

Guidelines for the Assessment of Fitness Training

The inclusion of Fitness Training as an Exercise Activity enables centres to provide candidates with an integrated course of study with a holistic approach in respect to Health-Related Exercise.

The National Curriculum for KS4 requires pupils to plan and monitor their own exercise programme and the introduction of Fitness Training in to the GCSE Physical Education is designed to be an extension of this. At the same time, the development of a Personal Exercise Programme (PEP) is deemed to be central to the development of an individual's knowledge and understanding relating to the relationship between exercise and training and consequently support any improvement in performance.

Fitness Training as an activity, therefore, enables centres to bring together the elements of the theoretical knowledge, the PEP and the Analysis of Performance and apply them with the practical application of a variety of training procedures resulting in an active and integrated programme.

The rubric of the assessment of all practical activities for the Edexcel GCSE Physical Education specifications requires candidates to be awarded a coursework assessment mark (2A component) and an 'on-the-day' final practical assessment (2C component).

The assessment of the Fitness Training activity differs from other practical activities in as much as the coursework assessment will be based upon the performance of two types of training (although it is recommended that centres offer candidates experience of all four listed types of training), whilst the final practical assessment will be based on the candidate performing his/her preferred type of training 'on-the-day' and therefore the final mark for component 2C being awarded for this one performance.

Candidates undertaking the Fitness Training activity are required to develop a PEP to support their course of study and these must be available on the moderation day.

All candidates must complete an Analysis of Performance (2B component) related to one of their chosen practical activities and the development of a specific PEP related to this is considered to be a valuable aspect of this area of the course. **Candidates undertaking the Fitness Training activity may therefore use their Fitness Training PEP to support their Analysis of Performance and adapt it accordingly to specifically relate to the activity area that they are undertaking their Analysis of Performance in.**

Fitness Training

(Exercise Activities are part of the Athletics Activity Group)

Area of Activity

Candidates should be taught:

- how preparation, training and fitness relate to and affect performance
- how to design and carry out activity and training programmes that have specific purposes
- the importance of exercise and activity to personal, social and mental well-being
- how to monitor and develop their own training, exercise and activity programmes in and out of school.

Candidates should be:

- aware of and able to perform two of the following types of Training:
- Circuit Training
- Resistance Training (Free/Fixed Weights)
- Exercise to Music (Step/Aerobics/Aqua aerobics)
- Continuous Training (Jogging/Cycling/Swimming)
- aware of all safety procedures concerned with each type of training
- familiar with a variety of tests used to measure individual performance in the above fitness areas e.g 12min run, Harvard Step Test, Sit and Reach SBJ, Sargeant Jump, etc
- familiar with simple monitoring procedures to record levels of performance in the above activities e.g. timing/measuring distances, recovery rate
- able to answer/devise a questionnaire concerning feelings mood, outlook on life and attitude to being active

Application of Knowledge

Candidates should:

- establish their current levels of personal fitness
- plan a PEP using at least two of the stated types of training to improve their current level of fitness
- monitor and record their programme
- evaluate their results and make suggestions for the next 6 week programme

This activity can be linked to the theoretical requirements of the course where candidates use a Personal Exercise Programme to develop their understanding of A4. Principles of Training.

Fitness Training Coursework (2A)

General Performance Levels (2A)

All candidates will be required to offer **two** types of training for moderation from the following:

Circuit Training

Resistance Training Free/Fixed Weights/Body Pump

Exercise to Music Step/Aerobics/Aqua Aerobics/Body Pump

Continuous Training Jogging/Cycling/Swimming/Exercise Bicycle/Rowing Machine/
Treadmill/Stepper/Cross Trainer/Skipping

Coursework marks should be based on the following guide:

