

External Assessment

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

Unit 02 Understanding a healthy lifestyle (F/506/7538)

Paper number: THIS IS A SAMPLE PAPER

Assessment date: 26 January 2016

Centre number		Learner number	
Surname			
Other names			

Learner declaration:

I confirm that the work contained in this external assessment is all my own work.

I have not copied work from anyone else.

I have not copied work directly from handouts/internet/textbooks or any other publication.

If I have used a quote, then I have referenced this appropriately.

Learner's signature:

Date:

Grade achieved To be completed by the Examiner	
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Time allowed:

1 hour 30 minutes to complete Tasks 1, 2, 3, and 4.

Instructions for learners

- Complete your personal details on the first page
- You have 1 hour 30 minutes to complete Tasks 1, 2, 3, and 4
- Write your responses to the Tasks in the spaces provided. If you need more space you may use extra paper. Make sure that any extra paper is labelled clearly with your name, centre number and learner number and is securely attached to the appropriate answer booklet
- If you write your answers using a word processor, you must make sure that any printouts are labelled clearly with your name, centre number and learner number and are securely attached to the appropriate answer booklet
- If you write your answers using a word processor, you must make sure that you clearly record the relevant Task along with your answer to ensure that the Examiner is able to grade it
- You **MUST** attempt all of the Tasks to address all assessment criteria fully. You cannot achieve a pass grade unless you meet the required standard in all the Tasks
- All of the work you submit must be your own
- You must sign the learner declaration on the front page of this assessment paper to declare that the work produced is your own
- At the end of the assessment, hand all documents over to your Invigilator.

Guidance for learners

- Make sure you're familiar with the assessment criteria and grading descriptors for this unit. These are included along with the Tasks in this external assessment paper. If you're aiming for a merit or distinction it's important that you're familiar with what these grades require as you work through the Tasks
- Read the Tasks carefully and make sure that you understand:
 - what you need to do to complete the assessment
 - what you need to submit
 - how much time you need to allow for each Task.

Resources

- You may use all of the material given within the external assessment paper but no other resources should be taken into the examination room
- You're not allowed to use the internet during the external assessment
- All the evidence you submit must be your own work
- Make sure that all your work is clearly identified with your name, centre number and learner number.

Scenario

Your community is holding a food and fitness festival. You have been asked to help out because you work part time at the leisure centre.

The event is open to everyone in the community, so you can expect people of all ages, fitness levels and backgrounds to come along.

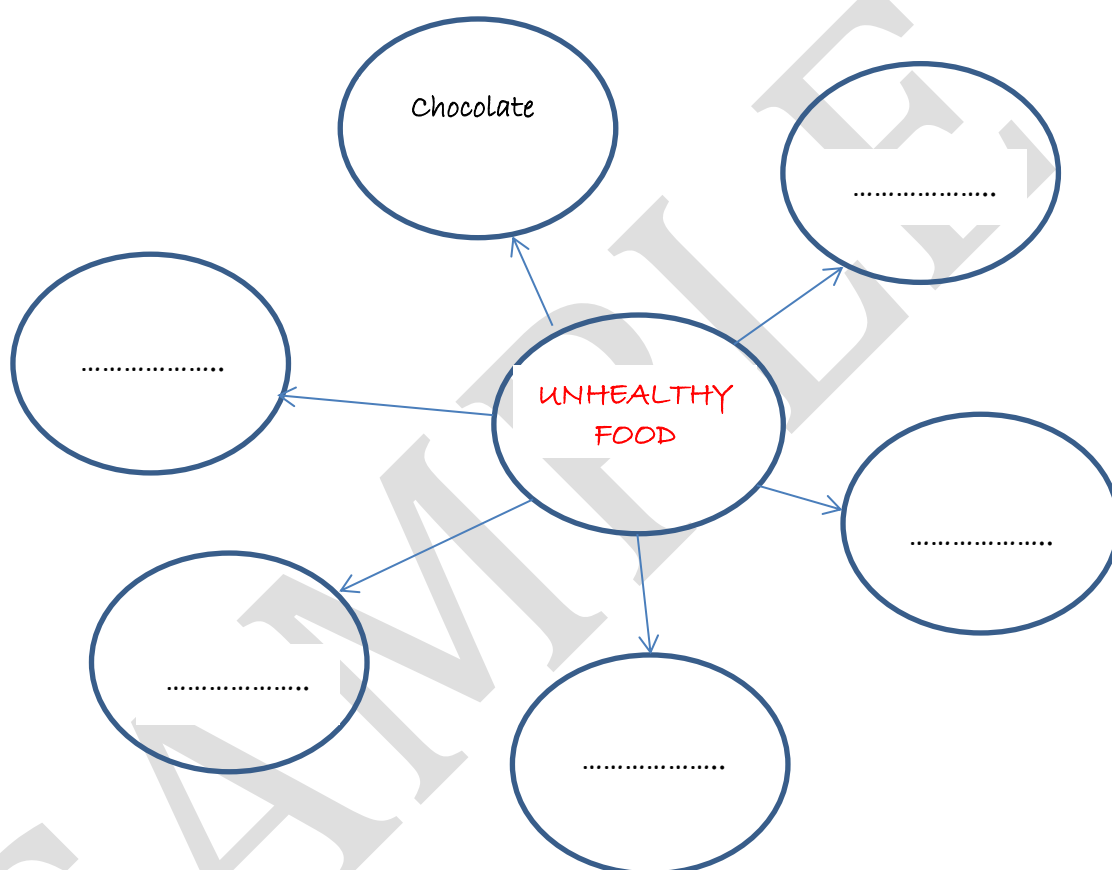
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Task 1

You must ensure your work in Task 1 addresses assessment criteria 1.1 and 1.2. You can refer to the assessment criterion after each question in Task 1.

