

# YMCA Level 3 Award in Sports Conditioning (600/1145/2)

## Learner Assessment Record





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# Level 3 Award in Sports Conditioning

## Learner Assessment Record

Qualification number: **600/1145/2**  
Operational start date: 1<sup>st</sup> April 2011

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# Introduction

## About YMCA Awards

YMCA Awards is the UK's leading health and fitness specific awarding body and is a trusted name that enjoys widespread respect within the fitness industry. YMCA Awards qualifications are designed for people taking their first steps in the health and fitness industry or for those already working in the industry wishing to progress their careers. YMCA Awards has been responsible for over 200,000 people launching or progressing their careers.

As an internationally recognised organisation, YMCA Awards has a number of study options available including full time or part time, distance learning and progressive study routes. This variety ensures that there will be a study option that is right for you and which will enable you to increase your knowledge, gain new skills and develop your career. All of YMCA Awards' proven and established resources and assessment materials have been developed by leading industry experts in consultation with employers and training providers.

For more information, visit [www.ymcaawards.co.uk](http://www.ymcaawards.co.uk).

## Learner assessment record (LAR)

Your learner assessment record is designed to support the assessment of your Level 3 Award in Sports Conditioning. It contains all the paperwork that you, your tutor and your assessor need to complete the unit.

You will share the learner assessment record with your tutor and assessor, who will use the paperwork contained within to assess you throughout the duration of your training. This document is an essential part of your assessment and should be kept safe. Your tutor and assessor will guide you as to which forms you need at particular times, as well as how they should be used and completed.

## Qualification structure

To achieve your Level 3 Award in Sports Conditioning, you must complete the following unit:

Unit reference number	Unit title	Level	Credits
K/503/0502	Exercise programming for sports conditioning	3	3

You will gain 3 credits.

The total qualification time (TQT) for this qualification is 30.

The total guided learning hours (GLH) for this qualification are 24.

# Assessment specification

There are 2 assessment elements across 1 unit.

## Assessment element 1: Periodised programme

You will be required to complete the 'periodisation programme' paperwork (listed below). To do this you will need to base it on a real, apparently healthy client aged 16 or over who is training for a sport or sporting event.

### Periodisation programme paperwork:

**Client profile** – this document is where you record details about your client's lifestyle, past and present activity levels, choice of sport, past history in their chosen sport, general targets and goals.

**Sports profile** – this document is where you record details about your client's sport, including the environment the sport is played in, your client's role, seasons, involvement with other professionals and useful websites relating to the sport.

**Sports needs analysis** – this document is where you record details about typical muscle and movement patterns relating to the sport, physical fitness requirements, the role of motor skills and energy systems, and information about injury prevention and environment.

**Movement analysis** – this document is used to analyse various movements typical to the sport and records: joint action, prime mover, concentric or eccentric contractions, the main synergist, and fixator muscles.

**Periodised programme** – this includes macro, meso and micro cycles:

- **Macrocycle** – this is where you record information about: long-term goals, seasons, stages and phases of the programme, and any complementary health and fitness goals
- **Mesocycle** – this is where you record each individual mesocycle and where you include details about the aim of each cycle and the strategies used to achieve them. You need to show every mesocycle so you may need additional copies of this document
- **Microcycle** – this is where you show an overview of 1 week of training from your whole programme; you then need to show a detailed breakdown of 1 session from that week

You will be assessed against the 'Periodised programme checklist'. You need to familiarise yourself with this checklist to ensure you cover all the areas required for the assessment. Completing the above paperwork fully will help you to meet the requirements.

### Paperwork that relates to this assessment element:

Client profile

Sports profile

Sports needs analysis

Movement analysis

Periodised programme

Periodised programme checklist

## Assessment element 2: Professional discussion/knowledge questions

You need to answer the 6 knowledge questions outlined in the 'Professional discussion/knowledge questions record sheet'.