Mark band	Fitness Training – Coursework Performance Levels (2A)
9-10	Performs one activity with an outstanding level of technique and performance and supplements this with their Personal Exercise Programme <i>or</i> Performs two activities with a high level of technique and performance and supplements this with their Personal Exercise Programme
7-8	Performs one aspect with a high level of technique and performance and supports this with their Personal Exercise Programme <i>or</i> Performs two aspects with a good level of technique and performance and supports this with their Personal Exercise Programme
5-6	Performs one aspect with a good level of technique and performance and supports this with their Personal Exercise Programme <i>or</i> Performs two aspects with a moderate level of technique and performance and supports this with their Personal Exercise Programme
3-4	Performs one aspect with a moderate level of technique or performance and has a Personal Exercise Programme
1-2	Performs one aspect with a low level of technique or performance and may have a Personal Exercise Programme

At the higher levels in deciding the final mark, a major factor is whether the candidate performs at the level with the required standard of technique **and** performance.

E.g. Level 7 –8, if the candidate can demonstrate two types of training with a good performance, but not with good technique, he/she will be awarded a 7 not an 8

N.B. – Candidates cannot offer the same training activity in two different areas e.g. in resistance training candidates cannot offer body pump and then offer it again in exercise to music

Mark Band	Exercise Activities – Fitness Training Coursework (2A)
9 – 10	<p>The candidate is able to consistently produce a high level of performance in two types of training demonstrating all required components of fitness. Such performances are characterised by control, power and stamina and a level of technique that allows for exercise to be maintained at a very high level over a required period of time.</p> <p>Where appropriate, the candidate will demonstrate a very high level of body form and precision of movement.</p> <p>Candidates will have a significant fitness for purpose and be able to work continuously in their chosen activities at the required rate. They will have excellent rates of recovery.</p>
7 – 8	<p>The candidate is able to consistently produce a good level of performance in two types of training demonstrating all required components of fitness. Such performances are characterised by control, power and stamina and a level of technique that allows for exercise to be maintained at a high level over a required period of time.</p> <p>Where appropriate, the candidate will demonstrate a good level of body form and precision of movement.</p> <p>Candidates will have a good fitness for purpose and be able to work continuously in their chosen activities at the required rate. They will have good rates of recovery.</p>
5 – 6	<p>The candidate is able to produce an average level of performance in two types of training demonstrating all required components of fitness. Such performances are characterised by control, power and stamina and a level of technique that allows for exercise to be maintained at a consistent level over a required period of time, but over the required period of time fatigue will become evident.</p> <p>Where appropriate, the candidate will demonstrate a sound level of body form and precision of movement.</p> <p>Candidates will have an average fitness for purpose and be able to work initially in their chosen activities at the required rate. They will have an average rate of recovery.</p>
3 – 4	<p>The candidate is able to produce a moderate level of performance demonstrating some of the required components of fitness. Such performances are characterised by limited control, power and stamina and an inconsistent level of technique that allows for exercise to be maintained at a limited level whilst over a required period of time fatigue will become very evident.</p> <p>Where appropriate, the candidate will demonstrate a moderate level of body form and precision of movement.</p> <p>Candidates will have a moderate fitness for purpose and only be able to work in their chosen activities at the required rate for a short period of time. They will have a poor rate of recovery.</p>
1 - 2	<p>The candidate is able to produce a low level of performance demonstrating few of the required components of fitness. Such performances are characterised by very limited control, power and stamina and a low level of technique. Exercise will not be maintained over a required period of time and fatigue will become very evident after a short period.</p> <p>Where appropriate, the candidate will demonstrate a limited level of body form and precision of movement.</p> <p>Candidates will have a poor fitness for purpose and not be able to work in their chosen activities at the required rate. They will have a very poor rate of recovery.</p>

Centres will need to devise a programme for the Final Practical Assessment that enables candidates to show resting pulse, appropriate pulse rate to the activity and recovery rates for ONE of their types of training

Please refer to Appendix H for details and assessment criteria for the Final Practical Assessment of Fitness Training

Fitness Training - Final Practical Assessment (2C)

