



ARMADALE ACADEMY

Exercise & Fitness Leadership How to Pass Guide

for parents and carers

Exam breakdown and links to key SQA documents

Exam Breakdown:

There are 5 units and students need to complete only 3 of these units to gain the full EFL award. The marking criteria is a Pass or Fail and you must pass ALL outcomes to gain the unit.

Circuit Training

Cardiovascular Training

Free Weight Training

- Past Papers: <https://www.sqa.org.uk/sqa/38708.html>

Resources to support your child

- Microsoft Teams – Teacher's class notes
- Rogue Fitness on YouTube is good for "Demo's & Teaching Points" for Circuit & Free Weight Training
- These links below are good for the CV unit on the Pulmonary & Systemic System:
<https://www.youtube.com/watch?v=466zDaHlozU>
https://www.youtube.com/watch?v=SPGRkexl_cs
- There are limitless web pages & videos for Circuit Training, CV Training & Free Weight Training
- Apps
 - For Circuit & Free Weight Unit we have used "Strength Training by Muscle & Motion" App

Practical strategies to support your child

- Ensure student come prepared for both practical and theory lessons
- Discuss tracking and full reports
- Refer to learner conversation sheets for next steps

How can you support your child?

- Signpost to the above resources
- Ensure students have appropriate kit