**Unit 1- BTEC Sport Extended Writing framework**

**EXAMPLE**

**Write the question here: Daniel joined a gym to prepare for a 10k cross-country run. He trained for 3 months. At the club, Daniel participated in a training programme, which included swimming, aerobic circuit classes and stretching classes. Using the fitness test results, evaluate how the training programme is suitable preparation for a 10k run**

**What is the ‘buzz’ word for the question? Evaluate**

**What does this mean you need to do in your answer? Judge the worth of each fitness test and method of training compared to Daniels event.**

**Use this space to ‘mind-map’ what you know about the subject content mentioned in the question:**

**Type of training related to fitness tests:**

**Swimming- aerobic endurance, but Daniel is doing a run**

**Aerobic circuit classes- whole body aerobic endurance**

**Stretching- flexibility**

**Fitness Tests- component of fitness.**

**Sit and Reach test- measures flexibility**

**BMI- Measures body composition**

**VO2 max- Measures aerobic endurance**

**Daniels test results:**

**Daniel has improved in all three tests.**

**This will improve his aerobic endurance; he is lighter and more flexible**

**Use this subject knowledge to plan the paragraphs you will write up:**

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| **Knowledge** | **Apply** | **Say why** |
| **Daniels training suggests that he has been working on his aerobic endurance with swimming and aerobic circuit training sessions** | **Daniel will need aerobic endurance, as this is a vital component of fitness for his 10k run event.** | **A 10k is a long distance run, which lasts a sustained period (over 30 minutes). He will need to use aerobic endurance to move his whole body without tiring throughout the whole race. Therefore Daniel has chosen appropriate training for is event.** |
| **Swimming and aerobic circuit training can improve both muscular and aerobic endurance** | **This training would need to be carried out over a sustained period of time, with little rest in order to have a positive impact on Daniels performance in his 10k run** | **Swimming is not the appropriate type of training for Daniel, as he will be doing a run, so continuous running may be a more appropriate method of training to prepare for his 10k run. Circuit training will be good to work different parts of the body, he would need to include some running stations, and aerobic endurance activities for his legs (in particular), along with his core and arms. He should aim to have little rest between each station.** |
| **Flexibility training will be beneficial to Daniel completing his 10k run.** | **Increased levels of flexibility would benefit Daniel in a 10k run, as it would reduce his chance of injury, and improve his range of movement.** | **Flexibility training will reduce the chance of injury by helping to prevent muscle tears, tendon or ligament strains. It could benefit him to have a greater range of movement as this may improve his stride length, meaning he can complete the race more quickly. It is a cross-country run, so this could involve moving over styles or different terrains, where flexibility is important.** |
| **The sit and reach test measures flexibility** | **Daniels flexibility test is good, as he is measuring his improvement in a component of fitness he is training.** | **Daniel has improved his flexibility, and measured this accurately with his sit and reach test. This only measures hamstring flexibility, but this will be important to Daniel in his cross-country run. This improvement will prepare him well for his race.** |
| **The BMI test measures Body Composition.** | **A decrease in weight and certainly overall fat of the body will aid Daniel in his 10k run, and this is likely to have been affected by his swimming and aerobic circuit training.** | **Daniel has reduced his body composition by 4kg/m2. This will be down to weight loss. One problem with BMI is that it does not tell us if this is muscle or fat loss. However, a reduction in weight will mean that Daniel has less weight to carry. As it takes less energy to carry lighter loads, this will improve Daniels performance. Another test Daniel could have used would be BIA, which is more expensive, but would give a more reliable result of whether the weight loss is made up of fat or muscle mass.** |
| **The VO2 Max test measures aerobic endurance** | **Testing Aerobic endurance with a VO2 max test is vital, as the 10k run is an aerobic endurance event.** | **This test directly measures the ability of the cardiovascular system to take up and deliver oxygen to the working muscles. This will mean Daniel can sustain his energy and keep going throughout the whole race. Daniel has improved his VO2 Max score, meaning he has prepared well for his run. The multi stage fitness test might be a better test to use for Daniel, as this method involves running.** |

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