On the Day Guidelines

The centre should:

- show at least two different types of exercise activities e.g. Circuit Training and Continuous Training
- ensure that PEPs for all candidates are available for the Moderator to view
- ensure that each PEP has an EDEXCEL Information front sheet
- ensure that the Moderator is able to talk to a range of candidates about their PEP
- give a mark to each candidate for their performance in their chosen ‘on the day ‘ activity using the criteria provided

The candidate should:

- show the type of training that they consider to be their **best/preferred** activity of the two that they have used in Fitness Training
- have a copy of the sheet that they intend to use for the session available for the Moderator and provide the following information:
 - ◆ Fitness Training activity to be shown
 - ◆ Resting Pulse Rate
 - ◆ Working Pulse (**probably at the end of the activity**)
 - ◆ recovery rate/period (up to 5 minutes after exercise stops)
 - ◆ ensure that pulse rates can be taken

N.B. a Heart Rate Monitor may be used to calculate Pulse Rate

Procedure for each activity:

- at the start of each activity candidates should **take and record** their pulse at one of the recognised sites(carotid/radial)
- candidates should perform a warm up
- at the end of each activity candidates should take and record their pulse rate.
- Recovery pulse rate/time should also be noted

Candidate should undertake activity session as follows:

Circuit Training

- circuit to have minimum of 6 stations. Candidates to complete 3 laps with a target time to equal or exceed (If possible the stations should be general in nature so that all candidates offering this activity can work together)

Resistance Training

- candidates to perform 6 exercises that have been used in their PEP.
- 3 sets of each exercise to be undertaken

Exercise to Music

- session should last 15 minutes (approx.)

Continuous Training

- session should last 12/15 minutes (approx.)

Moderator Information Sheet

Centre:		Number:	
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Candidate:		Number:	
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Fitness Training for:	(sport/activity)
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Two types of Fitness Training chosen for Coursework:

1.		2.		c/w mark	
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Type of Fitness Training chosen to perform for Moderation:	
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Resting Pulse:	
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Working Pulse -	
After Activity	

Recovery Time:	
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Description of Exercise Session:
(this could be shown on an attached sheet)

Guidelines for the Moderation

Before the Moderation Day

- The moderator will need the names and coursework marks of the candidates
- The chosen activities for each candidate and which is their first choice activity

Student groups for the day

If the school is offering more than one Exercise activity for the final assessment they need to forward the candidates names in each group

The Moderator to choose which group and candidates to see by for example:

- numbers
- grades
- type of activity

Availability of equipment

- weights/Multigym/ - numbers – could see two groups by ability
- schools may make use of Heart rate monitors/Pulsemeters for aerobic activities

Students taking groups (during coursework)

Assisting the teacher e.g. setting out the stations in circuit training, setting the treadmill, exercise bicycle, rowing machine, weights, preparing music to use for the session e.g. tape/CD rom – storing away equipment

- warm ups
- lead the session – **demonstrate** exercises – illustrate contra-indicated and more difficult/easier versions of the exercises
- cool down
- safety points e.g. with the weights and exercises
- planning a session, evaluating/analysing the session and/or programme
- these points could be shown and top grade candidates could run a session in their preferred activity on the final moderation day