The 6 knowledge questions must be completed in 1 of the following ways:

- As a professional discussion with your assessor
  - If you are being assessed via professional discussion your assessor will record your responses to the questions on the 'Professional discussion/knowledge questions record sheet' provided in this LAR. Professional discussions can also be submitted as an audio or video recording, in which case this should be referenced on the professional discussion record sheet and submitted with the LAR.
- As a worksheet
  - If you are submitting your answers in worksheet format then you need to write your responses to the 6 assessor questions on the 'Professional discussion/knowledge questions record sheet' provided in this LAR and submit them to your assessor.

**Paperwork that relates to this assessment element:**

Professional discussion/knowledge questions record sheet

**The remainder of the forms contained within this record are explained below:**

### Assessment plan

This document is designed to allow you and your assessor to plan your progress through the assessment components. You can use this to plan with your assessor and tutor when assessment activities will take place.

### Assessor feedback sheet

Your assessor will use this form to record any feedback that you may be given. This form may be used at any stage in your learning to record feedback.

### Supplementary questions record

Your assessor will use this form to record any questions that you may be asked and any responses you may give.

### Summary of achievement

This document is designed to record the outcomes of the assessment elements and any further action that may be required. For example, you may need to be re-assessed in a particular area. This form will also be signed by you to declare authenticity of work and by your assessor to indicate which of the units have been satisfactorily completed. This document should be kept in a safe place as it acts as evidence of your achievements.

# Assessment plan

## YMCA Awards Level 3 Award in Sports Conditioning

Unit title	Element number	Evidence/assessment method	Date, time and place of assessment	Any reasonable adjustments negotiated/agreed
Exercise programming for sports conditioning (K/503/0502)	1	<ul style="list-style-type: none"> <li>• periodised programme paperwork, including:                             <ul style="list-style-type: none"> <li>◦ client profile</li> <li>◦ sports profile</li> <li>◦ sports needs analysis</li> <li>◦ movement analysis</li> <li>◦ periodised programme</li> </ul> </li> </ul>		
	2	<ul style="list-style-type: none"> <li>• professional discussion</li> </ul> OR <ul style="list-style-type: none"> <li>• written worksheet</li> </ul> (please circle to indicate)		

Learner's name: \_\_\_\_\_

Learner's signature: \_\_\_\_\_

Assessor's name: \_\_\_\_\_

Assessor's signature: \_\_\_\_\_

IQA's name: \_\_\_\_\_

IQA's signature: \_\_\_\_\_



# Exercise programming for sports conditioning (K/503/0502)

## Client profile

Learner's name: \_\_\_\_\_ Date: \_\_\_\_\_

Client's name:	Age:	Gender:
Description of lifestyle, to include: family, occupation, hobbies etc		
Description of present exercise and physical activity levels (apply FITT where appropriate)	Description of past exercise and physical activity levels (apply FITT where appropriate)	
Availability for training and preferred days/times		

Choice of sport

Past history in sport

How long have you been playing this sport?

Level of achievement:

Any injuries sustained?

General targets and goals for personal/professional development within this sport eg, are they training for a particular race/game or tournament?

Sporting targets and goals

Health and fitness goals to complement sports activities

## Sports profile

Exercise programming for sports conditioning (K/503/0502)

Learner's name: \_\_\_\_\_ Date: \_\_\_\_\_

Name of the sport:

Environment/s the sport is played in

Team or individual sport?

Client's role within the sport, eg position/s played, event type

Season the sport takes place in eg, autumn to spring

Current level at which the client plays the sport eg, fun recreational, serious recreational, semi-professional, professional

Level:

Current competitions/tournaments/leagues:

Are any other fitness professionals and coaches involved with this programme?  
YES/NO

If YES please provide name and contact number of the professional/s:

- 
-

Previous experience of working with a coach

What worked well?

Did anything need improving?

