Mark scheme – Planning periodised programmes

Periodised programme		
Did the learner:	**Possible marks**	**Actual marks**
Design a periodisation strategy, at least 12 weeks long with at least three 4-week training phases, that is appropriate to the client's needs and abilities?	**1** (minimum 1 mark)	
Include details of FITT (frequency, intensity, time, type) for each weekly microcycle that demonstrates progression within the mesocycles and over the course of the planned programme?	**1** (minimum 1 mark)	
Apply the principles of periodised programme design?	**1** (minimum 1 mark)	
Plan an appropriate exercise session for phase 1 of the periodised programme?	**1** (minimum 1 mark)	
Plan an appropriate exercise session for phase 2 of the periodised programme?	**1** (minimum 1 mark)	
Plan an appropriate exercise session for phase 3 of the periodised programme?	**1** (minimum 1 mark)	
Design each session plan with adequate and appropriate warm-up and cool-down activities for minimising injury risk and aiding recovery?	**3** (minimum 3 marks)	
Result total **/9** (9 marks in total, with the minimum set marks achieved for each section required to pass) **Pass / Refer**		
Assessor's feedback:		

Commentary		
Did the learner:	**Possible marks**	**Actual marks**
Analyse previously collected data and information to perform calculations and risk-stratify the client correctly?	**2** (minimum 2 marks)	
Complete the client profile and summarise the previously collected client information in a way that helped inform programme design?	**6** (minimum 4 marks)	
Explain the periodised strategy, including how this strategy will progress the client towards goal achievement and how the principles of periodisation have been applied?	**6** (minimum 4 marks)	
Explain how exercises, training protocols, equipment and environments were selected to meet the client's needs?	**4** (minimum 3 marks)	
Result total **/18** (15 marks in total, with the minimum set marks achieved for each section required to pass) **Pass / Refer**		

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Assessor's feedback:

Adaptations and contingencies		
Did the learner:	**Possible marks**	**Actual marks**
Identify a range of suitable alternative environments, including at least one indoor and one outdoor environment?	**3** (minimum 2 marks)	
Explain how the session and exercises should be adapted to accommodate the alternative environments?	**3** (minimum 2 marks)	
Identify the possible hazards and risks of each environment?	**3** (minimum 2 marks)	
Describe the health and safety requirements and ways to manage the identified risks?	**3** (minimum 2 marks)	
Explain how the selected session/exercises/methods and techniques could be adapted to become a group personal training session?	**3** (minimum 2 marks)	
Explain the benefits and challenges of group personal training and identify ways to maximise the benefits and minimise the challenges?	**3** (minimum 2 marks)	
Describe ways to incorporate partner or group activities into the session?	**3** (minimum 2 marks)	
Result total **/21** (17 marks in total, with the minimum set marks achieved for each section required to pass) **Pass / Refer**		

Assessor's feedback: