

Cambridge TECHNICALS LEVEL 3

SPORT AND PHYSICAL ACTIVITY

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Unit 13

Health and fitness testing for sport
and exercise

Model Assignment

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Please note:

You can use this assignment to provide evidence for summative assessment, which is when the learner has completed their learning for this unit and is ready to be assessed against the grading criteria.

You can use this assignment as it is, or you can modify it or write your own; we give more information in this document under Guidance for tutors.

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Guidance for tutors on using this assignment

General

OCR Cambridge Technical model assignments are available to download from our website: www.ocr.org.uk.

The purpose of this assignment is to provide a scenario and set of tasks that are typical of how Coaches, Personal Trainers and Sports Scientists would use Fitness Testing, to enable you to assess your learner against the requirements specified in the grading criteria. The scenario and its tasks are intended to give a work-relevant reason for applying the skills, knowledge and understanding needed to achieve the unit.

This assignment will not instruct learners how to meet the highest grade. Whether learners achieve a pass, merit or distinction will depend on what evidence they produce.

You can modify the scenario we provide in this assignment to make it more relevant to your local or regional needs. Please refer to the information under 'Modifying the model assignment' later in this section.

You don't have to use this assignment. You can use it as a guide to help you to design your own assignment, and we provide an assignment checking service. You'll find more information on these matters in section 8 of the qualification handbook.

In the tasks, we'll refer to the format of evidence. Learners are **not** required to follow that format **unless** we tell them otherwise.

It's essential that the work every learner produces is their own. Please make sure you read through the information we give on authenticity in section 8 of the qualification handbook and make sure that your learners and any staff involved in assessment understand how important authenticity is.

We provide this assignment to be used for summative assessment. You must not use it for practice or for formative assessment.

Before using this assignment to carry out assessment

Learners will need to take part in a planned learning programme that covers the knowledge, understanding and skills of the unit.

When your learners are ready to be assessed, they must be provided with a copy of the following sections of this assignment:

- General information for learners
- Assignment for learners
- Evidence Checklist

They may carry out preparation prior to undertaking the tasks and there is no time limit for this.

When completing the assignment

You should use this assignment in conjunction with the unit specification and qualification handbook.

Resources to complete the tasks

There are resource requirements for this assignment. Every learner will need access to the following resources:

- For task 1 learners will need to access IT facilities or poster paper to create a presentation
- For task 2 learners will need to access IT facilities to create a plan and a questionnaire. Learners will also need access to a quiet, confidential area to carry out health screening
- For task 3 learners will need to access testing specific equipment such as a sit and reach box, cones, stopwatches, and sound systems to allow them to accurately administer fitness tests
- For task 4 learners will need access to IT facilities or paper to create a presentation. Learners will also need a suitable area to present results to the client in a professional and confidential manner

Health and Safety and the use of resources

Suggested tests have been given in the unit content, however centres can choose appropriate tests for each component to fit the centre provision and the ability level of the learners. When using testing equipment ensure that learners have been given thorough instructions and protocol and are supervised at all times to prevent injury of the client or technician.

Tutors should ensure that the learners acting as clients for testing have been successfully screened by the learner acting as the technician to ensure they are fit enough to complete the tests.

Time

You should plan for learners to have 15–20 hours to complete this assignment.

Learners must be allowed sufficient time to complete all the tasks. The amount of time may vary depending on the nature of the tasks and the ability of individual learners. To help with your planning, against each of the tasks we've given an indication of how long it should take.

Learners can produce evidence in several sessions.

Format of evidence

Learners have to produce evidence that demonstrates how they have met the grading criteria. At the very least they must produce evidence that meets **all** of the pass criteria.

Please make sure your learners realise that missing just one pass criterion means they will not pass the unit, even if they have successfully met the merit and distinction criteria.

Suggested tests have been given in the unit content, however centres can choose appropriate tests for each component to fit the centre provision.

- We don't have specific requirements for the format of evidence in this assignment. We've said what format the evidence could take for each task. For example, if we say 'You could include a report on ...', the evidence doesn't have to follow any specific reporting conventions. You can modify the format of the evidence, but you must make sure the format doesn't prevent the learner from accessing the grading criteria.
- It's possible that certain formats for evidence can naturally cover several grading criteria and avoid the need for excessive amounts of evidence. For example, a report can be a good way to pull together evidence to meet several grading criteria.

For more guidance on generation and collection of evidence, please refer to the section 8 'Internal Assessment', in the qualification handbook.

Group work

This assignment has not been written to include group work. If you plan to ask learners to work in a team to complete work for assessment, you need to determine at which point in an assessment task learners can work together.

You must be sure that each learner can produce evidence of their own contribution to each grading criterion. You can give constructive feedback to learners about working as a group and direct them on team working skills because evidence of team working skills is not required by the unit. See our information on authentication, including group work and feedback to learners, in section 8 of the qualification handbook.

