

The information below is to help you format and structure the fifth section of the NEA (coursework). Please note that you should use your own wording as much as possible and research online for as much information as possible. Lastly, you must read the exemplar PDF to support your understanding.

Evaluation - Section 5 - Exemplar.pdf

Section 5: Suitable training topic

A01 - Knowledge, **A02** - Application, **A03** - Evaluation/Justification

Paragraph 3: Identify your fitness weakness (A02)

This paragraph is short (see exemplar). However, the research that will go into selecting your training method will require a lot of thought. Get it wrong and you'll struggle to evaluate effectively, meaning your justification will lose credibility.

1. Scroll back up to your second section (fitness weakness) and re-read your analysis. Ask yourself the following questions:
 - a. What was your fitness weakness?
 - b. How did this weakness negatively impact your performance?
 - c. What would be the benefits to improving this weakness?
2. Summarise and define your fitness weakness in a few sentences (see exemplar)
3. Now that you have reapped your fitness weakness, identify the correct training method that can address this weakness - [Training Method Research](#) (see table on page 2)
4. Now define your selected training method
 - a. State the components of fitness (CoF) that this training method improves(s)
 - b. State the characteristics of this training method. How does it achieve its goals?

Paragraph 4: Ensure training is specific to the component of fitness (A02)

This paragraph must include detailed online research on the training intensities required to develop your fitness weakness (see exemplar). The second part of this paragraph must reflect on the impact your fitness weakness had on your performance (see exemplar). All research must be written in your own words, please remember that the plagiarism check is on, cross checking your work against all sources online including other submissions.

1. Outline the correct training intensity to improve your fitness weakness - [Training Method Research](#)
2. Now you must reflect on the impact your fitness weakness had on your performance. You can go back to section 2 and summarise your analysis. It doesn't matter if you end up copy and pasting your work, just make sure you reduce it into 2-3 sentences.
3. Ensure that training exercises are specific to the sporting actions involved in your position/support (see exemplar).

Paragraph 5: Additional benefits/negatives to weight training (A03)

This paragraph must include detailed online research into the benefits/negatives of your chosen training method. This is called evaluation.

1. Outline two-three benefits associated with your training method. Justify how these benefits will help improve your fitness weakness - [Training Method Research](#)
2. Outline two-three negatives associated with your training method. Justify how you will overcome these weaknesses to help prevent reversibility - [Training Method Research](#) (see exemplar).

Paragraph 6: Additional benefits to weight training (A03)

Although you've just justified why your training method is appropriate, you must now suggest other suitable training methods that also improve your fitness weakness.

KINDNESS - EXCELLENCE - RESPECT

"Please note that this is a basic level response and that you should write all responses in your own words and in as much sport specific and GCSE PE detail as possible - use three or four descriptions."

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Wenbin Ji

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