

Curriculum Overview Templates– Holly Lodge Girls’ College

Year 13		
Unit 2 - Fitness Training and Programming for Health, Sport and Well-being		
Title	Curriculum content	Assessment
Examine lifestyle factors and their effect on health and well-being	<ul style="list-style-type: none"> • Positive lifestyle factors and their effects on health and well-being • Negative lifestyle factors and their effects on health and well-being • Lifestyle modification techniques 	<p style="text-align: center;">DIRT</p> <p style="text-align: center;">External exam January 2025</p>
Understand the screening processes for training programming	<ul style="list-style-type: none"> • Screening Processes • Health monitoring tests • Interpreting the results of health monitoring tests 	
Understand programme-related nutritional needs	<ul style="list-style-type: none"> • Common terminology • Components of a balanced diet • Nutritional strategies for individuals taking part in training programmes 	
Examine training methods for different components of fitness	<ul style="list-style-type: none"> • Components of fitness to be trained • Skill-related fitness • Training methods for physical fitness-related components • Aerobic endurance training methods • Muscular strength training methods • Muscular endurance training methods • Core stability training methods • Flexibility training methods • Speed training methods • Training methods for skill-related fitness components 	

	<ul style="list-style-type: none"> • Balance training methods • Coordination training methods • Reaction time training methods • Power training methods 	
Understand training programme design	<ul style="list-style-type: none"> • Principles of fitness training programme design 	
Unit 5 - Application of Fitness Testing		
Title	Curriculum Content	Assessment
Understand the principles of fitness testing	<ul style="list-style-type: none"> • Validity of fitness tests • Reliability of fitness tests • Practicality and suitability of fitness tests • Ethical issues associated with fitness screening 	All assessments carried out in line with Pearson assignment briefs.
Explore fitness tests for different components of fitness	<ul style="list-style-type: none"> • Fitness tests to assess components of physical fitness • Fitness tests to assess components of skill-related fitness • Planning of tests • Administration of tests 	All assessments carried out in line with Pearson assignment briefs.
Undertake evaluation and feedback of fitness test results	<ul style="list-style-type: none"> • Produce a fitness profile for a selected sports performer • Providing feedback to a selected sports performer 	All assessments carried out in line with Pearson assignment briefs.