If witness statements are used to support learners' evidence, you will need to complete an individual statement for each learner.

After completing the assignment

Once the learner has submitted their work to you to be assessed, you must judge or 'mark' the work against the grading criteria for the unit and identify one grade for the unit. For further information about assessment, please refer to section 8 of the qualification handbook.

Your assessment decisions must be quality assured across the cohort of learners in your centre who are being entered for the same unit. This must be done through an internal standardisation process. We give information on internal assessment and standardisation in the qualification handbook.

Reworking the assignment

If you and the learner feel they've not performed at their best during the assessment, the learner can, at your discretion, improve their work and resubmit it to you for assessment. If a learner is working on improving their work before it is resubmitted, you and the learner must continue to make sure the work is the learner's own.

Any feedback you give to the learner must not direct them on how to improve their work. You can identify what area of the work could be improved but you cannot give the learner any details about how they could improve it. You must follow the guidelines given in section 8 of the qualification handbook under 'Authenticity of learner work'.

Modifying the model assignment

The tasks in this assignment allow learners access to the full range of grades detailed in the grading criteria of this unit.

If you modify this assignment you must **not** change the grading criteria provided in the tasks for the learner or in the evidence checklist. These grading criteria are taken from the unit.

You can modify the scenario to suit your local or regional needs and the tasks may be contextualised to match any changes you have made to the scenario. If you supply your own drawings to support a different scenario, these must be sufficiently detailed for learners to complete the tasks.

You can modify the type of evidence and the format it takes, unless we expressly state that evidence must take a specific format.

You must also make sure that you avoid discrimination, bias and stereotyping and support equality and diversity. For more information, please see the section 'Designing your own assignments for internally assessed units' in section 8 of the qualification handbook.

If modifications are made to the model assignment, whether to the scenario alone, or to both the scenario and individual tasks, it's your responsibility to make sure that all grading criteria can still be met and that learners can access the full range of grades.

If you're using this model assignment and delivering the Foundation Diploma or Diploma you have an opportunity to secure meaningful employer involvement by working with an employer to modify it.

General information for learners

Q *What do I need to do to pass this assignment?*

A You need to produce evidence to meet the requirements of **all** the pass criteria for the unit this assignment relates to. If you miss just one pass criterion, you will not achieve this unit and will receive an unclassified result.

Q *What do I need to do if I want to get a merit or distinction for this assignment?*

A For a merit, you need to produce evidence to meet the requirements of **all** the pass criteria for the unit this assignment relates to **and** you need to produce evidence to meet **all** the merit criteria.

For a distinction, in addition to the above, you also need to meet **all** the distinction criteria for this unit.

Q *What help will I get?*

A Your tutor will support you when completing this assignment and will make sure that you know what resources or facilities you need and are allowed to use. We've given your tutor information about how much support they can give you.

Q *What if I don't understand something?*

A It's your responsibility to read the assignment carefully and make sure you understand what you need to do and what you should hand in. If you are not sure, check with your tutor.

Q *I've been told I must not plagiarise. What does this mean?*

A Plagiarism is when you take someone else's work and pass this off as your own, or if you fail to acknowledge sources properly. This includes information taken from the internet.

It's not just about presenting a whole copied assignment as your own; you will also be plagiarising if you use the ideas or words of others without acknowledgement, and this is why it's important to reference your work correctly (see Q&A below for more information on referencing).

Plagiarism has serious consequences; you could lose the grade for this unit or you may not be allowed to achieve the whole qualification.

Always remember that the work you produce must be your own work. You will be asked to sign a declaration to say that it is.

Q *What is referencing and where can I find out more information about it?*

A Referencing is the process of acknowledging the work of others. If you use someone else's words and ideas in your assignment, you must acknowledge it, and this is done through referencing.

You should think about why you want to use and reference other people's work. If you need to show your own knowledge or understanding about an aspect of subject content in your assignment, then just quoting and referencing someone else's work will not show that **you** know or understand it. Make sure it's clear in your work how you are using the material you have referenced **to inform** your thoughts, ideas or conclusions.

You can find more information about how to reference in the [The OCR Guide to Referencing](http://www.ocr.org.uk/i-want-to/skills-guides/) available on our website: <http://www.ocr.org.uk/i-want-to/skills-guides/>.

Q ***Can I work in a group?***

A Yes. However, if you work in a group at any stage, you must still produce work that shows your individual contribution. Your tutor can advise you how to do this.

Q ***Does my work for each task need to be in a particular format?***

A You can present your work in a variety of ways – it can be handwritten, word-processed, on video or in digital media. What you choose should be appropriate to the task(s) and your tutor can advise you. There may be times when you need proof that you have completed the work yourself: for example, if you do something during work placement that you want to use as evidence, the tutor might ask the employer to provide a witness statement.

