able to interpret health monitoring data against health norms and make judgements.
<b>4. Understand programme-related nutritional needs</b>	Understand the requirements of a balanced diet: <ul style="list-style-type: none"> <li>● Macronutrients (carbohydrates, fats, protein), sources of food for each macronutrient, quantities.</li> <li>● Micronutrients (vitamins A, B, C and D, minerals calcium, iron), sources of food for each micronutrient, quantities.</li> <li>● Hydration (different requirements of fluid intake: climate, levels of exercise, programme type, time of year).</li> <li>● The effects on performance of dehydration and hyperhydration and the signs and symptoms of each.</li> </ul>
<b>5. Nutritional strategies for individuals taking part in training programmes</b>	This will include how to: <ul style="list-style-type: none"> <li>● Understand different strategies used on an individual basis by adapting diet to gain or lose weight.</li> <li>● Understand the use of ergogenic aids used in training programmes including positive and negative effects, and recommended timings</li> <li>● Understand the use of sports drinks for different types of training requirements including recommended timings and amounts.</li> </ul>
<b>6. Components of fitness to be trained</b>	Physical fitness – understand the components of physical fitness and the application of each component in a fitness training context. <ul style="list-style-type: none"> <li>● Aerobic endurance: the ability of the cardiorespiratory system to work efficiently, supplying nutrients and oxygen to working muscles during sustained physical activity.</li> <li>● Strength: the maximum force (in kg or N) that can be generated by a muscle or muscle group.</li> <li>● Muscular endurance: the ability of the muscular system to work efficiently, where a muscle can continue contracting over a period of time against a light to moderate fixed resistance load.</li> <li>● Flexibility: having an adequate range of motion in all joints of the body, the ability to move a joint fluidly through its complete range of movement.</li> <li>● Speed: the ability to move the whole body quickly or move limbs rapidly.</li> </ul>

	<ul style="list-style-type: none"> <li>● Body composition: the relative ratio of fat-to-fat-free mass (vital organs, muscle, bone) in the body.</li> </ul>
<b>7. Skill-related fitness</b>	<p>Understand the components of skill-related fitness and the application of each component in a fitness training context:</p> <ul style="list-style-type: none"> <li>● Agility: the ability of a sports performer to quickly and precisely move or change direction without losing balance or time.</li> <li>● Balance: static and dynamic balance, the ability to maintain centre of mass over a base of support.</li> <li>● Coordination: the ability to control movement of two or more body parts, smoothly and efficiently to perform a motor task.</li> <li>● Reaction time: the time taken for a sports performer to respond to a stimulus and the initiation of their response.</li> <li>● Power: the ability to produce a maximal force in the shortest period of time possible.</li> </ul>
<b>8. Training methods for physical fitness-related components</b>	<p>Appropriate training methods to be included in the design of a training programme. Indoor and outdoor environments to be considered, with associated equipment, to allow for a variety of methods of exercising.</p> <p>Advantages and disadvantages of training methods to be considered when applied to a specific sport and exercise goal.</p>
<b>9. Understand training programme design</b>	<p>Be able to design a fitness training programme including all the major components:</p> <ul style="list-style-type: none"> <li>● Fitness training programme design</li> <li>● Principles of training</li> <li>● Periodisation</li> </ul>