

Assessor Marking Guide

Programme Name	Health and Fitness Coach (Personal Trainer) (Level 4)	
Assessment Number	1	
Assessment Title	Exercise Needs Analysis	
Course Number	Module 6	Version 1 Level 4 Credit 15
Course Title	Exercise Prescription	

Internal feedback related to design of assessment tools should be submitted via the online Continuous Improvement Form (eCIF).

This assessment leads to the following graduate profile and learning outcomes.

NZQA GPO	Learning Outcome	Task #
3. Adapt programmes for apparently healthy people and common at risk groups using exercise science and testing (10 credits)	3.5 Analyse a sport or physical activity with regard to the fitness components used. (1 credit)	Task 1
	3.7 Identify and describe methods of training, fitness components and related principles. (1 credit)	Task 2

NZQF Level 4 Descriptors	
Knowledge	<ul style="list-style-type: none"> Broad operational and theoretical knowledge in a field of work or study.
Skills	<ul style="list-style-type: none"> Select and apply solutions to familiar and sometimes unfamiliar problems. Select and apply a range of standard and nonstandard processes relevant to the field of work or study.
Application	<ul style="list-style-type: none"> Self-management of learning and performance under broad guidance. Some responsibility for performance of others.

ADMINISTRATION

Assessors are required to provide feedback to students:

- Constructive feedback to the student must be documented within assessment evidence. Including where resubmission is required.
- Notes on demonstrated performance and application of skills, knowledge, attributes; future improvement/development planning e.g. task management, study skills; relationship to other programme content and use in career.

Student evidence must be assessed against all specified criteria to meet learning outcomes.

- Any adaption in assessment methods must be documented and attached to the assessment by the assessor (where deemed necessary to be fair and transparent in relation to student's specified needs).
- Assessment Pack Cover should be dated and signed by assessor when the student has received the final result.
- Assessment opportunities must be indicated accurately
Where any practical criteria are not achieved, an additional practical sheet must be used for reassessment for all practical outcomes and attached to this assessment pack. Refer to Assessment opportunities policy for additional detail.
- The student must sign the post-assessment agreement after receiving final result.
- It is the Assessors responsibility to ensure all relevant documentation is included in the assessment prior to reporting and filing

- Samples of assessments will be forwarded to internal and/or external parties for moderation as required.

Where appropriate **sample answers and or exemplars** may be included: Sample answers are a guide only providing an example of the sufficiency of qualitative and quantitative evidence the assessor could expect to see.

ASSESSMENT SCHEDULE	
<i>Give feedback to student on successes, for N add a note to the student on here or on their assessment evidence (e.g. in Turnitin) about how to improve for resubmission.</i>	
Task Evidence	Achievement Criteria / Judgement
Task 1	<p>Students demonstrate the ability to perform a detailed needs analysis.</p> <p>Fitness components are explained in relation to the activity or sport.</p> <p>Different aspects of the sport or activity are identified in relation to the environment, intensity, time frame, and types of movements that occur.</p> <p>Student has identified an appropriate sport or activity to perform a needs analysis on.</p> <p>Identified the correct components associated with the sport or activity.</p> <p>The environment, intensity time frame and types of movement have been identified.</p> <p>(500 words min)</p>
Task 2	<p>Students demonstrate knowledge of key factors within developing a program.</p> <p>Appropriate methods of Training are identified and explained in relation to the need's analysis. Minimum THREE methods chosen.</p> <p>Explanation of at least FOUR fitness principles in relation to the need's analysis</p> <p>Minimum 3 training principles chosen, these can include but not limited to aerobic capacity, anaerobic capacity, sprint/change of direction training, balance, maximal strength, muscular endurance, muscular power.</p> <p>Training principles should be clear</p> <p>Training principles that could be applied are specificity, overload, variety, rest and recovery, maintenance, individualisation, or interference.</p> <p>Principles chosen are applied appropriately, explaining how the program would be written to take these into consideration</p> <p>(700 words min)</p>

Exemplar to be provided after delivery of assessment – Designer will contact campus.

Sample Answers

Exercise Needs Analysis

Assessment Outline

This assessment comprises of 2 tasks. You must complete and pass both tasks to achieve the credits. You need to create a word document to complete both tasks. You have 2 weeks to complete this assessment.

Task 1: Needs Analysis (500 words min)

For this task you will need to choose an activity or sport and do a needs analysis. This will entail analysing the sport or activity in relation to,

- Fitness components that are utilised, with explanations of how they are performed in the activity or sport.

“Within the sport of rugby, one of the main components is aerobic capacity. Rugby is 80mins in duration, divided into two 40min halves. Rugby is predominantly a running based sport requiring high aerobic capacity, with aerobic capacity also contributing to recovery from bouts of high intensity (anaerobic bouts), -- Part of a bigger answer

- Environment – Is it performed indoors, outdoors, temperature, etc.
- Intensity and time frame for the activity
- Types of movements
- Are there variational elements to be considered? For example, position specific in certain sports, if so, what are they?

Task 2: Planning a Program (700 words min)

Provide a report on the sport or activity used in task 1, relating to how you would develop a training program to meet the demands. This needs to include the following, (250-500 words)

- What training principles would you use and why? You need to discuss a minimum of THREE methods.

“As rugby involves several different elements (running, tackling, passing, kicking etc) it is important that programming is structured to address and focus on all elements of rugby, to improve a rugby player's ability to run fast, tackle and generally perform rugby movements we would look to improve muscular strength during the off season. The reason for this is because the off season will allow us to apply high loads to the player at a time when performance is not required.

Improving strength will then allow for higher production of power and speed as we get closer to the season”.

- Choose a minimum of FOUR training types and apply them into program development. How would each principle that you have chosen to be applied?

“Rest and Recovery - Within program development for a rugby player it's important that we offer appropriate rest and recovery to the athlete to allow for muscle repair and avoidance of over training which may lead to injury. This could be done by ensuring that players have an appropriate rest day after game day (for example Sunday), as well as ensuring that any high intensity or fatigue inducing sessions are performed earlier in the week to allow for recovery prior to the game on Saturday.