Moderation Day

Some specific guidelines to support centres

- The **best activity** for each candidate to be assessed on the Moderation Day
- If possible the centre must show **two** activities on the day
- The Moderator should know what activities will be shown before the day
- In activities such as continuous training the students will perform for a minimum of 12/15 minutes with their pulse rate in the target zone
- Some of the students could be wearing pulemeters/heart rate monitors (these may be chosen by the Moderator to do the Analysis of Performance in this Activity as this will give ample opportunity to ask questions about the activity – target zone etc)
- The students should demonstrate their ability to take their pulse rate
- Students will be expected to wear appropriate kit for the activity
- The **top students** should undertake suitable warm up and cool down without assistance
- Students should present a prepared outline training session (**for the Moderator**) to suit their ability. This should suit their **Individual Needs** but will not necessarily be used on the day.
- The Teacher **may** choose candidates to run the warm up, main activity and cool down “on the day”
- Candidates may have prepared music or apparatus (for example for circuit training and they may also have circuit training cards)
- Candidates **must** have their PEP for the Moderator to view before the activity session
- The candidates in the Fitness Training can use the PEP in the Analysis of Performance with suitable adaptation/amendment to link to the sporting area
- Candidates will be expected to work safely at all times in terms of:
 - ◆ Clothing
 - ◆ Preparation – warm up
 - ◆ Performance – main activity
 - ◆ Cool down
 - ◆ Demonstration/technique in the activity – eg. contra-indicated exercises
 - ◆ Knowledge, preparation and performance of their PEP
 - ◆ General awareness of safety e.g. leaving bags on the floor,
 - ◆ Students could have a positive safety list in their PEP
 - ◆ Students should perform safely and with good technique and appropriate intensity
 - ◆ Students should take and record their resting pulse rate, (RPR) working pulse rate (WPR) and recovery rate (RR) taken for up to 5 minutes after the main activity stops.

Centres must ensure that candidates are made fully aware of contra-indicated exercises and their application in terms of safe performance.

Final Practical Assessment (2C)

Fitness Training Criteria

The criteria is based on the following points and generally in this order:

1. Programme/Monitoring/Recording
2. Principles/Target zones/Resting pulse Rate/Working pulse Rate/Recovery Rates
3. Safety
4. Fitness level
5. Technique
6. Preparation
7. Performance
8. Cool down/Recovery
9. Supporting the teacher/group
10. Evaluation

General Performance Levels

All candidates will be required to offer **one** type of training for moderation from the following:

Circuit Training

Resistance Training Free/Fixed Weights/Body Pump

Exercise to Music Step/Aerobics/Aqua Aerobics/Body Pump

Continuous Training Jogging/Cycling/Swimming/Exercise Bicycle/Rowing Machine/
Treadmill/Stepper/Cross Trainer/Skipping

Final moderation marks should be based on the following guide:

Mark band	Fitness Training - Final Assessment Performance Levels (2C)
9-10	Performs one activity with an outstanding level of technique and performance and supplements this with their Personal Exercise Programme
7-8	Performs one aspect with a high level of technique and performance
5-6	Performs one aspect with a good level of technique and performance
3-4	Performs one aspect with a moderate level of technique or performance
1-2	Performs one aspect with a low level of technique or performance

At the higher levels in deciding the final grade, a major factor is whether the candidate performs at the level with the required standard of technique **and** performance.

NB. Level 7 –8, if the candidate can demonstrate two types of training with a good performance, but not with good technique, he/she will be awarded a 7 not an 8.