Make sure you check the wording in each task carefully. For each task, we'll tell you if your evidence has to be in a specific format:

- If we say use the word '**must**', for example 'You must produce a report' or 'Your evidence/work must include a diagram', then you must produce the work in the stated format.
- If we use the word '**could**', for example 'You could include sketches of your ideas' or 'You could do this by annotating your diagram', this means that you are not required to follow the format we have given, but you must make sure that the work you do produce allows you to demonstrate the requirements of the grading criteria.

If you are unsure about what evidence you need, please ask your tutor.

Q ***Can I ask my tutor for feedback on my work?***

A Yes, but they can't give you detailed feedback.

We have given your tutor instructions on what kind of feedback they can give you. For example, they are **not** allowed to tell you exactly what to do to make your work better, but they **can** remind you about what they've taught you and you can use this additional learning to try and improve your work independently. They can say what they've noticed might be wrong with your work, for example if your work is descriptive where an evaluation is required, but your tutor can't tell you specifically what you need to do to change it from a description to an evaluation – you will need to work out what you need to do and then do it for yourself.

Q ***When I have finished, what do I need to do?***

A If you have included the personal details (such as name, address or date of birth) of someone other than yourself in your work, this must be blanked out (anonymised) – your tutor will tell you how to do this. You don't need to do this for information contained in references.

You can complete the evidence checklist to show your tutor where they can find the evidence for each grading criterion in your work.

You should make sure your work is labelled, titled and in the correct order for assessing.

Hand in the work that you've completed for each task to your tutor. They might ask to see your draft work, so please keep your draft work in a safe place.

Q ***How will my work be assessed?***

A Your work will be marked by someone in your centre who has been authorised to do so. They will use the information in the grading criteria to decide which grade your work meets. The grading criteria are detailed in each unit and are also given in the tasks within this assignment. Please ask your tutor if you are unsure what the grading criteria are for this assignment.

Assignment for learners

Unit 13: Health and fitness testing for sport and exercise

Scenario

Fit-assess

Fit-assess is an elite fitness testing company looking to expand into the amateur sports market to develop a greater understanding of testing and fitness levels within amateur athletes. The company will use a wide range of tests to establish fitness levels of athletes across a range of sports and abilities within the amateur sector. The company hopes that coaches, personal trainers and schools will access this new provision. They are looking for professional, methodical, and efficient technicians to join the company to deliver this new product and you are applying for one of these roles.

Introduction to the tasks

In these tasks you will be asked to demonstrate your knowledge of fitness tests and the advantages/disadvantages of each. You will show your understanding of working with a client and using fitness tests by planning and administering health screening and a range of fitness tests. You will then follow this up by interpreting these results effectively and presenting them to a client.

Evidence for these tasks can include:

- Video recordings
- Voice recordings
- Presentations
- Observation records
- Written reports
- Presentations and notes
- Witness statements
- Session plans

The tasks

Task 1: Produce a presentation for an interview

(This task should take between 3 and 4 hours.)

Learning Outcome 1: Be able to use a range of fitness tests, is assessed in this task.

In this task you will need to demonstrate your ability to use the fitness tests that Fit-assess will require you to use with the amateur athletes. You will demonstrate how to use a selected test for each component of fitness, outlining the advantages and disadvantages of each.

| Pass | Merit | Distinction |
|---|--|--------------------|
| P1: Deliver a suitable fitness test for each component of fitness | M1: Assess the advantages and disadvantages of each fitness test | |
| Evidence | | |
| <ul style="list-style-type: none">• A class demonstration could be staged to allow you to show how the test can be delivered.• This could be evidenced by recording the demonstration, accompanied by your presentation notes and slides/posters. A witness statement could also be used to support the evidence for this task. This could evidence how clear your demonstration was and document any questions you may have answered during or after your delivery. | | |

Task 2: Health Screening task

(This task should take between 6 and 8 hours.)

Learning Outcome 2: Be able to complete a client health and fitness consultation; and

Learning Outcome 3: Be able to plan a fitness testing session; are assessed in this task.

As part of your interview, you have been asked to carry out a health and fitness consultation on a volunteer. You need to design a suitable health screening questionnaire for your client. You will then use this questionnaire with the client and complete a range of health monitoring tests, demonstrating a professional, client centred approach. As part of the health screening process you will be required to verbally explain to your client the purpose and importance of screening.

