

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: 28 February 2020

Time: 9.00 am

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 is 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.

Examiner use only

AC	Grade
1.1	
1.2	
1.3	
1.4	
2.1	
2.2	
3.1	
3.2	
3.3	

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

PAST PAPER

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Scenario

You are working as an Assistant Fitness Instructor at a local Fitness Centre. Part of your job is to design health and fitness plans for members of the centre. A new member, Noah, has come to you for help and advice as he wants to get stronger and follow a healthier diet.

Read the information below about Noah:

Noah is an 18 year old male. He has recently moved to the area to study at the local University.

Noah is a regular football player and played for his school and college team. He now wants to join the University Football Team. Noah is aware that he is not as strong as other players and would like to get stronger in order to improve his overall game.

Over the summer Noah has been working in an office as an administration assistant. He has spent most of the time sat at a desk, eating unhealthy snacks and drinks. He has noticed that he has put on some weight.

His parents have always cooked for him, but he now needs to do this for himself. Noah has never been correctly advised on nutrition and has limited knowledge in this area.

Noah has decided to join the Fitness Centre and has asked for your help to get him stronger and follow a healthier diet.

Task 1

You **must** ensure that your work in Task 1 addresses assessment criteria 1.1 and 1.3. You can refer to the assessment criterion at the end of each part of the task.

You are working as an Assistant Fitness Instructor. Noah, your new member, has arrived for a tour and an introduction to the fitness centre. You greet him and ask him to complete a PAR-Q (Physical Activity Readiness Questionnaire).

Answer part a and part b.

a. Describe the purpose of a PAR-Q.

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Assessment criterion	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

Please turn over for the next question.

- b.** After completing the PAR-Q, you book Noah in for his first exercise session. This will be in two weeks' time. Noah is looking forward to his session and wants to make sure he is prepared. He asks you:

What can I do to help me prepare for my first exercise session and the exercise programme?

Describe the preparation Noah needs to do before returning to exercise.

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Assessment criterion	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 question.

Task 2

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

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

These are Noah's results:

Component of fitness	Test	Score	Comparison with national average
Body composition	BMI	25kg/m ²	Pre-Obese
Cardiovascular endurance	Multi Stage Fitness Test/ Beep Test	Level 7.3	Average
Speed	30m Sprint Test	4.5 seconds	Below Average
Muscular strength	Hand Grip Test	44kg	Below Average
Agility	Illinois Agility Test	18.1 seconds	Average

Answer part a and part b.

- a. Noah completes all the fitness tests. He has booked an appointment for you to give him feedback on his results. Noah asks you:

What is your assessment of my base level of fitness?

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

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Assessment criterion	Pass	Merit	Distinction
1.4 Assess an individual's base level of fitness	Learners will assess an individual's base level of fitness	Learners will clearly assess an individual's base level of fitness	Learners will comprehensively assess an individual's base level of fitness

b. Noah is planning to start his exercise programme in two weeks' time.

Use both the fitness test results on page 8 **and** the information you already know about him to assess how suitable he is to exercise. Give reasons for your answer.

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Assessment criterion	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 question.

Task 3

You **must** ensure that your work in Task 3 addresses assessment criteria 2.2 and 3.3. You can refer to the assessment criterion at the end of each part of the task.

Noah has been eating unhealthy foods and drinks since the start of summer. Alongside exercise, he has asked you to help him with his diet. He has asked you to create a nutrition plan which he can follow alongside his exercise programme.

Answer part a and part b.

- a. Using the table below, design a nutrition plan for 2 days of a typical week for Noah.

You should include all of his meals, drinks and snacks for the 2 days. Meal choices should be different across the 2 days.

	Tuesday	Wednesday
Breakfast		
Midday meal		
Evening meal		
Drinks		
Snacks		

Assessment criterion	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

Please turn over for the next question.

- b.** Noah follows your nutrition plan for two weeks. He is pleased with the plan but is worried that it will get repetitive and boring and would like some more variety.

Describe how the nutrition plan designed in part a could be **improved** to encourage Noah to continue eating a healthy diet. You should provide specific suggestions for Noah.

Assessment criterion	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 question.

Task 4

You **must** ensure that your work in Task 4 addresses assessment criteria 2.1 and 3.1. You can refer to the assessment criterion at the end of each part of the task.

Answer part a, part b and part c.

Following the nutrition plan, you now need to design Noah's exercise programme. The exercise programme will last for 6 weeks.

a. The exercise programme aims to improve Noah's muscular strength **and** speed.

You have been asked to produce **three** session plans; one session plan for each of the weeks 1, 3 and 5 using the templates below. Make sure each session includes a warm up, main activity and cool down.

Name of client: Noah	
Day of the week: Monday	Week number: 1
<u>Warm up</u>	
<u>Main activity</u>	
<u>Cool down</u>	

Name of client: Noah	
Day of the week: Wednesday	Week number: 3
<u>Warm up</u>	
<u>Main activity</u>	
<u>Cool down</u>	

Task 4 continues on the next page.

Name of client: Noah	
Day of the week: Thursday	Week number: 5
<u>Warm up</u>	
<u>Main activity</u>	
<u>Cool down</u>	

Assessment criterion	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

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Task 4 continues on the next page.

PAST PAPER

Noah has completed his 6 week exercise programme and he completes the 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 of the exercise programme	
		Score	Comparison with National Average	Score	Comparison with National Average
Body composition	BMI	25kg/m ²	Pre-Obese	22kg/m ²	Normal
Cardiovascular endurance	Multi Stage Fitness Test/ Beep Test	Level 7.3	Average	Level 8.2	Average
Speed	30m Sprint Test	4.5 seconds	Below Average	4.2 seconds	Above Average
Muscular strength	Hand Grip Test	44kg	Below Average	51kg	Above Average
Agility	Illinois Agility Run	18.1 seconds	Average	16.1 seconds	Above Average

b. Using the fitness test results in the table above, assess the effectiveness of the exercise programme on Noah's muscular strength.

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c. Using the fitness test results in the table on page 20 assess the effectiveness of the exercise programme on Noah's speed.

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Assessment criterion	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

Task 5

You **must** ensure that your work in task 5 addresses assessment criterion 3.2. You can refer to the assessment criterion at the end of the task.

Noah has now completed 6 weeks of your health and fitness plan. Noah emails you with his feedback. His email says:

“Thank you for designing my exercise programme. I really enjoyed it up to week 3 but then it started to be repetitive and it got boring. I was not as motivated in the sessions at the end of the programme as I felt they were too similar to the weeks before.”

Describe how the exercise programme designed in Task 4 could be **improved** to prevent Noah from getting bored. You should provide specific suggestions for Noah.

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Assessment criterion	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

PAST PAPER

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 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.