



## NCFE Level 1/2 Technical Award in Health and Fitness (603/2650/5)

### Internal Synoptic Project

**December 2019**

#### Centre instructions

- To be given to learners on or after **16 December 2019**.
- This internal synoptic project is intended for those learners who will be claiming their certificates in **summer 2020 only**.

#### Learner instructions

- Read the project brief carefully before you start the work.
- Complete **all** parts of each task.
- In **Task 2, Task 3 and Task 4** you need to work with another learner who will act as your client.
- You **must** clearly identify all of the work you produce during the supervised time.
- You **must** hand in all of your work to the supervisor at the end of each session.

#### Learner information

- This internal synoptic project will assess your knowledge and understanding from across the qualification.
- The completion time for this internal synoptic project is 21 hours.
- All of the work you submit **must** be your own.

Please complete the details below clearly and in BLOCK CAPITALS.

Learner name \_\_\_\_\_

Centre name \_\_\_\_\_

Learner number

Centre number

## **Project Brief**

You are on work placement within the gym at your local leisure centre as a fitness instructor. The gym works with clients to review their current levels of fitness and help them to improve specific components of fitness.

The gym asks you to work with one of the current clients to improve their **muscular strength** and **speed**.

As part of this programme, you have to review the lifestyle of the client and create a 4-week health and fitness programme which will help to improve components of fitness identified above.

Your client is available to train up to 4 times per week.

## **Learner log and project evaluation**

As you work through the project, you must keep a learner log to record your approach to each task.

You should include:

- how you prepared
- what resources you used
- how you managed your time.

## **Types of evidence**

Below is a list of suggested types of evidence that you could include:

- written/word-processed documents
- presentations
- diagrams
- annotated evidence. This could include -
  - posters
  - leaflets
  - video/audio evidence
- witness statements (as supporting evidence)
- observation records (as supporting evidence).

**During the project you will need to refer to the 'Project Brief' to obtain information.**

## Task 1

Your client would like to improve their muscular strength and speed.

You should know how to apply the principles of training to a health and fitness programme and should be able to select the appropriate methods of training for your client's needs.

You need to:

- show you understand what is meant by muscular strength and speed
- show how you would apply the principles of specificity and progression to a health and fitness programme
- referring to different methods of training and the principles of FITT, explain how:
  - muscular strength could be improved
  - speed could be improved.

## Task 2

Before you set your client clear goals, you need to understand their lifestyle and how ready they are to perform health and fitness activities.

You need to:

- create, administer and analyse a lifestyle questionnaire to suggest ways of improving your client's lifestyle
- administer and analyse the results of a PAR-Q to evaluate how ready your client is to perform health and fitness activities. The PAR-Q could be one that you have been given or one that you have sourced
- set SMART goals for your client, linked to muscular strength and speed.

## Task 3

Before you design the health and fitness programme for your client, you will need to assess your client's current levels of fitness in muscular strength and speed.

You need to:

- explore the different ways that muscular strength and speed can be tested
- carry out **one** fitness test for muscular strength and **one** fitness test for speed with your client and record the results
- assess your client's results and compare them to normative data.

## Task 4

You are now ready to create the 4-week health and fitness programme to give to your client.

You need to:

- create a 4-week health and fitness programme for your client, explaining your choices
- give your client the health and fitness programme and ask them to complete **week 1** and **week 2**
- carry out and record a progress review with your client at the **end of week 2**
- make changes to **week 3** and **week 4** of your clients health and fitness programme, and explain changes that you make
- give your client the updated version of the health and fitness programme and ask them to complete **week 3** and **week 4**.

**You will not be assessed on your client's ability to complete the programme. You will not have to attend the training sessions that you have planned.**

At the end of the 4-week health and fitness programme, you need to:

- re-test, record and assess your client's levels of fitness for muscular strength and speed
- make conclusions about the effectiveness of the health and fitness programme.

## Task 5

For your own personal development, it is important that you can evaluate your own performance.

Evaluate the project using your completed learner log from tasks 1–4.

You should refer to the learner log where appropriate when completing the evaluation.

## Assessment Objectives

The internal synoptic project is a formal assessment that makes up 60% of your overall qualification grade. It is therefore important that you produce work to the highest standard that you can.

The brief is set in a real-world situation. You will be assessed on your ability to independently select, apply and bring together the appropriate knowledge, understanding, skills and techniques you have learnt throughout your course of study.

The internal synoptic project will be assessed as a whole against five integrated assessment objectives. These assessment objectives and their weightings are shown below.