You've been asked to make a leaflet to help people understand about healthy and unhealthy diet. The first page will give a diagram showing **unhealthy** food and drinks.

1a. Fill in this diagram to give examples of **unhealthy** food/drinks. Put one example of **unhealthy** food in each circle. The first one has been filled in for you.



Assessment criteria	Pass	Merit	Distinction
1.2 Give examples of an unhealthy diet	Learners will give a limited range of examples of an unhealthy diet	Learners will give a range of examples of an unhealthy diet	Learners will give a wide range of examples of an unhealthy diet

1b. Now you need to give example of what people **should** eat/drink and the reasons why.

What people should eat/drink	Reasons why
Baked Potato	Healthy food, good source of carbohydrate for energy

Assessment criteria	Pass	Merit	Distinction
1.1 Identify what is meant by a healthy diet	Learners will identify what is meant by a healthy diet	Learners will clearly identify what is meant by a healthy diet	Learners will identify in detail what is meant by a healthy diet

Task 2

You must ensure your work in Task 2 addresses assessment criterion 1.3. You can refer to the assessment criterion at the end of Task 2.

The festival organisers want to provide information about things that can affect a person's diet.

Fill in the table below.

- In the first column you should list factors that could affect diet.
- In the second column give reasons why.

Factors that could affect your diet	Reasons why
Location	If there is a chip shop outside school, students might be tempted to buy chips every day. If there's a fruit and vegetable shop near your house you may eat more healthily.

Assessment criteria	Pass	Merit	Distinction
1.3 Identify everyday factors that could affect diet	Learners will identify everyday factors that could affect diet	Learners will clearly identify factors that could affect diet	Learners will identify in detail factors that could affect diet

Task 3

You must ensure your work in Task 3 addresses assessment criterion 1.4. You can refer to the assessment criterion at the end of Task 3.

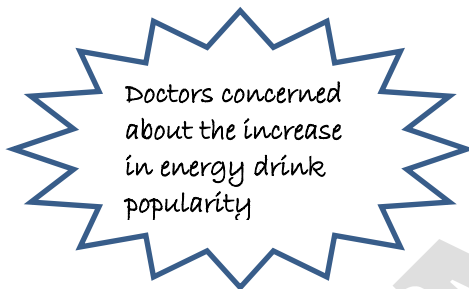
These are headlines which have appeared in your local newspaper. What health problems could you identify from these headlines? Write your answer in the box and give reasons why.



What is the possible health problem?

.....

Reason why



What is the possible health problem?

.....

Reason why



What is the possible health problem?

.....

Reason why



What is the possible health problem?

.....

Reason why

Assessment criteria	Pass	Merit	Distinction
1.4 Outline how an unhealthy diet can affect health	Learners will outline how an unhealthy diet can affect health	Learners will outline how an unhealthy diet can affect health showing a clear understanding	Learners will give a detailed outline how an unhealthy diet can affect health

SAMPLE

Task 4

You must ensure your work in Task 4 addresses assessment criteria 2.1, 2.2 and 3.1. You can refer to the assessment criterion after each question in Task 4.

During the festival you are helping with a drop-in session where people come for advice. Ryan, an 18 year old rugby player, comes to ask about how he can lose some weight and improve his performance. You show Ryan the energy balance equation.

4a. Fill in the boxes below to show the energy balance equation:



The diagram shows three empty rectangular boxes arranged horizontally. Between the first and second box is a minus sign (-). Between the second and third box is an equals sign (=).

4b. Read the following advice that has been given to Ryan. Using your knowledge of the energy balance equation, complete the boxes below. State whether this is good or bad advice for Ryan and give your reasons.

Advice given	<i>"If you want to lose weight, be careful about the amount of food you eat and drink."</i>
Good or bad advice?	
Reasons why	

Assessment criteria	Pass	Merit	Distinction
2.1 Define the energy balance equation	Learners will give a basic definition of the energy balance equation	Learners will confidently define the energy balance equation	Learners will give a detailed definition of the energy balance equation
2.2 Apply knowledge of the energy equation to a specific purpose	Learners will apply knowledge of the energy equation to a specific purpose	Learners will confidently apply knowledge of the energy equation to a specific purpose	Learners will effectively apply knowledge of the energy equation to a specific purpose

4c. Read the following advice that has been given to Ryan. Using your knowledge of how diet can affect performance, complete the boxes below. You must decide if this is good or bad advice for Ryan and why.

Advice	<i>Be careful about what you eat and drink as this will affect your performance</i>
This is good advice because...	
This is how it applies to Ryan	

Assessment criteria	Pass	Merit	Distinction
3.1 Outline how diet affects exercise performance	Learners will outline how diet affects exercise performance	Learners will clearly outline how diet affects exercise performance	Learners will effectively outline how diet affects exercise performance

What you need to hand in after your external assessment

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

- this external assessment paper/all evidence that you've produced
- any extra paper you have used and securely attached.

Make sure that

- all your work, including any extra paper, is clearly identified with your name, your centre number and your learner number.
- you've signed the learner declaration on the front page of this external assessment paper.

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

This is the end of the assessment.

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