



External Assessment

NCFE Level 2 Certificate in Health and Fitness (601/4534/1)

Unit 03 Preparing and planning for health and fitness (K/506/5251)

Paper number: Past paper

Assessment date: 8 November 2019

Time: 9.00am

Complete your details below:

Centre name		Centre number	
Learner name		Learner number	

Time allowed – 2 hours

Instructions for learners

- Read all tasks carefully and make sure that you understand what you need to do.
- You **MUST** attempt **all** of the tasks to address all assessment criteria. You cannot achieve a Pass grade unless you meet the required standard in all of the tasks.
- Write your responses to the tasks in the spaces provided. If you need more space you may use extra paper.
- If you are using a word processor, you **must** make sure that all of your work is printed out.
- Make sure that any printouts or extra paper are securely attached to this assessment paper and labelled clearly with:
 - your name and learner number
 - your centre name and centre number
 - the task and question number.
- At the end of the assessment hand all documents over to your Invigilator.

You are **not** allowed to use the internet during this external assessment.

DO NOT TURN OVER UNTIL YOU ARE INSTRUCTED TO DO SO BY THE INVIGILATOR.

Examiner use only

AC	Grade
1.1	
1.2	
1.3	
1.4	
2.1	
2.2	
3.1	
3.2	
3.3	

PAST PAPER

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Scenario

You are on work experience working alongside a Personal Trainer in a local fitness centre. Your job is to help design health and fitness plans and help lead exercise sessions for members of the fitness centre. A new member, Charlie, has come to you for help and advice on achieving a healthier lifestyle and improved fitness levels. You meet with him to see how you can help.

Read the information below about Charlie.

Charlie is a 19-year-old male. After leaving school at 16, Charlie got an apprenticeship in a local call centre. Since leaving school, he has noticed that he has gained weight and finds he becomes out of breath more quickly when doing day-to-day physical activities, for example walking up the stairs.

Charlie spends most of his day sat at a desk answering phones. He visits the vending machine several times on a daily basis, eating crisps and chocolate bars whilst drinking fizzy drinks. He eats a cooked meal in the cafeteria each day. Charlie is aware that his diet is not a balanced one.

Whilst at school Charlie enjoyed PE lessons and played for the school football, rugby and cricket teams. He also participated in sports outside of school.

Charlie has realised that a career in a call centre is not for him and instead, he wants to join the Royal Air Force. Charlie has decided to join the local fitness centre to try and improve his fitness levels in order to pass the Royal Air Force fitness tests as part of the selection process.

Assessment criteria	Pass	Merit	Distinction
1.1 Describe the purpose of a PAR-Q (Physical Activity Readiness Questionnaire)	Learners will provide a description of the purpose of a PAR-Q (Physical Activity Readiness Questionnaire)	Learners will provide a detailed description of the purpose of a PAR-Q (Physical Activity Readiness Questionnaire)	No Distinction for this AC

Task 1 continues on the next page.

Assessment criteria	Pass	Merit	Distinction
1.3 Describe the preparation needed for a specific purpose	Learners will describe the preparation needed for a specific purpose	Learners will describe in detail the preparation needed for a specific purpose	Learners will comprehensively describe the preparation needed for a specific purpose

Please turn over for the next task.

Task 2

You **must** make sure that your work in Task 2 meets assessment criteria 1.4 and 1.2. You can refer to the assessment criterion at the end of each task.

Charlie arrives for his first exercise session to complete some baseline assessments. You warm him up and ask him to participate in some health and fitness tests. This will help you to design an accurate exercise programme for him.

These are Charlie's results:

Component of fitness	Test	Score	Comparison with national average
Muscular strength	Hand Grip Test	48kg	Average
Power	Vertical Jump Test	42cm	Average
Agility	Illinois Agility Test	19.6 seconds	Poor
Body composition	BMI	30kg/m ²	Obese
Cardiovascular endurance	Multi Stage Fitness Test/Beep Test	Level 5 Shuttle 3	Poor

Answer part a and part b.

- a. Charlie has completed all of the health and fitness tests. He has booked an appointment for you to give him feedback on his results. Charlie asks you:

Can you please give me an assessment of my health and fitness test results? How did I do?

Using Charlie's test results, give your assessment of his base level of fitness.

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Assessment criteria	Pass	Merit	Distinction
1.2 Assess the suitability of an individual to participate in fitness activities	Learners will assess the suitability for an individual to participate in fitness activities	Learners will assess the suitability for an individual to participate in fitness activities showing a critical understanding	Learners will assess the suitability for an individual to participate in fitness activities showing critical judgement

Please turn over for the next task.

