



# ... Maximising Attainment Information



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| <b>Which topics are covered at Level 6?</b>                                                                                                                                                                                                              |                                                                                                                                                    | <b>Are there important dates of which I should I be aware?</b>                                                                                                                                                                                                                                                                                          |                      |          |
| <b>Unit</b>                                                                                                                                                                                                                                              | <b>Topics</b>                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                         |                      |          |
| Group Exercise                                                                                                                                                                                                                                           | Practical performance                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                         |                      |          |
|                                                                                                                                                                                                                                                          | Organise and lead group exercise                                                                                                                   | Jun – Oct<br>Unit 1                                                                                                                                                                                                                                                                                                                                     |                      |          |
|                                                                                                                                                                                                                                                          | Theory based test                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                         |                      |          |
| Free Weight                                                                                                                                                                                                                                              | Practical performance                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                         |                      |          |
|                                                                                                                                                                                                                                                          | Lead client through training                                                                                                                       | Oct – Dec<br>Unit 2                                                                                                                                                                                                                                                                                                                                     |                      |          |
|                                                                                                                                                                                                                                                          | Theory based test                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                         |                      |          |
| Cardiovascular                                                                                                                                                                                                                                           | Practical performance                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                         |                      |          |
|                                                                                                                                                                                                                                                          | Development of CV performance                                                                                                                      | Jan – March<br>Unit 3                                                                                                                                                                                                                                                                                                                                   |                      |          |
|                                                                                                                                                                                                                                                          | Theory based test                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                         |                      |          |
| <b>How is the course assessed?</b>                                                                                                                                                                                                                       |                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                         |                      |          |
| <b>COMPONENT</b>                                                                                                                                                                                                                                         | <b>DETAILS</b>                                                                                                                                     | <b>LENGTH</b>                                                                                                                                                                                                                                                                                                                                           | <b>MARKS</b>         | <b>%</b> |
| In-house tests                                                                                                                                                                                                                                           | <ul style="list-style-type: none"><li>For all three units</li><li>Theory based</li></ul>                                                           | <ul style="list-style-type: none"><li>At end of Unit</li></ul>                                                                                                                                                                                                                                                                                          | Pass, Re-sit or Fail | 100%     |
| Practical assessment                                                                                                                                                                                                                                     | <ul style="list-style-type: none"><li>Perform in all three units</li><li>Assess self-performance</li><li>Lead clients through programmes</li></ul> | <ul style="list-style-type: none"><li>During Unit</li></ul>                                                                                                                                                                                                                                                                                             | Pass, Re-sit or Fail | 100%     |
| <b>What are the exam question command words?</b><br>Identify<br>Evaluate<br>Describe                                                                                                                                                                     |                                                                                                                                                    | <b>What resources can I use to support my learning?</b><br><br><b>Teams/OneNote –</b><br>All evidence and work will be posted on Teams and OneNote.<br><br><b>Achieve –</b> <a href="https://achieve.hashtag-learning.co.uk/">https://achieve.hashtag-learning.co.uk/</a> - revision guides and past papers with marking instructions for all the units |                      |          |
| <b>Where can I find more information about the exam and assignment?</b><br>The SQA Understanding Standards provides exemplars and grades awarded.<br><a href="https://www.understandingstandards.org.uk/">https://www.understandingstandards.org.uk/</a> |                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                         |                      |          |
| <b>Where do I find the past papers?</b><br>This is an NPA so no past papers exist.                                                                                                                                                                       |                                                                                                                                                    | <b>How do I ensure top marks?</b> <ul style="list-style-type: none"><li>Regular attendance</li><li>Uploading work on Teams and OneNote when requested</li><li>Ask questions when unsure</li><li>Bring a change of kit and a charged iPad</li></ul>                                                                                                      |                      |          |
| <b>Where do I find more information about the course?</b><br>Speak to your teacher!                                                                                                                                                                      |                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                         |                      |          |