



Curriculum Map: Year 13 Subject: Y13 BTEC PE Unit 5 Application of fitness testing

Week	<i>Key Knowledge- what will students know by the end of this topic?</i>	<i>Key skills- what skills will students have developed by the end of this topic?</i>	Assessment opportunities- <i>How is progress measure?</i>
<p>1 - 7 Sep - Oct half term</p>	<ul style="list-style-type: none"> • A1 Understand what validity means and the application to fitness testing. • A2 Understanding of what reliability means. Benchmarking data. • A3 Practicality and suitability of fitness tests • A4 Ethical issues associated with fitness screening • Learning aim B: Explore fitness tests for different components of fitness Test protocol, equipment required for each test, safe and effective administration of the fitness test, correct units of measurement and suitability of each test for a range of sports performers and fitness levels. • B1 Fitness tests to assess components of physical fitness • B2 Fitness tests to assess components of skill-related fitness 	<ul style="list-style-type: none"> • Validity of fitness test for different sports performers • Methods of ensuring reliability pre-test, e.g. calibration of the equipment, warm-up, fitness test technique practice. Methods of ensuring reliability during the test, e.g. skill level of the administrator, adherence to test protocol, constant conditions, appropriate rest period between tests. • Factors affecting the practicality of fitness tests – cost, time, equipment, facility. • Suitability – the appropriateness of the test for the sport, sports performer, fitness levels of the performer. Learners should ensure they follow the appropriate ethical procedures with participants before and during fitness testing. • Informed consent form, reasons for terminating a test. • Pre-test preparation, e.g., appropriate rest, no exercise before test, appropriate hydration levels, suitable warm-up for selected tests. • Data protection – recording results, confidentiality of data, storage of data. • Ethical clearance for test. Ensuring the welfare of the subject throughout the test procedures. 	<p>Lesson tasks Homework tasks</p> <ul style="list-style-type: none"> • Assignment 1

Curriculum Map: Year 13 Subject: Y13 BTEC PE Unit 5 Application of fitness testing

<p>Oct - Christmas</p>	<ul style="list-style-type: none"> • B3 Planning of tests • B4 Administration of tests 	<ul style="list-style-type: none"> • Subject requirements – for a particular sport/physical activity, age, gender, physical activity levels. • Selection of appropriate fitness tests – suitability, validity, reliability, practicality, sequence of tests, resources. • Test procedure – demonstration, instruction, practice. • Health and safety – subject screening, informed consent, pre-test warm-up <p>Role of tester – organise equipment and facility, motivator – prepare client for tests (warm-up, client consultation and pre-test procedures), maintaining a good rapport with client, recording of results.</p> <ul style="list-style-type: none"> • Responsibilities of tester – observation of tests, correct technique, client needs, suitable testing for age, sport and fitness levels. <p>Pre-test checks – on equipment, on client, recording documentation.</p>	
<p>Jan - Feb half term</p>	<ul style="list-style-type: none"> • Assignment 1 will be completed in this time 		
<p>Feb - Easter</p>	<p>Learning aim C: Undertake evaluation and feedback of fitness test results</p> <p>C1 Produce a fitness profile for a selected sports performer</p> <p>C2 Providing feedback to a selected sports performer</p>	<p>Interpret results against normative data:</p> <ul style="list-style-type: none"> • comparison and making judgements against peers, sports performers, norms for elite athletes, in line with accepted health ranges • suitability of fitness test selection. • Method of feedback (verbal, written). • Test results. • Levels of fitness • Strengths and areas for improvement. • Suggest and justify appropriate recommendations for improvements to develop each component of fitness tested. 	<p>Lesson tasks</p> <p>Homework tasks</p> <ul style="list-style-type: none"> • Assignment 2