Resistance Training

Mark band	Fitness Training – Resistance training
9-10	<p>The candidate will have researched and planned their Personal Exercise Programme needing very little guidance. They will show a clear understanding of, and apply the Principles of Training, Repetitions, Sets and Training Methods. They will know (and understand why) in which order to perform the exercises and how to calculate, set and record the correct resistance for each exercise for themselves and others. They will know the muscle groups involved and how they work in the exercise. They will choose appropriate testing, measuring and evaluating procedures, the plan will be clearly set out and the candidate may have devised their own planning template for monitoring, recording and evaluating their programme. The candidate will have a clear understanding of and be very capable of working safely and have a very high fitness level working with excellent technique throughout. They will plan a suitable warm up, main activity and cool down and lead the group in the activity. They will evaluate each session and their overall programme and be able to plan how to progress their training and fitness levels using the appropriate Principles of Training</p>
7-8	<p>Candidates at this level will be able to produce a plan for their Personal Exercise Programme and demonstrate some understanding of the Principles of Training but may still need some guidance on their use and application. They will understand how to use repetitions and sets for different effects, the order in which to perform the exercises and how to calculate the resistance, They will have some knowledge of suitable Training Methods and adopt them. They will know how to calculate, set and record their correct resistance for each exercise. They will have knowledge of the muscles used in the exercises and know how they work. They will know how and be able to apply their knowledge in appropriate testing, measuring and evaluating procedures. They should have a very good knowledge of safety and apply this in their warm up, main activity and cool down/recovery. Their technique in each exercise will be very good and safe and they will show a very good level of fitness in performing the activity to a high level of intensity. They will be capable of supporting the teacher in preparing equipment and storing equipment after use. They will be able to monitor and record their programme with useful notes and comments. They will evaluate each session and the overall Personal Exercise Programme will have clear and relevant suggestions to develop their training programme</p>
5-6	<p>Candidates at this level will be able to produce a plan for their Personal Exercise Programme after initial teaching and with some guidance on the use and application of the Principles of Training and in adopting suitable Training Methods. They may need some direction in setting out their plan and choosing appropriate testing, measuring and evaluating procedures for their programme. They should have a good knowledge of safety and apply this in their warm up, main activity cool down/recovery and technique. They should show a good level of fitness in performing the activity and demonstrate each exercise with good technique. They should be capable of supporting the teacher in preparing equipment and storing equipment after use. They should make provision for and be able to monitor and record their programme with useful notes and comments. Their evaluation of each session and the overall Personal Exercise Programme should be clear and relevant and suggest ways for the future development of their programme</p>

3-4	<p>Candidates at this level will not be able to plan their Personal Exercise Programme without some assistance. They will need help and prepared worksheets and some guidance in choosing appropriate Principles of Training and Training Methods. They may not understand how to plan in any depth and will need help in setting out their plan and choosing appropriate testing, measuring and evaluating procedures for their programme. They should understand the importance of safety in their activity and will normally apply them in practice. Their fitness level and technique in the exercises will be at a moderate level. They may know about and apply a warm up and cool down but may not apply good technique throughout. They may not always support the teacher in preparing and concluding the training session. They will lack depth in their ability to evaluate a training session or their plan for their future Personal Exercise Programme</p>
1-2	<p>Candidates at this level will not be able to plan their Personal Exercise Programme without considerable assistance. They will need the help of prepared worksheets and guidance in choosing appropriate Principles of Training and Training Methods. They may not select and understand the most appropriate methods of testing and measuring for the activity and will not be able to apply them. They should understand the importance of safety in their activity but not always demonstrate it in practice. Their fitness level and technique will be poor. They may know about and apply a warm up and cool down but only at a superficial level. They will not be able to lead the group or support the teacher in preparing or concluding a training session. They will lack the ability to evaluate a training session or their Personal Exercise Programme and will not be able to produce a suitable evaluation for planning a future programme</p>