Assessment Objective	% weighting
<b>AO1 – Recall knowledge and show understanding</b> The emphasis here is for learners to recall and communicate the fundamental elements of knowledge and understanding.	<b>10%</b>
<b>AO2 – Apply knowledge and understanding</b> The emphasis here is for learners to apply their knowledge and understanding to real-world contexts and novel situations, including finding creative solutions.	<b>15%</b>
<b>AO3 – Analyse and evaluate knowledge and understanding</b> The emphasis here is for learners to develop analytical thinking skills to make reasoned judgements and reach conclusions.	<b>20%</b>
<b>AO4 – Demonstrate and apply technical skills and processes</b> The emphasis here is for learners to demonstrate the essential technical skills relevant to the vocational sector, by applying the appropriate processes, tools and techniques.	<b>45%</b>
<b>AO5 – Manage and evaluate the project</b> The emphasis here is for learners to develop the necessary skills of forethought, time management, self-reliance and self-reflection.	<b>10%</b>

Please turn over for the grading descriptors.

## Grading Descriptors

The assessment for each AO is broken down into bands. Each band has an associated descriptor indicating performance at that band.

Assessors judge all of the evidence you produce to make decisions when assessing your project.

**The internal synoptic project requires the effective use of integrated knowledge, understanding and skills from across the full breadth of the qualification content.**

AO1 Recall knowledge and show understanding	
Band	Descriptors
3	Learners recall and communicate <b>comprehensive</b> knowledge and understanding from a <b>wide range</b> of health and fitness concepts, principles, skills and techniques.  Subject-specific terminology is used <b>accurately</b> and <b>consistently throughout</b> the project.
2	Learners recall and communicate <b>some</b> knowledge and understanding from a <b>range</b> of health and fitness concepts, principles, skills and techniques.  Subject-specific terminology is used <b>accurately</b> on <b>occasions</b> .
1	Learners recall and communicate <b>basic</b> knowledge and understanding from a <b>limited range</b> of health and fitness concepts, principles, skills and techniques.  Subject-specific terminology is <b>basic</b> and <b>inconsistent</b> .
NYA	No rewardable material.

AO2 Apply knowledge and understanding	
Band	Descriptors
3	Learners <b>accurately</b> apply knowledge and understanding of health and fitness concepts, principles, skills and techniques, which is <b>relevant</b> to the context and situation.
2	Learners' application of knowledge and understanding health and fitness concepts, principles, skills and techniques is <b>mostly accurate</b> and has <b>some relevance</b> to the context and situation.
1	Learners' application of knowledge and understanding health and fitness concepts, principles, skills and techniques is of <b>limited accuracy</b> and <b>relevance</b> to the context and situation.
NYA	No rewardable material.

AO3 Analyse and evaluate knowledge and understanding	
Band	Descriptors
3	Learners <b>critically</b> analyse and evaluate selected health and fitness data and information, <b>systematically</b> judging and reaching <b>relevant</b> and <b>valid</b> conclusions.
2	Learners <b>appropriately</b> analyse and evaluate selected health and fitness data and information, judging and reaching <b>suitable</b> conclusions.
1	Learners <b>respond simply</b> to health and fitness data and information and <b>provide comments</b> .
NYA	No rewardable material.

AO4 Demonstrate and apply technical skills and processes	
Band	Descriptors
3	<p>Learners demonstrate and apply <b>relevant</b> health and fitness skills and techniques <b>effectively</b>, by applying and using <b>appropriate</b> health and fitness concepts and principles.</p> <p>Learners demonstrate and apply health and fitness skills and techniques to develop a <b>complete</b> and <b>effective</b> solution.</p>
2	<p>Learners demonstrate and apply <b>mostly relevant</b> health and fitness skills and techniques by applying and using <b>mostly appropriate</b> health and fitness concepts and principles.</p> <p>Learners demonstrate and apply health and fitness skills and techniques to develop a <b>mostly complete</b> and <b>working</b> solution.</p>
1	<p>Learners demonstrate and apply <b>basic</b> health and fitness skills and techniques by applying and using <b>in a limited way</b> health and fitness concepts and principles.</p> <p>Learners demonstrate and apply health and fitness skills and techniques to develop a <b>partially complete</b> solution.</p>
NYA	No rewardable material.

AO5 Manage and evaluate the project	
Band	Descriptors
3	<p>Learners manage the project, including preparation and planning of <b>a wide range of</b> project stages, time frames and resources.</p> <p>Learners evaluate <b>a range of</b> their approaches, skills and accomplishments.</p>
2	<p>Learners manage the project, including preparation and planning of <b>a range of</b> project stages, time frames and resources.</p> <p>Learners evaluate <b>some of</b> their approaches, skills and accomplishments.</p>
1	<p>Learners manage the project, including preparation and planning of <b>a limited range of</b> project stages, time frames and resources.</p> <p>Learners <b>provide comments</b> on <b>some of</b> their approaches, skills and accomplishments.</p>
NYA	No rewardable material.

**This is the end of the internal synoptic project.**

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