

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

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

**February 2020 (P000781)**

**Mark Scheme**

| **Assessment criteria** | **Task No** | **NYA** | **Pass** | **Merit** | **Distinction** |
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| **1.1** Describe the purpose of a PAR-Q (Physical Activity Readiness Questionnaire). | **1a** | No reference to purpose e.g. “a form to fill in when you join a gym”. | **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.** |
| 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).  Describe the purpose of a PAR-Q. | | |
| Basic purpose of PAR-Q.  Brief description of the reasons i.e. to check for any health concerns before exercise activity. | Detailed description of PAR-Q with examples.  **For Example**  If the client says ‘yes’ to having back pain they should avoid heavy lifting.  If the client answers ‘yes’ to having asthma, they may need to see a GP / Doctor to see if there are any exercises they should avoid.  Learners may mention doctor but still agree that they can take part in exercise with restrictions, e.g. avoiding certain exercises. | N/A |
| **1.2** Assess the suitability for an individual to participate in fitness activities. | **2b** | If all learners do is restate the information without any understanding or interpretation e.g. he is pre-obese. | **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.** |
| 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. | | |
| Basic assessment of suitability e.g. he is suitable to exercise but needs to be careful going back into activity.  Might also refer to the information in the case study.  Learners must refer to the test results.    *Can positive mark if 1.4 is accurate and includes test results.* | Critical understanding shown with reasons.  The Pass criteria plus evidence in relation to pre-obese / below average, the need to ensure the programme is correct.  Examples might be given of certain suitable exercises, e.g. he is suitable to exercise but due to him being below average in some areas, exercises should be of low / moderate intensity for these components.  More specific detailon the individual for the Merit / mention of FITT. | Critical judgement demonstrated of how suitable the individual is to exercise with examples taken clearly from the data given, showing detailed understanding and the need to tailor the exercise programme correctly.  Will probably draw on positives and negatives.  Might refer to suitable vs non suitable exercises.  **For example**  Noah is suitable to exercise but needs to be careful to build it slowly for certain components to prevent injury or such like.  He could lift low weights / low intensity due to him being below average in muscular strength as lifting heavy weights / high intensity to start with could cause injury. |
| **1.3** Describe the preparation needed for a specific purpose  ***Range: Preparation:*** *Physical and mental preparation before exercise (e.g. clothing, equipment, availability of resources, health and safety factors).* | **1b** | Inappropriate suggestions e.g. not mentioning any of the range statements relating to, physical or mental preparation.  List provided after the e.g. is just a number of examples. | **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.** |
| 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. | | |
| Basic description of one or more factors.  Factor may be physical **OR** mental.  **For Example**  Noah needs to do some steady runs.  Noah needs to buy some appropriate clothing. | Specific examples of what the individual needs to do prior to the exercise programme.  Clear description in detail of one or more physical **OR** mental aspect of the range, providing clear examples.  **For Example**  Noah needs to physically prepare for exercise because he has not participated for a few months, he could do this by going on some steady runs.  Noah can buy the correct clothing as he has not participated for a few years and his previous clothing might not fit him or be suitable (basic link to individual). He should buy clothing that is loose fitting to allow him to move more freely. | Range of preparation techniques, including **BOTH** physical **AND** mental aspects of the range.  Application to Noah supported by valid and detailed reasons.  **For Example**  Noah needs to physically prepare by fast walking and steady jog (low intensity due to the fact he has not participated for a few months). He might need to buy some suitable gym trainers and equipment as those he has might not fit due to gaining some weight. Noah will also need to prepare mentally by visiting the centre and familiarising himself with the surroundings in order to feel more confident when he turns up for his first session. |
| **1.4** Assess an individual’s base level of fitness. | **2a** | If all learners do is restate the information without any understanding or interpretation e.g. he is pre-obese. | **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.** |
| 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.  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. | | |
| The Pass will show an understanding of the data presented in the table with a summative assessment of Noah’s base level of fitness.  **For Example**  Noah’s fitness is slightly mixed, but overall he is below average; body composition is pre-obese, basic understanding of the situation. | Clear assessment with more than one component described.  **For Example**  Noah is pre-obese which we can see from his body composition, he is also below average on speed, muscular strength and agility. He should look to improve some of these components initially. | Comprehensive across a range of components and / or significant detail across two (emphasis on evaluative language).  **For Example**  Cardiovascular endurance is average which means he has a good starting point in this area so he can start to exercise.  He is below average in muscular strength which may affect his ability to lift heavy weights initially as the intensity will be too high. |
| **2.1** Produce an individual exercise programme for a specific purpose. | **4a** | Would not pass learner if they do not include warm up, main activity and cool down for each session.  If no stretches are included at all within the programme, NYA to be awarded.  NYA to be awarded if Fitness tests are used as training methods. | **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.** |
| Following the nutrition plan you now need to design Noah’s fitness programme. The fitness programme will last for 6 weeks.  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. | | |