Task 3

You **must** make sure that your work in Task 3 meets assessment criterion 2.1. You can refer to the assessment criterion at the end of the task.

The exercise programme will last for 6 weeks and aims to improve Charlie's cardiovascular endurance **and** muscular strength.

Use the templates below to produce **three** session plans, one for Week 1, one for Week 3 and one for Week 6 of the exercise programme. You must make sure that each session includes a warm up, main activity and cool down.

Name of client: Charlie	
Day of the week: Sunday	Week: 1
<u>Warm up</u>	
<u>Main activity</u>	
<u>Cool down</u>	

Name of client: Charlie	
Day of the week: Tuesday	Week: 3
<u>Warm up</u>	
<u>Main activity</u>	
<u>Cool down</u>	

Task 3 continues on the next page.

Name of client: Charlie	
Day of the week: Thursday	Week: 6
<u>Warm up</u>	
<u>Main activity</u>	
<u>Cool down</u>	

Assessment criteria	Pass	Merit	Distinction
2.1 Produce an individual exercise programme for a specific purpose	Learners will produce an individual exercise programme for a specific purpose	Learners will produce an individual exercise programme for a specific purpose showing a critical understanding	Learners will produce an individual exercise programme for a specific purpose showing critical judgement

PAST PAPER

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Assessment criteria	Pass	Merit	Distinction
3.2 Describe how to improve the exercise programme	Learners will describe how to improve the exercise programme	Learners will clearly describe how to improve the exercise programme showing a critical understanding	Learners will clearly describe how to improve the exercise programme showing critical judgement

Please turn over for the next task.

Task 5

You **must** make sure that your work in Task 5 meets assessment criteria 2.2 and 3.3. You can refer to the assessment criterion at the end of each task.

Charlie is completing the exercise programme but you also need to give him a nutrition plan so he can keep a healthy, balanced diet. This will help him to lose weight.

Answer part a and part b.

a. Using the table below, design a nutrition plan for 3 days of a typical week for Charlie.

You should include all of his meals, drinks and snacks for the 3 days. Meal choices should be different across the 3 days.

	Thursday	Friday	Saturday
Breakfast			
Midday Meal			
Evening Meal			
Drinks			
Snacks			

Assessment criteria	Pass	Merit	Distinction
2.2 Produce a nutrition plan for the period of the personal exercise programme	Learners will produce a nutrition plan for the period of the personal exercise programme	Learners will produce a detailed nutrition plan for the period of the personal exercise programme	Learners will produce a comprehensive nutrition plan for the period of the personal exercise programme

Task 5 continues on the next page.

Assessment criteria	Pass	Merit	Distinction
3.3 Describe how to improve the nutrition plan	Learners will describe how to improve the nutrition plan	Learners will clearly describe how to improve the nutrition plan showing a critical understanding	Learners will clearly describe how to improve the nutrition plan showing critical judgement

Please turn over for the next task.

Task 6

You **must** make sure that your work in Task 6 meets assessment criterion 3.1. You can refer to the assessment criterion at the end of the task.

After completing his 6 week exercise programme, Charlie completes the health and fitness tests again. The table below shows his results before and after the exercise programme.

Component of Fitness	Test	Before the exercise programme		After 6 weeks	
		Score	Comparison with National Average	Score	Comparison with National Average
Muscular strength	Hand Grip Test	48kg	Average	53kg	Above Average
Power	Vertical Jump Test	42cm	Average	48cm	Average
Agility	Illinois Agility Test	19.6 seconds	Poor	19.1 seconds	Below Average
Body composition	BMI	30kg/m ²	Obese	27kg/m ²	Overweight
Cardiovascular endurance	Multi Stage Fitness Test/Beep Test	Level 5 Shuttle 3	Poor	Level 7 Shuttle 2	Average

Answer part a and part b.

- a. Assess the effectiveness of the exercise programme on Charlie's cardiovascular endurance. Use the test results in the table above.

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- b. Assess the effectiveness of the exercise programme on Charlie's muscular strength.
Use the test results in the table on page 22.

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Assessment criteria	Pass	Merit	Distinction
3.1 Assess the effectiveness of the exercise programme	Learners will assess the effectiveness of the exercise programme	Learners will clearly assess the effectiveness of the exercise programme	Learners will comprehensively assess the effectiveness of the exercise programme

What you need to hand in after your external assessment

At the end of the timed external assessment you will hand in the following work to your Invigilator:

- this external assessment paper
- any extra paper you have used, securely attached.

Make sure that any extra paper is clearly identified with your:

- your name
- your learner number
- your centre name
- your centre number
- the task and question number.

Any remaining time can be spent checking your responses to the tasks.

This is the end of the external assessment.