Following this screening, you have been asked to create a 4-6 week fitness testing plan to demonstrate your understanding of validity, reliability and sequencing. The plan will include individual fitness testing sessions which will contain clear timings, show a selection of suitable fitness tests and provide an appropriate method of recording results.

| Pass | Merit | Distinction |
|--|--|---|
| *P2: Devise and use a suitable health screening questionnaire for a selected client | M2: Explain the importance of client screening | D1: Design an appropriate health screening and fitness testing plan for a selected client |
| *P3: Conduct a full health and fitness consultation appropriately for a selected client | | |
| *P4: Plan a valid, reliable fitness testing session for a selected client | | |
| Evidence | | |
| <ul style="list-style-type: none"> You need to devise your own questionnaire, screening and testing plan. This could be evidenced through a questionnaire, written plan, video evidence, and a witness statement to document your approach, knowledge and client care. | | |

Task 3: The Audition

(This task should take between 3 and 4 hours.)

Learning Outcome 4: Be able to deliver a fitness testing session, is assessed in this task.

Having successfully completed tasks 1 and 2, Fit-assess have offered you a 1 week trial to prove your practical skills with real clients. In this task you will need to demonstrate your ability to administer a range of fitness tests covering all components of fitness. You must use your plan to carry out the tests ensuring validity and reliability, while representing Fit-assess in a skilled and professional manner.

As you perform the tests your mentor will supervise you to ensure you are performing the tests correctly. As you perform the tests your mentor will ask you to explain the process and how validity and reliability have been ensured.

Once you have completed each test you will need to accurately record the results on your recording sheet from your plan.

| Pass | Merit | Distinction |
|--|--|-------------|
| *P5: Use the fitness testing session plan to administer fitness tests for a selected client | M3: Explain how validity and reliability was ensured in the planning and delivery of a fitness testing session | |
| P6: Accurately record the results of a fitness testing session | | |
| Evidence | | |
| <ul style="list-style-type: none"> • A testing session could be used with the tutor acting as the 'mentor' asking questions throughout and other learners acting as clients. • Evidence could include a video recording, pictures, written plan/recording document and a witness statement to document your ability to carry out test protocol accurately. | | |

Task 4: Getting the job

(This task should take between 3 and 4 hours.)

Learning Outcome 5: Be able to interpret the results of fitness tests and provide feedback, is assessed in this task.

Your mentor and client gave positive feedback after completing the fitness testing session. Before offering you a full time job with the company, Fit-assess want to ensure you can utilise the results effectively to deliver a quality outcome for the client.

In this task you are required to interpret the results by comparing them to any previous tests for the client and normative data specific to the client, the test and the sport. You will need to deliver the results and your interpretation in the form of a 1:1 presentation. The presentation should include a range of methods to highlight strengths and weaknesses such as charts, graphs and diagrams to illustrate the clients fitness levels.

| Pass | Merit | Distinction |
|--|--|-------------|
| P7: Accurately interpret the results of the fitness tests | M4: Use a range of methods to display the results of fitness tests | |
| *P8: Provide the client with the test results, placing the findings in suitable context and giving feedback using appropriate methods | | |
| Evidence | | |
| <ul style="list-style-type: none">• A presentation could be delivered to a client using IT to support the findings and delivery.• Evidence could include video, pictures, and presentation notes. A witness statement could also be used to support the evidence for this task. This could evidence how clear your presentation was and document any questions you may have answered during or after your delivery. | | |

Evidence Checklist

OCR Level 3 Cambridge Technicals in Sport and physical activity

Unit 13: Health and fitness testing for sport and exercise

LEARNER NAME:

| For PASS have you: (as a minimum you have to show you can meet every pass criterion to complete the unit) | Where can your tutor find the evidence? Give page no(s)/digital timings, etc. |
|---|---|
| *P1: Deliver a suitable fitness test for each component of fitness | |
| *P2: Devise and use a suitable health screening questionnaire for a selected client | |
| *P3: Conduct a full health and fitness consultation appropriately for a selected client | |
| *P4: Plan a valid, reliable fitness testing session for a selected client | |
| *P5*: Use the fitness testing session plan to administer fitness tests for a selected client | |
| P6: Accurately record the results of a fitness testing session | |
| P7: Accurately interpret the results of the fitness tests | |
| *P8: Provide the client with the test results, placing the findings in suitable context and giving feedback using appropriate methods | |

| For Merit have you: | Where can your tutor find the evidence? Give page no(s)/digital timings, etc. |
|--|---|
| M1: Assess the advantages and disadvantages of each fitness test | |
| M2: Explain the importance of client screening | |
| M3: Explain how validity and reliability was ensured in the planning and delivery of a fitness testing session | |
| M4: Use a range of methods to display the results of fitness tests | |

| For Distinction have you: | Where can your tutor find the evidence? Give page no(s)/digital timings, etc. |
|---|---|
| D1: Design an appropriate health screening and fitness testing plan for a selected client | |

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ocr.org.uk/sport

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