

**AS1 Fitness and Training for Sport – Internal Assessment**

**Assessment Evidence Marking Bands**

<p><b>Overall Impression</b></p>	<p><b>Mark Band 1 ... Limited</b> The organisation and presentation of material may lack clarity and coherence. There is little use of Specialist vocabulary. Presentation, spelling, punctuation and grammar may be such that the intended meaning is not clear. Candidates may require support and guidance to:</p>	<p>Mark Range</p>	<p><b>Mark Band 2 ... Adequate</b> Relevant material organised and presented with some clarity and coherence. There is some use of specialist vocabulary. Presentation, spelling, punctuation and grammar are sufficiently competent to make meaning evident. At this level candidates may require guidance to:</p>	<p>Mark Range</p>	<p><b>Mark Band 3 ... Good</b> Relevant material is organised and presented with a good degree of clarity and coherence. There is widespread use of appropriate specialist vocabulary. Presentation, spelling, punctuation and grammar are of a sufficiently good standard to make meaning clear. At this level candidates may require little guidance to:</p>	<p>Mark Range</p>	<p><b>Mark Band 4 ... Comprehensive</b> Relevant material is succinct, well organised, presented and displays the high degree of clarity and coherence. There is extensive and accurate use of appropriate specialist vocabulary. Presentation, spelling, punctuation and grammar are of a high standard and ensure that meaning is absolutely clear. At this level candidates work independently to:</p>	<p>Mark Range</p>
<p><b>AO1</b> Candidates should demonstrate knowledge and understanding of sports science and the leisure industry  <b>13 marks</b></p>	<p>Provide limited information about the components of fitness required for different sports.  Show limited understanding of training methods, safety and fitness testing.  Have limited knowledge of how to plan and deliver training programmes and individual sessions.</p>	<p>1-3</p>	<p>Provide adequate information about the components of fitness required for different sports.  Show an adequate understanding of training methods, safety and fitness testing.  Have an adequate knowledge of how to plan and deliver training programmes and individual sessions.</p>	<p>4-6</p>	<p>Provide good information about the different components of fitness required for different sports.  Show a good understanding of training methods, safety and fitness testing.  Have good knowledge and understanding of how to plan and deliver training programmes and individual sessions.</p>	<p>7-9</p>	<p>Provide comprehensive information about different components of fitness, training methods and fitness testing.  Show a comprehensive understanding of training methods, safety and fitness testing.  Have a comprehensive knowledge and understanding of how to plan and deliver training programmes and individual sessions.</p>	<p>10-12</p>

	<b>Mark Band 1 ... Limited</b>	Mark Range	<b>Mark Band 2 ... Adequate</b>	Mark Range	<b>Mark Band 3 ... Good</b>	Mark Range	<b>Mark Band 4 ... Comprehensive</b>	Mark Range
<p><b>AO2</b></p> <p>Candidates should demonstrate the ability to apply skills, knowledge and understanding in sports science and the leisure industry</p> <p><b>20 marks</b></p>	<p>Select and implement a fitness test battery.</p> <p>Limited aptitude to set achievable training goals and develop an effective training programme.</p> <p>Limited skills shown leading exercise sessions and may require guidance during sessions.</p> <p>Demonstrate limited motivational and communication skills.</p> <p>Show limited awareness of health and safety issues.</p>	1-7	<p>Construct and implement an adequate fitness test battery with minimal help.</p> <p>Show adequate aptitude in setting achievable training goals and developing an effective training programme.</p> <p>Show adequate skills leading exercise sessions and requires minimal guidance.</p> <p>Communicate adequately and provide some feedback. Explore different teaching methods and have some motivational skills.</p> <p>Show moderate awareness of health and safety issues.</p>	8-14	<p>Independently construct and implement a good fitness test battery.</p> <p>Show good aptitude to set achievable training goals and develop effective training programmes.</p> <p>Demonstrate good skills when leading exercise sessions.</p> <p>Good communication and motivation skills, providing feedback and the use different teaching methods.</p> <p>Good awareness of health and safety issues</p>	15-21	<p>Construct and implement a comprehensive fitness test battery.</p> <p>Show a comprehensive aptitude to setting achievable training goals and developing effective training programmes.</p> <p>Demonstrate a comprehensive range of skills leading exercise sessions.</p> <p>Very good communication and motivational skills, providing detailed feedback and the use of a wide range of teaching methods.</p> <p>Comprehensive awareness of health and safety issues.</p>	22-28

	<b>Mark Band 1 ... Limited</b>	Mark Range	<b>Mark Band 2 ... Adequate</b>	Mark Range	<b>Mark Band 3 ... Good</b>	Mark Range	<b>Mark Band 4 ... Comprehensive</b>	Mark Range
<b>AO3</b>  Candidates should demonstrate the ability to analyse and evaluate critically sports science and the leisure industry  <b>17 marks</b>	<p>Show a limited level of ability in the analysis of the fitness requirements for different sports and in the analysis of the results of fitness tests. May be unable to justify the selection of different fitness tests.</p> <p>Give a limited and possibly inaccurate explanation for the success / failure of a training session or the training programme.</p> <p>Provide brief and often inaccurate or incomplete analysis of their performance as a coach / instructor and may be unable to suggest ways to improve their performance.</p>	1-2	<p>Show an adequate level of ability in the analysis of the fitness requirements for different sports, the reasons for selecting different fitness tests and in the analysis of the results of fitness tests.</p> <p>Give a sound and generally accurate explanation for the success / failure of a training session or the training programme.</p> <p>Provide an adequate and usually accurate and complete analysis of their own performance as a coach / instructor and may be able to suggest some ways to improve their performance.</p>	3-5	<p>Demonstrate good ability in the analysis of the fitness requirements for different sports, the justification for the selection of fitness tests and in the analysis of fitness test results.</p> <p>Give a good explanation for the success / failure of a training session or for the programme and may suggest some way to improve a session or programme.</p> <p>Provide a good, detailed and accurate analysis of most aspects of their own performance as a coach / instructor and will be able to suggest some ways to improve their performance.</p>	6-8	<p>Show a comprehensive level of ability in the analysis of the fitness requirements for different sports, the reasons for the selection of different fitness tests and in the analysis of fitness test results.</p> <p>Give comprehensive explanations for the success / failure of a training session or for the programme and can suggest ways to develop the session or programme.</p> <p>Provide a very detailed and accurate analysis of all aspects of their own performance as a coach / instructor and can suggest a variety of realistic ways to improve their performance.</p>	9-10
							<b>Total Marks</b>	<b>50</b>