

UNIT BREAKDOWN

BTEC COMPONENT 3

Learning Outcome A: Explore the importance of fitness for sports performance



- **A1** The importance of fitness for successful participation in sport
- **A2** Fitness training principles
- **A3** Exercise intensity and how it can be determined

Learning Outcome B: Investigate fitness testing to determine fitness levels

- **B1** Importance of fitness testing and requirements for administration of each fitness test
- **B2** Fitness test methods for components of physical fitness
- **B3** Fitness test methods for components of skill-related fitness
- **B4** Interpretation of fitness test results

Learning Outcome C: Investigate different fitness training methods

- **C1** Requirements for each of the following fitness training methods
- **C2** Fitness training methods for physical components of fitness
- **C3** Fitness training methods for skill-related components of fitness
- **C4** Additional requirements for each of the fitness training methods
- **C5** Provision for taking part in fitness training methods
- **C6** The effects of long-term fitness training on the body systems

Learning Outcome D: Investigate fitness programming to improve fitness and sports performance

- **D1** Personal information to aid training fitness programme design
- **D2** Fitness programme design
- **D3** Motivational techniques for fitness programming