Useful websites relating to the chosen sport

## Sports needs analysis

Exercise programming for sports conditioning (K/503/0502)

Learner's name: \_\_\_\_\_ Date: \_\_\_\_\_

### Sport:

#### Muscles and movement patterns

Specific muscles used and common movement patterns:

Joint angles and ranges of movement:

Contraction types (concentric/ eccentric/static) and typical reps and duration of contractions:

Loading and speed of contraction:

Physical fitness requirements – what demands does the sport place on the following:

Muscular strength

Muscular endurance

Cardiovascular

Flexibility

Motor skills – what demands does the sport place on the following:

Balance

Reaction time

Agility

Coordination

Speed

Energy systems

What is the approximate percentage contribution from each system?

Aerobic system:

Lactic acid system:

Phosphocreatine system:

Typical work/rest ratios

Total duration of match/race/event

## Sports needs analysis continued

Exercise programming for sports conditioning (K/503/0502)

Learner's name: \_\_\_\_\_ Date: \_\_\_\_\_

### Injury prevention

Common sites of possible injuries relating to the sport:

Any sites of previous injuries the client has as a result of the sport:

### Environment

Possible effect of the weather:

Programming considerations:

Sporting surface eg, hard court, grass, water:

Terrain (if applicable):

Altitude (if applicable):



# Movement analysis

Exercise programming for sports conditioning (K/503/0502)

Learner's name: \_\_\_\_\_ Date: \_\_\_\_\_

Analyse the common movements associated with the sport and complete the table below. The movements must include those mentioned in the sports needs analysis table on page 14.

Movement	Joint action	Prime mover	Concentric/ eccentric	Main synergist	Main fixator



## Periodised programme

Exercise programming for sports conditioning (K/503/0502)

Learner's name: \_\_\_\_\_ Date: \_\_\_\_\_

Macrocycle	
Long-term goal (SMART)	
Specific	
Measurable	
Achievable	
Realistic	
Time framed	
Season/competition phase	
Stages and phases of the programme	
Health and fitness goals to complement the sporting activities	

Mesocycles	
Total number of mesocycles:	
Mesocycle number:	Duration:
Aim:	
Strategies used to achieve the aim of this cycle (include how progression and adaptation will be achieved/incorporated):	
Mesocycle number:	Duration:
Aim:	
Strategies used to achieve the aim of this cycle (include how progression and adaptation will be achieved/incorporated):	
Mesocycle number:	Duration:
Aim:	
Strategies used to achieve the aim of this cycle (include how progression and adaptation will be achieved/incorporated):	

Copy as required



Microcycle – detailed plan for 1 session (from the overview of 1 week – please specify which session this plan relates to)

Warm up activities

Exercise/drills/activities	Intensity and duration	Rationale

Main activities		
Exercise/drills/activities (attach a diagram of drills/format if more appropriate)	Intensity and duration	Rationale
Cool down activities		
Exercise/drills/activities	Intensity and duration	Rationale



## Periodised programme checklist

Exercise programming for sports conditioning (K/503/0502)

Learner's name: \_\_\_\_\_

Assessor's name: \_\_\_\_\_

IQA's name: \_\_\_\_\_

Key: ✓ = Pass, C = Pass with comment, Q = Question and R = Refer. The learner requires a ✓ or a C in every box in order to pass. The second 'outcome' column is for reassessment (when applicable).

This checklist relates to the following paperwork: client and sport profiles, sports needs analysis, movement analysis and periodised programme

The learner:	Outcome	Outcome
	Initial assessment	Re-assessment
P1. collected information relevant to the client, including: <ul style="list-style-type: none"> <li>specific role in the team sport or sporting event</li> <li>past history in the sport or sporting event</li> </ul>		
P2. collected information relating to the client's chosen sport or sporting event		
P3. collected information from a variety of sources		
P4. outlined health and fitness goals to complement sporting activities		
P5. analysed the requirements of the client's chosen sport/sporting event on different areas of the body		
P6. carried out a breakdown of the client's chosen sport from the perspective of fitness and conditioning to meet the client's needs		
P7. identified relevant conditioning activities for participants in sport/sporting events		
P8. developed an exercise plan which included sport-specific, fitness and conditioning activities relevant to the client's sport or sporting event		
P9. selected relevant conditioning activities for participants in sports/sporting events		
P10. developed an exercise plan relevant to the client's short-, medium- and long-term goals covering: energy systems, power, speed, agility, flexibility and endurance		
P11. identified health and fitness goals in the exercise plan to complement sporting activities		
P12. Outlined progression and adaptation to selected activities		
<b>Result</b>	<b>Pass/Refer</b>	<b>Pass/Refer</b>