Circuit Training

Mark band	Fitness Training – Circuit Training
9-10	<p>The candidate will have researched and planned their Personal Exercise Programme (PEP) needing little guidance. They will show a clear understanding of, and apply the Principles of Training. They will know how to calculate the number of repetitions or time for each exercise, what exercises to include, in which order, and understand why, and the number of circuits. They may be able to set up their circuit using music to help them. They will have a knowledge of the muscles used in the exercises and know how they work. They will know how and be able to take pulse rates very accurately and understand how to use them and apply their knowledge in appropriate testing, measuring and evaluating procedures. The plan will be clearly set out and the candidate may have devised their own planning template for monitoring, recording and evaluating their programme. The candidate will have a clear understanding of and be very capable of working safely and have a very high fitness level working with excellent technique throughout. They will plan and carry out a suitable warm up, main activity and cool down. They will evaluate each session and their overall programme and be able to plan how to progress their fitness levels using the appropriate Principles of Training.</p>
7-8	<p>Candidates at this level will be able to produce a plan for their Personal Exercise Programme and demonstrate some understanding of the Principles of Training but may still need some guidance on their use and application and in adopting suitable Training Methods. They will have a knowledge of the muscles used in the exercises and know how they work. They will know how and be able to take pulse rates accurately and understand how to use them and apply their knowledge in appropriate testing, measuring and evaluating procedures. They should have a very good knowledge of safety and apply this in their warm up, main activity and cool down/recovery. Their technique in each exercise will be very good and safe and they will show a very good level of fitness in performing the activity to a high level of intensity. They will be capable of supporting the teacher in preparing equipment and storing equipment after use. They will be able to monitor and record their programme with useful notes and comments. They will evaluate each session and the overall Personal Exercise Programme will have clear and relevant suggestions to develop their training programme.</p>
5-6	<p>Candidates at this level will be able to produce a plan for their Personal Exercise Programme after initial teaching and with some guidance on the use and application of the Principles of Training and in adopting suitable Training Methods. They will be able to take pulse rates and choose appropriate testing, measuring and evaluating procedures for their programme but will need some direction in setting out their plan. They should have a good knowledge of safety and apply this in their warm up, main activity and cool down/recovery and technique. They should show a good level of fitness in performing the activity and demonstrate each exercise with good technique. They should be capable of supporting the teacher in preparing equipment and storing equipment after use. They should make provision for and be able to monitor and record their programme with useful notes and comments. Their evaluation of each session and the overall Personal Exercise Programme should be clear and relevant and suggest ways for the future development of their training programme.</p>

3-4	<p>Candidates at this level will not be able to plan their Personal Exercise Programme without some assistance. They will need help and prepared worksheets and some guidance in choosing appropriate Principles of Training and Training Methods. They may have some difficulty in taking accurate pulse rates but may select some appropriate methods of testing and measuring for the activity and be able to apply them. They should understand the importance of safety in their activity and will normally apply them in practice. Their fitness level and technique will be at a moderate level. They may know about and apply a warm up and cool down but may not apply good technique throughout. They may not always support the teacher in preparing and concluding the training session. They will lack depth in their ability to evaluate a training session or their plan for their future Personal Exercise Programme.</p>
1-2	<p>Candidates at this level will not be able to plan their Personal Exercise Programme without considerable assistance. They will need the help of prepared worksheets and guidance in choosing appropriate Principles of Training and Training Methods. They will not be able to take accurate pulse rates and will need some direction in setting out their plan may not select and understand the most appropriate methods of testing and measuring for the activity and will not be able to apply them. They should understand the importance of safety in their activity but not always demonstrate it in practice. Their fitness level and technique will be poor. They may know about and apply a warm up and cool down but only on a superficial level. They may not support the teacher in preparing and concluding the training session. They will lack the ability to evaluate a training session or their Personal Exercise Programme and will not produce a suitable evaluation for planning a future programme.</p>

