

## NON-NEGOITIABLES

Create folders in your student drive for each Unit 1, 2, 3.

Document called: YOURNAME-U3LADv1

Unit details and student detail included.

Page numbers.

Titles for each main section.

Subtitles for each subsection.

The same font throughout.

Referencing for all information/pictures diagrams that you get from the internet.

## U3 LAD

To gain a LEVEL 1 PASS you would be making a LIST

To gain a LEVEL 2 PASS you would be DESCRIBING the things in the list

To gain a LEVEL 2 MERIT you would then explain why they happened

To gain a LEVEL 2 DISTINCTION you would then ANALYSE the effect they have

## BRIEF SUMMARY

**YOU ARE REVIEWING YOUR FITNESS TRAINING PROGRAMME**

**WAS IT ANY GOOD?**

**DID IT DO WHAT YOU WANTED IT TO DO**

Use the information from your training diary

Fitness test results pre and post programme

Changes to the programme - What? Did they work?

Did you meet your objectives - How do you know?

How did your body change to allow you to meet your goals. How would this help your performance?

Areas for improvement: did you not meet any of your outcomes? Why was this?

What changes would you make to your programme.

## STRUCTURE

Recommendations for improving future training and performance:

Personal training needs

Different training methods/activities or strategies

Psychological training techniques to improve performance

## UNIT CONTENT