## Professional discussion/knowledge questions record sheet

Exercise programming for sports conditioning (K/503/0502)

Learner's name: \_\_\_\_\_

Assessor's name: \_\_\_\_\_

Knowledge questions – these can be completed as a professional discussion between the learner and the assessor or the learner can submit their written answers to the assessor for marking.

**Q1. Why is it important to ensure the accuracy of client information? (Ref. AC1.1)**

Learner's response:

**Q2a. How will you decide what information to collect from your client? (Ref. AC1.2)**

Learner's response:

**Q2b. What are the legal and ethical implications of collecting this information? (Ref. AC1.3)**

Learner's response:

Q3. How will you ensure client confidentiality and why is it important? (Ref. AC1.4)

Learner's response:

Q4. How can you ensure client's informed consent is obtained before collecting information from them? (Ref. AC1.5)

Learner's response:

Q5. How would you analyse the requirements of different sports and the demands they place on the body? (Ref. AC3.1)

Learner's response:

Q6. How would you break down the client's chosen sport from a fitness and conditioning perspective and ensure you met their needs? (Ref. AC3.2)

Learner's response:

**Professional discussion only:** If the discussion takes place via video or audio recording then the assessor does not need to write the learner's responses; simply reference the recording and sign to say all areas were covered (a copy of the recording will need to be submitted with the completed LAR).



# Appendices







# Supplementary questions record

Learner's name: \_\_\_\_\_

Assessor's name: \_\_\_\_\_

Assessment element: \_\_\_\_\_

Ref	Assessor's question	Learner's response



# Summary of achievement

## YMCA Awards Level 3 Award in Sports Conditioning

Learner's name: \_\_\_\_\_ Date: \_\_\_\_\_ Centre name: \_\_\_\_\_

Assessor's name: \_\_\_\_\_ IQA's name: \_\_\_\_\_

Unit title	Assessment element	Assessment outcome	Action plan for achievement and evidence produced for exemption	Reassessment outcome (if applicable)	Assessor's and learner's signature and date of sign-off	IQA's signature and date (if sampled)	EQA's signature and date (if sampled)
Exercise programming for sports conditioning (K/503/0502)	1. Periodised programme	Pass		Pass			
		Refer		Refer			
		Exemption					
	2. Professional discussion OR Worksheet  (circle to indicate)	Pass		Pass			
		Refer		Refer			
		Exemption					

### Learner authenticity statement:

I confirm that the evidence provided for this qualification is entirely my own work.

Learner's signature: \_\_\_\_\_ Date: \_\_\_\_\_

### Assessor sign-off statement

I confirm that I am satisfied that the learner named above has provided evidence that is valid, authentic, reliable, current and sufficient to demonstrate the required knowledge, understanding and/or skills for the units signed off here.

Assessor's signature: \_\_\_\_\_ Date: \_\_\_\_\_

IQA's signature: \_\_\_\_\_ Date: \_\_\_\_\_



YMCA Awards is one of the UK's leading health, fitness and wellbeing specific awarding organisations. It offers training centres and learners across the world a diverse suite of qualifications, from introductory (Level 1) to advanced levels (Level 4).

YMCA Awards issues over 30,500 qualification certificates a year, helping learners in the UK and overseas to launch and progress their careers in the active leisure sector.

To view YMCA Awards' full range of qualifications please visit [www.ymcaawards.co.uk](http://www.ymcaawards.co.uk)

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