

OCR Level 1/Level 2 Cambridge National in Sport Science

Qualification J828

Unit R181

Unit Recording Sheet

Please read the instructions printed at the end of this form. A Unit Recording Sheet must be completed for each candidate and unit.										
Unit Title	Applying the principles of training: fitness and how it affects skill performance	Unit Code	R181	Session	Choose an item.	Year	2	0		
Scenario Title										
Centre Name						Centre Number				
Candidate Name						Candidate Number				
Marking Criteria				Teacher Comments		Mark	Page No.			
Task 1 – Topic Area 1: Components of fitness applied in sport										
MB1: 1 - 4 marks	MB2: 5 - 8 marks	MB3: 9 - 12 marks								
<p>Fitness tests are briefly described with limited reference to the protocols.</p> <p>Includes limited data and briefly outlines what it means to their fitness for the activities.</p> <p>[1 2 3 4]</p>	<p>Appropriate fitness tests are adequately described with sound reference to the protocols.</p> <p>Adequately analyses the data from each test and what it means to their fitness for the activities.</p> <p>[5 6 7 8]</p>	<p>Appropriate fitness tests are described in detail with clear reference to the protocols.</p> <p>Comprehensively analyses the data from each test and what it means to their fitness for the activities.</p> <p>[9 10 11 12]</p>								
						/12				

Marking Criteria			Teacher Comments	Mark	Page No.
Task 2 – Topic Area 1: Components of fitness applied in sport					
MB1: 1 - 3 marks	MB2: 4 - 6 marks	MB3: 7 - 9 marks			
<p>Few skills are briefly linked to components of fitness, may include limited examples.</p> <p>Demonstrates a limited range of skills relevant to the components of fitness.</p> <p style="text-align: right;">[1 2 3]</p>	<p>A range of skills are linked to components of fitness, with sound and relevant examples given for each.</p> <p>Demonstrates a good range of skills relevant to the components of fitness.</p> <p style="text-align: right;">[4 5 6]</p>	<p>A wide range of skills are linked to components of fitness in detail, with clear and relevant examples given for each.</p> <p>Confidently demonstrates a wide range of well developed skills relevant to the components of fitness.</p> <p style="text-align: right;">[7 8 9]</p>		/9	
MB1: 1 - 3 marks	MB2: 4 - 6 marks	MB3: 7 - 9 marks			
<p>Tests are described with basic examples of how they also measure an appropriate component of fitness.</p> <p>Includes some strengths and weaknesses of the data and briefly outlines what it means to their fitness for the activities.</p> <p style="text-align: right;">[1 2 3]</p>	<p>Tests are described with adequate relevant examples of how they also measure an appropriate component of fitness.</p> <p>Adequately analyses the strengths and weaknesses of the data from each test and what it means to their fitness for the activities.</p> <p style="text-align: right;">[4 5 6]</p>	<p>Tests are described in detail with clear and relevant examples of how they also measure an appropriate component of fitness.</p> <p>Comprehensively analyses the strengths and weaknesses of the data from each test and what it means to their fitness for the activities.</p> <p style="text-align: right;">[7 8 9]</p>		/9	

Marking Criteria			Teacher Comments	Mark	Page No.
Task 3 – Topic Area 2: Principles of training in sport					
MB1: 1 - 5 marks	MB2: 6 - 10 marks	MB3: 11 - 15 marks			
<p>A brief outline of SPOR and/or FITT principles and basic application to their selected sporting activity.</p> <p>A brief outline of SMART goals and basic application to their selected sporting activity.</p> <p>Few benefits outlined of applying the principles to the training programme.</p> <p style="text-align: right;">[1 2 3 4 5]</p>	<p>SPOR and FITT principles are described with adequate relevant examples given for each aspect of their selected sporting activity.</p> <p>SMART goals are described with adequate relevant examples given for each aspect of their selected sporting activity.</p> <p>Adequately analyses the benefits of applying the principles to the training programme.</p> <p style="text-align: right;">[6 7 8 9 10]</p>	<p>SPOR and FITT principles are described in detail with clear and relevant examples given for each aspect of their selected sporting activity.</p> <p>SMART goals are described in detail with clear and relevant examples given for each aspect of their selected sporting activity.</p> <p>Comprehensively analyses the benefits of applying the principles to the training programme.</p> <p style="text-align: right;">[11 12 13 14 15]</p>		/15	
MB1: 1 - 3 marks	MB2: 4 - 6 marks	MB3: 7 - 9 marks			
<p>A brief outline of their selected training methods, including a basic comparison of aerobic and anaerobic exercise.</p> <p style="text-align: right;">[1 2 3]</p>	<p>Adequately analyses their selected training methods, including sound comparison of aerobic and anaerobic exercise.</p> <p style="text-align: right;">[4 5 6]</p>	<p>Comprehensively analyses their selected training methods, including a clear and detailed comparison of aerobic and anaerobic exercise.</p> <p style="text-align: right;">[7 8 9]</p>		/9	