Continuous Training

Mark band	Fitness Training – Continuous Training
9-10	<p>The candidate will have researched and planned their Personal Exercise Programme (PEP) needing little guidance. They will show a clear understanding of, and apply the Principles of Training. They will know how to devise and use a running course, swimming schedule or other means to develop their cardiovascular fitness using a variety of recognised training methods and understand their use. They will have knowledge of the muscles used in the activity and know how they work. They will know how and be able to take pulse rates very accurately and understand how to use these and recovery rates and apply their knowledge in appropriate testing, measuring and evaluating procedures. The plan will be clearly set out and the candidate may have devised their own planning template for monitoring, recording and evaluating their programme. The candidate will have a clear understanding of and be very capable of working safely and have a very high fitness level working at the high end of the target zone with excellent technique throughout the duration of the activity. They will plan and carry out a suitable warm up, main activity and cool down. They will evaluate each session and their overall programme and be able to plan how to progress their fitness levels using the appropriate Principles of Training.</p>
7-8	<p>Candidates at this level will be able to produce a plan for their Personal Exercise Programme and demonstrate some understanding of the Principles of Training but may still need some guidance on their use and application. They may know how to devise and use a running course, swimming schedule or other means to develop their cardiovascular fitness. They may use a variety of recognised training methods and understand their use. They will have knowledge of the muscles used in the exercises and know how they work. They will know how and be able to take pulse rates accurately and understand how to use these and recovery rates in appropriate testing, measuring and evaluating procedures. The candidate will have a clear understanding of and be very capable of working safely and have a high fitness level and work towards the high end of the target zone with very good technique throughout the duration of the activity. They should have a very good knowledge of safety and apply this in their warm up, main activity and cool down/recovery. Their technique in each exercise will be very good and safe and they will show a very good level of fitness in performing the activity to a high level of intensity. They will be capable of supporting the teacher in preparing equipment and storing equipment after use. They will be able to monitor and record their programme with useful notes and comments. They will evaluate each session and the overall Personal Exercise Programme will have clear and relevant suggestions to develop their training programme.</p>

5-6	<p>Candidates at this level will be able to produce a plan for their Personal Exercise Programme after initial teaching and with some guidance on the use and application of the Principles of Training. They may know how to devise and use a simple running course, swimming schedule or other means to develop their cardiovascular fitness. They should use some recognised training methods and have some understanding of their use. They will know how and be able to take pulse rates quite accurately and know how to use these and recovery rates in appropriate testing, measuring and evaluating procedures but will need some direction in setting out their plan. They should have a good knowledge of safety and apply this in their warm up, main activity and cool down/recovery. Their technique in each activity will be good and safe and they will show a good level of fitness in performing the activity to a good level of intensity. They should show a good level of fitness in performing the activity and demonstrate each exercise with good technique. They should be capable of supporting the teacher in preparing equipment and storing equipment after use. They should make provision for and be able to monitor and record their programme with useful notes and comments. Their evaluation of each session and the overall Personal Exercise Programme should be clear and relevant and suggest ways for the future development of their training programme.</p>
3-4	<p>Candidates at this level will not be able to plan their Personal Exercise Programme without some assistance. They will need help and prepared worksheets and some guidance in choosing appropriate Principles of Training. They may produce a very simple running course, swimming schedule or other means to develop their cardiovascular fitness. They may only use one or perhaps two recognised training methods and have little understanding of their use. They may have some difficulty in taking accurate pulse rates but may select some appropriate methods of testing and measuring for the activity and be able to apply them. They should understand the importance of safety in their activity and will normally apply them in practice. Their fitness level and technique will be at a moderate level. They may exercise in their target range but find it difficult to maintain this performance for the full duration of the task. They may know about and apply a warm up and cool down but may not apply good technique throughout. They may not always support the teacher in preparing and concluding the training session. They will lack depth in their ability to evaluate a training session or their plan for their future Personal Exercise Programme.</p>
1-2	<p>Candidates at this level will not be able to plan their Personal Exercise Programme without considerable assistance. They will need the help of prepared worksheets and guidance in choosing appropriate Principles of Training. They may not produce a running course, swimming schedule or any other means to develop their cardiovascular fitness. They may only use one recognised Training Method and have little understanding of this. They will not be able to take accurate pulse rates and will need some direction in setting out their plan may not select and understand the most appropriate methods of testing and measuring for the activity and will not be able to apply them. They should understand the importance of safety in their activity but not always demonstrate it in practice. Their fitness level and technique will be poor. They may know about and apply a warm up and cool down but only on a superficial level. They may not exercise in their target range and will find it difficult to maintain this performance for the full duration of the task.</p> <p>They may not support the teacher in preparing and concluding the training session. They will lack the ability to evaluate a training session or their Personal Exercise Programme and will not produce a suitable evaluation for planning a future programme</p>

