

**bring out
your best.**

Internal Assessment Sample Tasks

NCFE Level 1 Certificate in Health and Fitness
(601/4662/X)

Issue 1 July 2015

Contents

Introduction	Page 3
Supervision of candidates	Page 4
Unit 01 Introduction to health, fitness and exercise (A/506/7537)	Page 5
Unit 03 Planning an exercise session (J/506/7539)	Page 7
Unit 04 Understanding a personal fitness programme (J/506/7539)	Page 9

**Please note: Unit 02 Understanding a healthy lifestyle
(F/506/7538) is externally assessed.**

Introduction

NCFE has created a set of sample tasks for each unit which you can contextualise to suit the needs of your candidates to help them build up their portfolio of evidence. The tasks have been designed to cover all the learning outcomes and assessment criteria for each unit and provide opportunities for stretch and challenge.

To allow you the freedom to apply local or topical themes appropriate to your candidates, we've left the subject of the tasks open for you to design for each unit. You should plan the subject and apply the task to the tasks in a way that suits your candidates and relates to local need.

If you choose to create your own internal assessment tasks, they must:

- be accessible and lead to objective assessment judgments
- permit and encourage authentic activities where the candidate's own work can be clearly judged
- permit effective discrimination between learners operating at different levels.

NCFE has provided guidance to help teachers create valid and reliable internal assessment tasks. For further information please see Internal assessment tasks: guidance for centres on our website www.ncfe.org.uk.

Grading descriptors have been written for each assessment criterion within a unit. Assessors must be confident that, as a minimum, all assessment criteria have been evidenced and met by the candidate. Assessors must make a judgment on the evidence produced by the candidate to determine the grading decision for the unit as a whole.

The grading descriptors for each unit can be found in Section 4 (page 31) of the qualification specification. Assessors should also refer to the grading criteria glossary of terms which can be found in Section 8 (page 62) of the qualification specification and the grading exemplification document found on the website. More information about internal assessment can be found in our qualification specification in Section 2 (page 16).

Supervision of candidates

Teachers are expected to supervise and guide candidates when carrying out work that is internally assessed.

Teachers should supervise the work carried out by candidates to:

- monitor their progress
- prevent plagiarism
- ensure that any practical work is undertaken safely and in accordance with health and safety requirements
- ensure that the work completed is in accordance with the qualification specification and is suitable for internal assessment.

Any work submitted for assessment must be authenticated and attributable to the candidate. The Teacher must be satisfied that the work produced is the candidate's own and the candidate must declare that the work is their own.

Supporting candidates

Teachers/Assessors are also responsible for supporting candidates through the assessment process to ensure that they are able to create and redraft/revise work independently.

Teachers/Assessors may:

- help the candidate to understand the concept of work-related work, applied learning and vocational qualifications
 - help the candidate to understand the performance expectations for each of the grades (both within and between units) and how their work will be assessed
 - help the candidate to understand how to prepare and present their evidence, including what constitutes plagiarism and other forms of cheating
 - motivate the candidate to work consistently through the programme, including helping them work to deadlines
 - encourage the candidate to take the initiative in making improvements to their work but stop short of telling them the detail of the improvements to make
 - provide reference material however, model or worked answers should not be copied by the candidate.
-

Unit 01 Introduction to health, fitness and exercise (A/506/7537)

Internal assessment task

Your local sports centre has approached your school or college to ask if your class can produce some resources for them about health, fitness and exercise. The information should be aimed at people who are thinking about taking part in exercise and fitness activities.

Task 1 (AC 1.1, 1.4, 1.5)

You've been asked to produce a poster to put up in your local sports centre to inform new members about health, fitness and exercise. The poster should contain the following information (you should include as much detail as you can).

- 1.1 You're asked what is meant by health, fitness and exercise. You will provide a definition for each of the terms.
 - You could use textbooks or the internet to help with your research.
- 1.4 Add to your poster a range of different exercise activities that people could participate in.
 - You could research different sports centres and gyms online to see what they offer.
- 1.5 Think about the exercises you've written down and identify in as much detail as you can the health benefits of exercise.

Task 2 (AC 1.2, 1.3)

To help you understand activities for daily living and how people could do more, track your own level of activity and produce a record of your own daily living activities.

