Please read the instructions printed at the end of this form. A Unit Recording Sheet must be completed for each candidate and unit.

Unit Title	Applying the principles of training: fitness and how it affects skill performance	Unit Code	R181	Session		Year	2	0		
Centre Name					**Centre Number**					
Candidate Name					**Candidate Number**					

Marking Criteria			Teacher Comments	Mark	Page No.
Task 1 – Topic Area 1: Components of fitness applied in sport					
MB1: 1 - 4 marks	**MB2: 5 - 8 marks**	**MB3: 9 - 12 marks**			
Fitness tests are **briefly** described with **limited** reference to the protocols. Includes limited data and **briefly** outlines what it means to their fitness for the activities. [1 2 3 4]	Appropriate fitness tests are **adequately** described with **sound** reference to the protocols. **Adequately** analyses the data from each test and what it means to their fitness for the activities. [5 6 7 8]	Appropriate fitness tests are described in **detail** with **clear** reference to the protocols. **Comprehensively** analyses the data from each test and what it means to their fitness for the activities. [9 10 11 12]		**/12**	

Marking Criteria	Teacher Comments	Mark	Page No.
Task 2 – Topic Area 1: Components of fitness applied in sport			

MB1: 1 - 3 marks	MB2: 4 - 6 marks	MB3: 7 - 9 marks
Few skills are **briefly** linked to components of fitness, may include limited examples. Demonstrates a **limited** range of skills relevant to the components of fitness. [1 2 3]	A **range** of skills are linked to components of fitness, with **sound** and relevant examples given for each**.** Demonstrates a good **range** of skills relevant to the components of fitness. [4 5 6]	A **wide range** of skills are linked to components of fitness in **detail,** with **clear** and relevant examples given for each. Confidently demonstrates a **wide range** of well developed skills relevant to the components of fitness. [7 8 9]

Mark: /9

MB1: 1 - 3 marks	MB2: 4 - 6 marks	MB3: 7 - 9 marks
Tests are described with **basic** examples of how they also measure an appropriate component of fitness. Includes some strengths and weaknesses of the data and **briefly** outlines what it means to their fitness for the activities. [1 2 3]	Tests are described with **adequate** relevant examples of how they also measure an appropriate component of fitness**.** **Adequately** analyses the strengths and weaknesses of the data from each test and what it means to their fitness for the activities. [4 5 6]	Tests are described in **detail** with **clear** and relevant examples of how they also measure an appropriate component of fitness**.** **Comprehensively** analyses the strengths and weaknesses of the data from each test and what it means to their fitness for the activities. [7 8 9]

Mark: /9

Marking Criteria			Teacher Comments	Mark	Page No.
Task 3 – Topic Area 2: Principles of training in sport					
MB1: 1 - 5 marks	**MB2: 6 - 10 marks**	**MB3: 11 - 15 marks**			
A **brief** outline of SPOR and/or FITT principles and **basic** application to their selected sporting activity.	SPOR and FITT principles are described with **adequate** relevant examples given for each aspect of their selected sporting activity.	SPOR and FITT principles are described in **detail** with **clear** and relevant examples given for each aspect of their selected sporting activity.			
A **brief** outline of SMART goals and **basic** application to their selected sporting activity.	SMART goals are described with **adequate** relevant examples given for each aspect of their selected sporting activity.	SMART goals are described in **detail** with **clear** and relevant examples given for each aspect of their selected sporting activity.			
Few benefits outlined of applying the principles to the training programme.	**Adequately** analyses the benefits of applying the principles to the training programme.	**Comprehensively** analyses the benefits of applying the principles to the training programme.			
[1 2 3 4 5]	**[6 7 8 9 10]**	**[11 12 13 14 15]**		**/15**	
MB1: 1 - 3 marks	**MB2: 4 - 6 marks**	**MB3: 7 - 9 marks**			
A **brief** outline of their selected training methods, including a **basic** comparison of aerobic and anaerobic exercise.	**Adequately** analyses their selected training methods, including **sound** comparison of aerobic and anaerobic exercise.	**Comprehensively** analyses their selected training methods, including a **clear and detailed** comparison of aerobic and anaerobic exercise.			
[1 2 3]	**[4 5 6]**	**[7 8 9]**		**/9**	

Marking Criteria	Teacher Comments	Mark	Page No.
Task 4 – Topic Area 3: Organising and planning a fitness training programme			

MB1: 1 - 4 marks	MB2: 5 - 10 marks	MB3: 11 - 14 marks			
Produces a **basic** plan which considers a **limited** number of requirements for an effective and safe fitness training programme.	Produces a mostly appropriate and **sound** plan which considers **some** of the requirements for an effective and safe fitness training programme.	Produces a fully appropriate and **comprehensive** plan which considers **most** of the requirements for an effective and safe fitness training programme.			
Produces a **basic** risk assessment which considers **few** of the requirements for a safe fitness training programme.	Produces an appropriate and **adequate** risk assessment which considers **some** of the requirements for a safe fitness training programme.	Produces an appropriate and **comprehensive** risk assessment which considers **most** of the requirements for a safe fitness training programme**.**			
[1 2 3 4]	[5 6 7 8 9 10]	[11 12 13 14]		/14	

Marking Criteria			Teacher Comments	Mark	Page No.
Task 5 – Topic Area 4: Evaluate own performance in planning and delivery of a fitness training programme					
MB1: 1 - 4 marks	**MB2: 5 - 8 marks**	**MB3: 9 - 12 marks**			
Outlines a **few** areas that went well and did not go well in the planned fitness training programme.	Describes **some** areas that went well and did not go well in the planned fitness training programme.	**Comprehensively** describes **most** areas that went well and did not go well in the planned fitness training programme.			
Briefly outlines a **few** areas that needed to be adapted in the planned fitness training programme. Makes **basic** suggestions for altering the plan going forward.	Describes **some** areas that needed to be adapted in the planned fitness training programme with **some** reflection and analysis when altering the plan.	**Comprehensively** describes **all** areas that needed to be adapted in the planned fitness training programme. Shows **detailed** analysis when altering the plan with **justified** suggestions.			
Limited description of the effectiveness of the fitness training programme. An **attempt** to reference the goals and objectives is made.	**Adequate** description of the effectiveness of the fitness training programme. Makes **some** reference to the goals and objectives.	**Comprehensive** analysis of the effectiveness of the fitness training programme. Makes **clear and detailed** reference to the goals and objectives.			
[1 2 3 4]	**[5 6 7 8]**	**[9 10 11 12]**		/12	
Total				/80	

Please tick to confirm this work has been standardised internally	

Please note: This form may be updated on an annual basis. The current version of this form will be available on the OCR website (www.ocr.org.uk).
A Centre Authentication form (CCS160) **must** be completed for each submission to the moderator. This **must** be held in your centre to be available on request at centre inspection.

Guidance on Completion of this Form
1   One form should be used for every candidate.
2   Please make sure that all parts of the form are completed.
3   Please enter specific page numbers where evidence can be found in the portfolio, and where possible, indicate to which part of the text in the mark band the evidence relates.
4   Circle/highlight the mark awarded for each strand of the marking criteria in the appropriate box.
5   Enter the circled/highlighted mark in the 'Mark' column.
6   Add the marks for the strands together to give a total out of 80. Enter this total in the relevant box.
7   For Paper-based submissions, one of these sheets, suitably completed, should be attached to the assessed work of each candidate.
8   For Electronic Internal submissions, prior to submitting 'candidate evidence' to OCR (via the Repository/SfA or via a USB), the Centre should add a separate folder containing the Unit Recording Sheets.

R181/URS