



**FITNESS,
HEALTH &
EXERCISE
GRADED UNIT 2:
DEVELOPMENT
STAGE GUIDANCE**

Stage 2 — Development

Task - Implement the planned exercise training and nutritional intervention that was agreed with client (discussed goals).

You must provide clear evidence of performing a practical case study (minimum 12 weeks duration of planning) and applying the intervention with the client, addressing all minimum evidence requirements (table below). This accounts for a maximum of 64 marks (64%) of the overall grade. SQA have stated that *'while no word count is specified, minimum evidence requirements determine that learners should retain task focus'*. This development stage should be approximately 2,000 words (excluding references and appendices). However, the word count is intended as a guide only, and you should not be unreasonably penalised for surpassing this where the work is integral and relevant to the case study. Where projects exceed the word count excessively and lose focus or direction then it is unlikely that a learner would gain additional marks.

The development stage of the graded unit involves the implementation of the proposed intervention (training and nutritional) relative to the client's established aim/aims. At this stage you should now be planning and implementing the intervention treatment, as important information about the client, exercise and nutrition would have been collected within the early phase of the development stage.

This is a practical case study (minimum of 12 weeks) that requires you to establish the client's current health/fitness and lifestyle pre-intervention levels. This, therefore, allows you to measure at multiple points the client's progress (if any) over the 12-week period. You should, throughout this development stage establish and record any meetings, objectives for exercise sessions, interim testing and goals for modifying client's nutritional features.

Normal Assessment Conditions

You should be given a date for completion of the overall project for development stage. During the time between the distribution of the project instructions and the development stage completion date, tutors may answer questions, provide clarification, guidance and reasonable assistance. The development stage should be marked as soon as possible, with you progressing to the evaluation stage only when a pass grading is achieved in the development stage. If the tutor forms the view that the work finally submitted for this stage is so limited that it would prevent you from progressing to the evaluation stage, **then you may receive additional assistance (over and above the norm)**. In this event, the tutor will record this, and you may receive no more than a minimum evidence pass at grade C at this stage (32 marks [32%]).

Table 1. Development Stage Suggestive Layout

General Layout & Construct
The development stage should have an appropriate front cover and is coherent from the planning stage with an expanded contents page.
Introduction Section Progressing Onto the Methodology Section
<ul style="list-style-type: none">• Introduction — Specific to the research brief and coherent from the planning stage. The inclusion of ethical approval with correct feedback date is also needed.• Overall research aim — Re-emphasised [or restated] to demonstrate a clear line of thought (if original client withdraws from the project state this).• Objectives — Task related to helping address the overall research aim.• Accurate details of the selected client — Information extracted from the client should include personal information; gender, age, exercise or sporting history, current fitness level, dietary habits, past and present injuries, lifestyle issues (not exhaustive). This should be presented as evidence to ensure client's goals/targets are reached. This section maybe summarised with signposting made to appropriate appendix sections for additional material and information.• Developing a clear line of thought (towards the exercise intervention) — You must include a rationale (reason) and supporting cited academic references for each selected health/fitness test. Furthermore, a detailed review of academic exercise literature (ACSM, NSCA) that helps with the client's exercise programming must be included (see links https://www.strength-physiology.online/academic-recommendations).• Applies course knowledge and skills — You must identify course/modules units that have contributed effectively to the graded unit project. These modules should be justified regarding relevance and transferability towards the Graded Unit 2 case study.

Methodology & Resource Section

- **Application of effective research techniques** — You have identified a minimum of **five** appropriate primary/secondary sources of information/data and correctly described why they were selected and for what purpose (as detailed in the planning stage).
- **Accesses an appropriate range of resources applicable to the case study** — You should identify and describe how these resources were used, e.g. desk/informational based, physical and human resources. Secondary resources may be from appropriate peer-reviewed journals and books to support exercise programme/intervention (again see links <https://www.strength-physiology.online/academic-resource-hub> and <https://www.strength-physiology.online/free-student-resources>).
- **Applies information and analysis effectively in designing and delivering the action plan** — You have applied the relevant information from the range of researched sources (above) and implemented these into the delivery of the intervention. Also, recording of exercise programmes/sessions (such as frequency, intensity, time) and nutritional advice on dietary requirements (again see links <https://www.strength-physiology.online/academic-resource-hub>).

Results Section

- **Identifies and gathers appropriate evidence to assess whether criteria (research aim) have been met** — You must identify and gather appropriate evidence from specific health/fitness tests and nutritional analysis to decide whether the criteria have been met? This should include tables/graphs of baseline, midpoint and post intervention results of both relevant health/fitness and nutritional measurements over the 12-week intervention.

Discussion & Conclusion Section

- **Applies problem solving techniques** — You must identify a minimum of **one** problem that was encountered during the development or planning stage. You should also describe how this problem affected the outcome of the project.
- **Brings the project to an appropriate conclusion** — You must bring the project to a satisfactory conclusion in terms of whether the client achieved the original aims (weight loss, increase in strength etc). You should also provide future recommendations and guidance to the client.

References & Bibliography

Reference — Example reference (APA style)

[1] Garber, C. E., Glass, S. C., Hamm, L. F., Kohl, H. W., & Mikesky, A. (2006). *ACSM's resource manual for guidelines for exercise testing and prescription*. L. A. Kaminsky, & K. A. Bonzheim (Eds.). Baltimore, MD: Lippincott Williams & Wilkins.
