



External Assessment

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

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

Paper number: SAMPLE

Assessment date: 1 November 2016

Centre name		Centre number	
Full Name		Learner number	

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.
My full name above is my registered name with NCFE.

Learner signature:

Date:

Time allowed

1 hour 30 minutes

Instructions for learners

- Read the paper carefully and make sure you understand all of the instructions before you start work.
- Complete your name and learner number, and your centre name and number on the front of this external assessment paper.
- 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 this paper.
- You must complete **all** parts within each task in order to address all the assessment criteria. You cannot achieve a Pass grade unless you meet the required standard for **all** the assessment criteria.
- Once you've completed your external assessment you must sign the learner declaration on the front of this booklet, to declare that the work produced is your own.
- All work for this external assessment must be completed at your centre within the invigilated timed sessions.

Guidance for learners

- Make sure you're familiar with the assessment criteria for this unit. These are included with the tasks in this external assessment paper. If you're aiming for a Merit or Distinction it's particularly important that you're familiar with what these grades require.
- Read through all the tasks before you start writing your answers and make sure that you understand what you need to do to complete the assessment.

Resources

- You may use all of the material given within the external assessment paper but no other resources should be taken into the external assessment room.
- You're **not** allowed to use the internet during the external assessment.

Scenario

You are working as a 'Gym Assistant' in your local Leisure Centre. The Leisure Centre have organised a charity obstacle race for their members. In the weeks before the race you and your manager are expecting members to ask lots of questions about healthy eating and how to improve their fitness levels.

Your manager wants to be prepared for these questions and asks you to help design an information poster for the members to read.

SAMPLE

These are the tasks you need to do:

Task 1

Your work in Task 1 addresses assessment criteria 1.2 and 1.1 which are given below.

Answer both a. and b.

- a. Your manager wants the poster to show members the difference between eating a healthy and an unhealthy diet. The healthy foods have been completed for you. Give examples of unhealthy foods.

Healthy	Unhealthy
<ul style="list-style-type: none"> • Banana • Broccoli • Apple • Carrots • Avocado • Water • Freshly squeezed orange juice • Sweet potato • Red pepper • Onion • Brown bagel • Orange • Cabbage • Raspberries 	

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

b. Some of the members know that a healthy diet is important to improve fitness and health but they want more information.

Identify what is meant by the term “Healthy Diet”.

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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

Your work in Task 2 must address assessment criterion 1.4 which is given below.

Your manager has asked you to provide some information for the poster about the medical conditions that can be made worse by an unhealthy diet.

Describe how an unhealthy diet can affect health and lead to medical conditions.

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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

Task 3

Your work in Task 3 must address assessment criteria 3.1 and 1.3 which are given below.

One of the members named Lee has started his preparation for the charity obstacle race. He has increased his exercise but says he doesn't think changing his diet will help his exercise performance. He is overweight and eats a high sugar and fat diet.

Answer both a. and b.

a. In order to give Lee some advice, outline how diet affects exercise performance.

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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

b. You also want to give Lee some information about everyday factors that could affect his diet. This information will also go on your information poster. Complete the table below identifying the everyday factors and explaining how each factor can affect diet. The first one has been done for you.

These are factors that could affect your diet	This is why
Peer pressure	If your friends buy fast food after school you are more likely to eat it and join in. However, if your friends enjoy healthy eating and cook at home you are more likely to have a similar lifestyle.

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

SAMPLE

Task 4

Your work in Task 4 must address assessment criterion 2.1 which is given below.

Your manager at the leisure centre has asked you to put some information about energy balance in your leaflet.

Answer both a. and b.

a. Fill in the boxes to define the energy balance equation.

The diagram shows three empty rectangular boxes arranged horizontally. The first box is on the left, followed by a minus sign (-), then a second empty box, followed by an equals sign (=), and finally a third empty box on the right.

b. Use your answers in the boxes to explain the energy balance equation.

A series of horizontal dotted lines provided for writing an explanation of the energy balance equation.

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

Task 5

Your work in Task 5 must address assessment criterion 2.2 which is given at the end of the task.

Rachel is a member of the leisure centre and is completing the charity obstacle race. Rachel has been injured and has not exercised for six months. Her aim is to lose weight before she runs the race.

Use your knowledge of the energy balance equation to give Rachel advice on losing weight.

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Assessment criteria	Pass	Merit	Distinction
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

What you need to hand in after your external assessment

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

- this external assessment paper
- any extra paper you have used, securely attached to this assessment paper.

Make sure that

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

If you have completed this assessment on a computer, your work must be printed out and attached to this external assessment. You must not submit any electronic evidence.

**This is the end of the external assessment.
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