Exercise to Music

Mark band	Fitness Training – Exercise to Music
9-10	<p>The candidate will have researched and planned their Personal Exercise Programme needing very little guidance. They will show a clear understanding of, and apply the Principles of Training, Repetitions, Sets and Training Methods. They will know (and understand why) in which order to perform the exercises and how to progress the exercise intensity depending on their fitness level. They will know the muscle groups involved and how they work in the exercises. They will choose appropriate music for each section of the class and be able to work to the beat and the phrase consistently. Their plan will be clearly set out and the candidate may have devised their own planning template for monitoring, recording and evaluating their programme. The candidate will have a clear understanding of contra-indicated exercises and be very capable of working safely. They should demonstrate a very high fitness level and work with excellent technique throughout. They will plan a suitable warm up, main activity and cool down and should be able to lead the group in the activity at some point. They will evaluate each session and their overall programme and be able to plan how to progress their training and fitness levels using the appropriate Principles of Training.</p>
7-8	<p>Candidates at this level will be able to produce a plan for their Personal Exercise Programme but may still need some guidance on the use and application of the Principles of Training and in adopting a suitable exercise plan. They will demonstrate, have some understanding of, and apply the Principles of Training. They will understand how to use repetitions and sets for different fitness levels. They will be able to work to the beat and the phrase of the chosen music and demonstrate a good level of technique throughout. They will have knowledge of the muscles used in the exercises and know how they work in each exercise. They should have a very good knowledge of contra-indicated exercise and how to work safely. They should be able to apply this in their warm up, main activity and cool down/recovery. Their technique in each exercise will be very good and safe and they will show a very good level of fitness. They will be capable of supporting the teacher in preparing equipment and storing equipment after use. They will be able to monitor and record their programme with useful notes and comments. They will evaluate each session and the overall Personal Exercise Programme will have clear and relevant suggestions to develop their training programme.</p>
5-6	<p>Candidates at this level will be able to produce a plan for their Personal Exercise Programme after initial teaching and with some guidance on the use and application of the Principles of Training and in adopting a suitable exercise plan. They may need some direction in setting out their plan and choosing appropriate exercises depending on their fitness level. They should have a good knowledge of contra-indicated exercises and should be able to work safely. They should be able to apply this in their warm up, main activity cool down/recovery. They should show a good level of fitness in performing the activity and demonstrate each exercise with good technique. They should be capable of supporting the teacher in preparing equipment and storing equipment after use. They should make provision for and be able to monitor and record their programme with useful notes and comments. Their evaluation of each session and the overall Personal Exercise Programme should be clear and relevant and suggest ways for the future development of their programme.</p>

3-4	<p>Candidates at this level will not be able to plan their Personal Exercise Programme without some assistance. They will need help and prepared worksheets and some guidance in choosing appropriate Principles of Training and an exercise plan. They may not understand how to plan in any depth and will need help in setting out their plan and choosing appropriate music and equipment for the session. They should understand the importance of contra-indicated exercises and work safely in their activity. Their fitness level and technique in the exercises will be at a moderate level. They may know about and apply a warm up and cool down but may not apply good technique throughout. They may not always support the teacher in preparing and concluding the exercise session. They will lack depth in their ability to evaluate an exercise session or their plan for their future Personal Exercise Programme</p>
1-2	<p>Candidates at this level will not be able to plan their Personal Exercise Programme without considerable assistance. They will need the help of prepared worksheets and guidance in choosing appropriate Principles of Training and an exercise plan. They may not be able to select appropriate or suitable choices of music. They should understand the importance of contraindicated exercises and be able to work safely in their activity but not always demonstrate it in practice. Their fitness level and technique will be poor. They may know about and apply a warm up and cool down but only at a superficial level. They will not be able to lead the group or support the teacher in preparing or concluding a training session. They will lack the ability to evaluate a training session or their Personal Exercise Programme and will not be able to produce a suitable evaluation for planning a future programme</p>