Marking Criteria			Teacher Comments	Mark	Page No.
Task 4 – Topic Area 3: Organising and planning a fitness training programme					
MB1: 1 - 4 marks	MB2: 5 - 10 marks	MB3: 11 - 14 marks			
<p>Produces a basic plan which considers a limited number of requirements for an effective and safe fitness training programme.</p> <p>Produces a basic risk assessment which considers few of the requirements for a safe fitness training programme.</p> <p style="text-align: right;">[1 2 3 4]</p>	<p>Produces a mostly appropriate and sound plan which considers some of the requirements for an effective and safe fitness training programme.</p> <p>Produces an appropriate and adequate risk assessment which considers some of the requirements for a safe fitness training programme.</p> <p style="text-align: right;">[5 6 7 8 9 10]</p>	<p>Produces a fully appropriate and comprehensive plan which considers most of the requirements for an effective and safe fitness training programme.</p> <p>Produces an appropriate and comprehensive risk assessment which considers most of the requirements for a safe fitness training programme.</p> <p style="text-align: right;">[11 12 13 14]</p>		/14	

Marking Criteria			Teacher Comments	Mark	Page No.
Task 5 – Topic Area 4: Evaluate own performance in planning and delivery of a fitness training programme					
MB1: 1 - 4 marks	MB2: 5 - 8 marks	MB3: 9 - 12 marks			
<p>Outlines a few areas that went well and did not go well in the planned fitness training programme.</p> <p>Briefly outlines a few areas that needed to be adapted in the planned fitness training programme. Makes basic suggestions for altering the plan going forward.</p> <p>Limited description of the effectiveness of the fitness training programme. An attempt to reference the goals and objectives is made.</p> <p>[1 2 3 4]</p>	<p>Describes some areas that went well and did not go well in the planned fitness training programme.</p> <p>Describes some areas that needed to be adapted in the planned fitness training programme with some reflection and analysis when altering the plan.</p> <p>Adequate description of the effectiveness of the fitness training programme. Makes some reference to the goals and objectives.</p> <p>[5 6 7 8]</p>	<p>Comprehensively describes most areas that went well and did not go well in the planned fitness training programme.</p> <p>Comprehensively describes all areas that needed to be adapted in the planned fitness training programme. Shows detailed analysis when altering the plan with justified suggestions.</p> <p>Comprehensive analysis of the effectiveness of the fitness training programme. Makes clear and detailed reference to the goals and objectives.</p> <p>[9 10 11 12]</p>			
Total				/80	

Please tick to confirm this work has been standardised internally	<input type="checkbox"/>
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Please note: This form may be updated on an annual basis. The current version of this form will be available on the OCR website (www.ocr.org.uk).

A Centre Authentication form (CCS160) **must** be completed for each submission to the moderator. This **must** be held in your centre to be available on request at centre inspection.

Guidance on Completion of this Form

- 1 One form should be used for every candidate.
- 2 Please make sure that all parts of the form are completed.
- 3 Please enter specific page numbers where evidence can be found in the portfolio, and where possible, indicate to which part of the text in the mark band the evidence relates.
- 4 Circle/highlight the mark awarded for each strand of the marking criteria in the appropriate box.
- 5 Enter the circled/highlighted mark in the 'Mark' column.
- 6 Add the marks for the strands together to give a total out of 80. Enter this total in the relevant box.
- 7 For Paper-based submissions, one of these sheets, suitably completed, should be attached to the assessed work of each candidate.
- 8 For Electronic Internal submissions, prior to submitting 'candidate evidence' to OCR (via the Repository/SfA or via a USB), the Centre should add a separate folder containing the Unit Recording Sheets.