

Scheme of Work (2019-20)

Programme	BTSC Level 3 Nationals in Sports Coaching	Start date	W/C 06/09/21	Hours per week	1.5
Unit	B: Fitness Testing	End date	W/C 09/05/22	Total number of hours	45
Course code		Tutor		Link to online	

Unit Learning Outcomes	Links to Industry / Academic Progression	Personal development / Behaviour and attitudes
<p>In this unit learners will:</p> <p>A Examine a range of laboratory-based and field-based fitness tests</p> <p>B Use health screening techniques and fitness tests for a specified purpose</p> <p>C Interpret the results of fitness tests and health screening techniques for a specified purpose.</p> <p>https://qualifications.pearson.com/content/dam/pdf/BTSC-Nationals/sports-coaching-and-development/2017-specification-and-sample-assessments/fitness-tests-for-measure-sports-coaching-and-development.pdf</p>	<p>In this unit, learners will look at a range of laboratory and field-based fitness tests. They will also be introduced to the practice of health screening and how to carry out health monitoring tests. Learners will develop the skills and knowledge to be able to follow fitness test protocol, taking into account test validity and reliability. They will develop skills to be able to administer fitness tests in a safe and effective manner, interpreting results against recommended values and providing feedback on how fitness levels can be improved. This unit will help learners to progress to employment in sports coaching, fitness instruction and elite sport. The unit will also help them to progress to further study in higher education or to professional qualifications.</p> <p>Learners will develop independent and critical thinking skills, they will also gain knowledge in referencing throughout the unit.</p>	<p>Research skills, IT skills, referencing, knowledge in anatomy, presentation skills - speaking and listening, writing skills</p> <p>British Values, E&D, health and wellbeing, be ready respectful safe, high expectations</p>

Pearson Complete Curriculum With Scheme Of Work

H Kauffman



Pearson Complete Curriculum With Scheme Of Work:

This book delves into Pearson Complete Curriculum With Scheme Of Work. Pearson Complete Curriculum With Scheme Of Work is a vital topic that must be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Pearson Complete Curriculum With Scheme Of Work, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Pearson Complete Curriculum With Scheme Of Work
 - Chapter 2: Essential Elements of Pearson Complete Curriculum With Scheme Of Work
 - Chapter 3: Pearson Complete Curriculum With Scheme Of Work in Everyday Life
 - Chapter 4: Pearson Complete Curriculum With Scheme Of Work in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, the author will provide an overview of Pearson Complete Curriculum With Scheme Of Work. The first chapter will explore what Pearson Complete Curriculum With Scheme Of Work is, why Pearson Complete Curriculum With Scheme Of Work is vital, and how to effectively learn about Pearson Complete Curriculum With Scheme Of Work.
 3. In chapter 2, this book will delve into the foundational concepts of Pearson Complete Curriculum With Scheme Of Work. This chapter will elucidate the essential principles that must be understood to grasp Pearson Complete Curriculum With Scheme Of Work in its entirety.
 4. In chapter 3, this book will examine the practical applications of Pearson Complete Curriculum With Scheme Of Work in daily life. The third chapter will showcase real-world examples of how Pearson Complete Curriculum With Scheme Of Work can be effectively utilized in everyday scenarios.
 5. In chapter 4, the author will scrutinize the relevance of Pearson Complete Curriculum With Scheme Of Work in specific contexts. This chapter will explore how Pearson Complete Curriculum With Scheme Of Work is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, this book will draw a conclusion about Pearson Complete Curriculum With Scheme Of Work. This chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Pearson Complete Curriculum With Scheme Of Work.

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Pearson Complete Curriculum With Scheme Of Work Introduction

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