| Programme includes warm up, main activity, cool down.  Stretching to be included in at least a warm up or cool down at some point during the 3 sessions.  Activities are relatively suitable on the whole. | Appropriate link to Noah with muscular strength and speed evidenced in the programme.  Evidence of some progression over the weeks. | Shows critical judgement and understanding, FITT principles clearly related to Noah’s needs.  Specific evidence of training content linked to Noah and anticipated progression over 6 weeks. |
| **2.2** Produce a nutrition plan for the period of the personal exercise programme. | **3a** | Inappropriate food choices for client goals.  NYA if not providing food choices for BOTH days. | **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.** |
| 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.  Using the table below, design a nutrition plan for 2 days of a typical week for Noah. You should include all his meals, drinks and snacks for the 2 days. Meal choices should be different across the 2 days. | | |
| Basic and accurate nutrition plan including all meals, drinks and snacks.  **For Example**  **Breakfast:** Cereal  **Midday Meal:** Ham Sandwich  **Evening Meal:** Chicken, potatoes & vegetables  **Drinks:** Water  **Snacks:** Apple, rice cake | Detailed and accurate nutrition plan, specific food examples to lose weight / eat healthier / improve performance.  Could be detail given in the foods.  **For Example**  One large chicken breast, potatoes with peas and carrots.  Specifically state contents of a sandwich with healthy choices.  **For Example**  Sandwich - Tuna / turkey with lettuce and cucumber on brown bread. | Learners give comprehensive detail of healthy food for weight loss and / or improved performance.  Will provide quantities and reference to cooking methods.  **For Example**  100g of oven baked chicken breast with 50g of steamed spinach and boiled potatoes. |
| **3.1** Assess the effectiveness of the exercise programme. | **4b and 4c** | Incorrect assessment.  E.g. state ineffective instead of effective.  Only address one component of fitness i.e. speed **OR** strength. | **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.** |
| 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.  Using the fitness test results in the table above, assess the effectiveness of the exercise programme on Noah’s muscular strength.  Using the fitness test results in the table on page 20 assess the effectiveness of the exercise programme on Noah’s speed. | | |
| Basic assessment of health and fitness plan with links to the component(s) and tests.  **For example**  Muscular strength improved from below average to above average in the Hand Grip Test.  **OR**  Muscular strength improved from 44kg to 51kg in the Hand Grip Test.  This **MUST** be done for both Muscular strength and speed if a Pass is to be awarded. | Detailed links of components and tests with reasons for these **OR** training needs for the future.  **For Example**  Muscular strength improved from below average to above average in the Hand Grip Test. This will be due to including weight training in the fitness plan.  **OR**  Muscular strength improved from below average to above average in the Hand Grip Test. In order to continue with this improvement, Noah should look to increase the amount of weight lifted in future training sessions.  This **MUST** be done for both Muscular strength and speed if a Merit is to be awarded. | Detailed links of components and tests with reasons for these **AND** training needs for the future  **For Example**  Muscular strength improved from below average to above average in the Hand Grip Test. This will be due to including weight training in the fitness plan. In order to continue with this improvement, Noah should look to increase the amount of weight lifted in future training sessions.  This **MUST** be done for both Muscular strength and speed if a Distinction is to be awarded. |
| **3.2** Describe how to improve the exercise programme. | **5** | A change that wouldn’t challenge Noah.  Not showing application to the client.  Inclusion of music and / or train with friend. | **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.** |
| Noah has now completed 6 weeks of your health and exercise 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 for the later sessions 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. | | |
| Basic description with at least one **specific** improvement.  **For Example**  Use of free weights instead of resistance machines.  **NB** Improvement cannot be train with music to increase motivation or training with friends to add an element of competition.  It should relate to the training programme in 2.1. | Clear description of improvement(s) with evidence of critical understanding (why this is important as an improvement). Must back up the statement with a reason.  **For Example**  Use of free weights instead of resistance machines to increase motivation as it is a change of equipment and new exercises can be done. | Positives **AND** negatives of improvement(s).  **For Example**  Use of free weights will allow a wider variety of exercises and be able to target different muscle groups. However, a downside to this is an increased risk of injury. |
| **3.3** Describe how to improve the nutrition plan  ***Range:***  *Nutrition plan; to include all meals, drinks and snacks, any supplements.* | **3b** | Inappropriate suggestion  E.g. missing breakfast, making everything unhealthy, late eating.  Will not accept list of words with no further clarification / reasoning.  Non-specific suggestions e.g. eat healthy foods. | **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.** |
| Noah follows your nutrition plan for two weeks. He is pleased with the plan but is worried that it will be 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. | | |
| Basic description with at least one specific improvement. Change of breakfast, lunch and dinner option to keep the individual inspired, whilst providing specific examples of a change. Learner might highlight a change of snack to a more healthy option or range of foods, giving a specific example.  **For Example**  Change the evening meal on Tuesday from chicken curry to turkey curry.  Change the snack on a Wednesday from an apple to a banana. | Clear description of improvement(s) with evidence of critical understanding (why this is important as an improvement). Must back up the statement with a reason.  **For Example**  Change the evening meal on Tuesday from chicken curry to turkey curry as turkey is a leaner white meat. | Positives **AND** negatives of improvement(s), potential effects of the change.  **For Example**  Change the evening meal on Tuesday from chicken curry to turkey curry as turkey is a leaner white meat and still a good source of protein. However, a downside to this is that turkey tends to be more expensive and Noah may not be able to afford this. |