Unit R181: Applying the principles of training: fitness and how it affects skill performance (Topic Area 4: Evaluate own performance in planning and delivery of a fitness training programme)

Step 4: Completion of assignment

Time to write up/check and complete assignment

Step 3: Further development suggestions for improvements to the fitness training programme

Consider how the success rate of the programme could be improved if it were repeated.

Step 2: Strengths and areas for improvement

Reasons for success and failure in the fitness training programme Area for improvement to be included. Time to write up

Step 1: Reflections on the fitness training programme

Goals set

- Training methods used
- Fitness component links correctly to skill tests
- Time to write up.









