

BTEC Sport

BTEC Assignment brief – BTEC (NOF)

Assignment title	Conducting and evaluating fitness testing
Assessor	
Date issued	
Hand in deadline	
Duration (approx)	

Qualification covered	Advanced diploma and Advanced subsidiary diploma
Units covered	7 – Fitness testing for sport and exercise
Learning aims covered	'Know a range of laboratory-based and field-based fitness tests'

Scenario	As the first part of your campaign to raise the awareness of how important fitness is to all students you are to produce some material that could be displayed around the school.
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Task 1	<p>For each of the seven identified components of fitness you need to describe an activity that could measure someone's performance, including the advantages and disadvantages of the activity. You will need to have performed the activity to be able to complete the task for each of the following 7 components.</p> <table><tr><td>1 Flexibility</td><td>5 Power</td></tr><tr><td>2 Strength</td><td>6 Muscular Endurance</td></tr><tr><td>3 Aerobic Endurance</td><td>7 Body Composition</td></tr><tr><td>4 Speed</td><td></td></tr></table> <p>You should then write a more in depth explanation of the advantages and disadvantages of each test – making reference to cost, time, use of equipment, facility requirements, qualifications of tester, validity and reliability of results, suitability</p>	1 Flexibility	5 Power	2 Strength	6 Muscular Endurance	3 Aerobic Endurance	7 Body Composition	4 Speed	
1 Flexibility	5 Power								
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Evidence you must produce for this task	A poster for display around school.								

Criteria covered by this task:		
To achieve the criteria you must show that you are able to:	Unit	Criterion reference
Describe one test for each component of physical fitness, including advantages and disadvantages.	7	P1
Explain the advantages and disadvantages of one fitness test for each component of physical fitness.	7	M1
Sources of information	Unit content: Fitness tests: flexibility, e.g. sit and reach; strength, egg 1RM, grip dynamometer; aerobic endurance, e.g. multi-stage fitness test, step test, maximal treadmill protocol; speed, egg sprint tests; power, e.g. vertical jump, wingate test; muscular endurance, e.g. one-minute press up, one-minute sit up; body composition, e.g. skinfold calipers, bioelectrical impedance analysis, hydrodensitometry Advantages and disadvantages of different tests: e.g. cost, time, equipment requirement, facility requirements, skill level of person carrying out test, issues with test validity, issues with test reliability	