- 1.2 Provide as many examples as you can of daily living activities.
 - 1.3 Produce a record of your personal daily living activities. This should be over a period of one full week. Provide as much detail as you can in your record.
-

Unit 01 Introduction to health, fitness and exercise (A/506/7537) (cont'd)

Internal assessment task

Task 3 (AC 2.1, 2.2, 3.1, 3.2)

As part of your work for the sports centre you've been asked to produce a leaflet about the body and the effects of exercise, aimed at people who are thinking about taking part in health and fitness activities. For everything you've included you should give as much detail as possible.

- 2.1 In your leaflet you should define the main body systems.
- 2.2 In your leaflet you should also identify the location of the main muscles in the body which are required for movement.
 - You should use a blank diagram of the muscles in the body and name the movement and location.
- 3.1 Now state the short-term effects of exercise on the main body systems.
- 3.2 You now need to demonstrate the short-term effects of exercise on the main body systems. You should write down what happened to you during your chosen activity or exercise.

Types of evidence:

- notes
 - diagrams
 - posters
 - leaflet
 - practical assessment
 - observation
 - witness statement
 - video assessment.
-

Unit 03 Planning an exercise session (J/506/7539)

Internal assessment task

You've been asked by the sports centre to plan an exercise session of your choice. As health and safety in the sports centre is so important, you've also been asked to consider health and safety issues. Your mentor has given you 3 tasks to complete.

Task 1 (AC 1.1–1.3)

Produce a presentation to be delivered to a group of new employees at the sports centre to help them understand about planning for exercise and health and safety. Provide as much detail as you can in your information.

- 1.1 Outline the factors to consider when planning an exercise session.
 - 1.2 Identify the components of an exercise session. Expand as much as you can on your points.
 - 1.3 Now that you've identified them, you should outline the purpose of each of the components of an exercise session.
-

Task 2 (AC 2.1–2.3)

You've been asked to help carry out a risk assessment on an exercise session.

- 2.1 Create a checklist that identifies the potential risks and hazards of a chosen exercise session.
 - 2.2 Outline what is required in a risk assessment. You'll make reference to safety procedures and risk assessment documents.
 - 2.3 Make a list identifying the people involved with reporting risks.
-

Unit 03 Planning an exercise session (J/506/7539) (cont'd)

Internal assessment task

Task 3 (AC 3.1–3.3)

Produce a plan for an exercise session and make sure that you include health and safety in this. You should bring together all of your knowledge about planning and health and safety.

- 3.1 Make a plan for the delivery of an exercise session. This should include all the components of an exercise session as well as health and safety aspects.
- 3.2 Demonstrate your plan for an exercise session. You should be able to link the exercises to health and safety, and say why you've done certain things in your session.
- 3.3 Think about the strengths and weaknesses of your plan. Make lists of what aspects are good and what needs improving. Consider the exercise session itself and the planning for health and safety.

Types of evidence:

- notes
 - presentation
 - checklist
 - observation reports
 - session plan
 - recorded discussion.
-

Unit 04 Understanding a personal fitness programme (A/506/7540)

Internal assessment task

The local sports centre is running a competition among local schools and colleges to find the next generation of instructors and leisure assistants. Your class is taking part and you have 3 tasks to complete for the competition.

Create an information pack for yourself or a peer to support them with their exercise training. You should include the following content and give as much detail as you can.

Task 1 (AC 1.1–1.3)

- 1.1 Identify the factors to consider when creating a personal fitness programme.
- 1.2 Identify fitness goals for yourself or a peer.
- 1.3 Indicate how the right types of food can help with your fitness programme.
 - Use the internet and books to research this information.
 - Write down advice for yourself or your peer.

Task 2 (AC 2.1–2.3)

In the next section of your information pack you need to provide information about the following:

- 2.1 Progressive overload is important in fitness training, what is meant by progressive overload?
 - 2.2 Give examples of progressive overload for a specific exercise activity.
 - 2.3 Use an exercise of your choice to write down an example for progressive overload.
-

Unit 04 Understanding a personal fitness programme (A/506/7540) (cont'd)

Internal assessment task

Task 3 (AC 3.1–3.3)

To complete your pack you need to plan, demonstrate, and review an exercise session.

- 3.1 Produce a personal fitness plan for a specific session for yourself or a peer.
- 3.2 Demonstrate the personal plan for a specific session for yourself or a peer.
- 3.3 Review the personal fitness plan.
 - Think about what is good about your plan and what improvements you'd make for next time. Give as much detail as you can.

Types of evidence:

- notes
 - information pack
 - presentation
 - observation reports
 - practical assessment
 - video assessment
 - written tasks.
-

All the material in this publication is copyrighted.