

Helena Romanes School

BTEC Sport
Summer Bridging Work 2026

Qualification: BTEC National Diploma in Sport	Exam Board: Pearson
Deadline: To be handed in during Lesson 1 in September.	

Welcome to BTEC Sport. We are delighted that you are considering BTEC Sport as an option in Sixth Form. To demonstrate your commitment to the course and to prepare you for September, you must complete the following tasks to the best of your ability. This task is compulsory and must be completed prior to your first BTEC sport lesson in Year 12.

The activity has been designed to help you begin to develop some of the key skills you will need for BTEC Sport.

Learning Objectives:
- To develop a basic understanding of what a BTEC assignment entails and the depth of knowledge needed. - To be able to conduct independent research and apply knowledge of fitness training to a client.

Contacts for Support:

- Mr Adeyem i– Please email tadeyemi@hrs.education
- Miss Booth – Please email lbooth@hrs.education
- Mr Cheema – Please email kcheema@hrs.education

Activities	
Task 1: Fitness Training	To complete the research assignment, following the assignment brief. This includes: - Collating your own information and data about a client (can be a parent or sibling). - Formatting the information/data into an information sheet. - Using the information to create a 6-week training programme and nutritional plan. - A written report justifying your choices.

For September you will need:

- 1 Lever arch folder
- 1 Ring binder folder
- 1 set of 10 dividers
- Plastic wallets

- Lined paper
- Pens/Highlighters

Task: Assignment Brief

Qualification	Pearson BTEC Level 3 National Diploma in Sport
Unit number and title	Unit 2: Fitness Training & Programming for Health, Sport & Wellbeing
Learning aim(s)	Understand the principles of fitness training & programming for health, sport & wellbeing.
Assignment title	A fitness training & wellbeing programme for a chosen client
Assessor	
Issue date	JUNE 2025
Hand in deadline	September 2026 – First lesson of term

Vocational Scenario or Context	You have just qualified as a personal trainer and are about to create your own personal training business. You need to have a first client, to be able to get a review and also information for your website. For this, you have chosen a family member or friend (over facetime/zoom) to be your first client. You will need to collate accurate health information about your client using interviews and health screening tests (such as BMI, Waist to Hip ratio, etc) and fitness tests (at least 4). You will then create a personalised 6 week training programme and nutritional plan for them, based on their health information they have given you. You will review your plan each week based on how your client is doing. This could be through interviews and/or questionnaires. You will then write a written report justifying your choices (showing your thought processes) alongside reviewing your training programme and nutritional plan, suggesting improvements for the future.
---------------------------------------	--

Checklist of evidence required	- A client profile with their health screening information (eg. PARQ), interview questions and answers, and the aim of their programme – for example: do they want to improve general fitness, overcome an injury, get back into sport. - 6 week training programme – this can be in a table format. Must include information for EACH day. - Nutritional plan. - Reviews from the end of each week from your client.
---------------------------------------	--

	- A written report justifying your 6 week training programme (what methods of training/principles of training you selected and why) and nutritional plan (what did you change about their diet and why). Your written report also needs to include a review (evaluation of your plans) with suggestions for how you would improve it for the future.
Resources & Model examples	These will be put onto the google classroom for you to look at and use to help create your resources. Fitness tests normative data - click on your chosen fitness tests. https://www.topendsports.com/testing/norms/index.htm

Please follow the Timeframe guidance to help in completing this task in the right order.
You cannot skip steps, they need to be completed in the following order.

Timeframe Guidance

<u>Order of completion</u>	<u>How long it should take</u>	<u>What tasks to complete</u>
Step 1	2 hours	1. Choose your client 2. Do an interview with them – find out why they want to improve their fitness, and what fitness elements. What is their current diet like? 3. Complete a health screening of them. Use a PARQ, BMI and chosen fitness tests, and the resources on google classroom to help. Get them to write a food diary of a week.
Step 2	2 hours	4. Using their health-screening information, create a 6 week training programme for them. 5. Using their food diary, create a nutrition plan for them.
Step 3	6 weeks	6. Your client should complete the 6 week training programme. 7. At the end of each week, give them a questionnaire to ask how it went (this can be done on google forms) or alternatively you can do a Q&A with them (this should take a maximum 30mins) 8. Adapt the next week if it needs to, based on answers.
Step 4	2 hours	9. Interview your client for the final time. For example: How did they feel it went, how would they rate it, etc. 10. Using all your collated information, create an evaluation table, with the headings: - <u>Strengths</u> - <u>Weaknesses</u> - <u>Improvements</u>
Step 5	4 hours	11. Write your written report. Using the subheadings: - <u>Introduction</u> – introduce what your written report is on. - <u>Justifications</u> – state and explain what methods of training/principles of training you chose and why.

		Why did you change the nutrition plan? Using specific examples to help explain your points. - <u>Strengths</u> – explain what went well (use specific examples) - <u>Weaknesses</u> – explain what didn't go well (use specific examples). - <u>Future recommendations for improvements</u> – explain and justify what you would do differently in future for next client and your own professional practice as a personal trainer.
--	--	--