



External Assessment

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

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

Paper number: P000428

Assessment Date: 13 March 2017

Assessment Time: 9.30am

Complete your details below:

Total Time allowed – 1 hour 30 minutes

Centre name		Centre number	
Learner 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: _____			

Instructions continue on the next page, please turn over.

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Instructions for learners

- Read the paper carefully and check
 - what you need to do to complete the assessment
 - what evidence you need to submit
 - how much time you need to allow for each Task.
- 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 name, centre number and learner number and is securely attached to this 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 name, centre number and your learner number and are securely attached to this answer booklet.
- You **MUST** attempt **all parts** of the Tasks to address the assessment criteria fully. You cannot achieve a Pass grade unless you meet the required standard in all parts of the Task
- Make sure you use the assessment criteria and grading descriptors for this external assessment, these are included at the end of 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.
- All the work you submit for the external assessment **must** be:
 - your own work
 - clearly identified with your name, your centre name and number, your learner number and the Task number so that the Examiner is able to grade it
- All work for this external assessment **must** be completed at your centre within the invigilated timed session.

Resources

- No other resources can be taken into the examination room
- You **cannot** use the internet in this assessment.

DO NOT TURN OVER UNTIL YOU ARE INSTRUCTED TO DO SO BY THE INVIGILATOR.

Scenario

You work part time as a Fitness Assistant at your local community gym. Your manager has asked you to help at a special information evening. The evening aims to encourage new members to join the gym by giving information about the importance of Health and Fitness.

The event is open to everyone in the community.

External assessment - Task 1

You **must** ensure your work in Task 1 addresses assessment criteria 1.1 and 1.2. You can refer to the assessment criteria at the end of the each question.

Your manager has asked you to design a booklet about Health and Fitness. The booklet will be given to potential new members at the start of the evening. The first section of the booklet will be about a “Healthy Diet”.

Answer a. and b.

a. Explain 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

- b. Your manager wants you to provide information on a healthy and an unhealthy diet. Make a list of examples of **unhealthy foods and drinks**. The list has already been started for you.

- *Energy drinks*
- *Chocolate*
- *Crisps*

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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

Task 2

You **must** ensure your work in Task 2 addresses assessment criterion 1.4. You can refer to the assessment criterion at the end of the question.

Eating an unhealthy diet can lead to medical conditions affecting health. Identify some of these medical conditions and outline how an unhealthy diet could lead to them. One has already been done for you.

Medical condition 1: *Coronary heart disease.*

How could an unhealthy diet lead to this condition?

A diet high in fat and sugar can mean a buildup of fat in the arteries, which causes the blood supply to be blocked. This can lead to coronary heart disease.

Medical condition 2:

How could an unhealthy diet lead to this condition?

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Medical condition 3:

How could an unhealthy diet lead to this condition?

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Medical condition 4:

How could an unhealthy diet lead to this condition?

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Medical condition 5:

How could an unhealthy diet lead to this condition?

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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

You **must** ensure your work in Task 3 addresses assessment criterion 1.3. You can refer to the assessment criterion at the end of the question.

There are many factors that could affect a person's diet. Identify some of these factors and explain why they could affect someone's diet. The first one has been done for you.

Factor 1: *Having a car*

Why could this affect a person's diet?

If you have your own transport you are more likely to plan your food and do one big shop at a supermarket. If you do not have your own transport you are more likely to rely on local shops including a takeaway. Therefore you might buy less healthy food.

Factor 2:

Why could this affect a person's diet?

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Factor 3:

Why could this affect a person's diet?

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Factor 4:

Why could this factor affect a person's diet?

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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

You **must** ensure your work in Task 4 addresses assessment criterion 3.1. You can refer to the assessment criterion at the end of the question.

Your manager knows that there are semi-professional athletes attending the information evening. She has asked you to provide information on the effect diet has on performance.

Outline how diet will affect a football player's 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

Task 5

You **must** ensure your work in Task 5 addresses assessment criteria 2.1 and 2.2. You can refer to the assessment criterion at the end of the Task.

At the information evening one of the customers has heard about energy balance and wants you to provide some information about it.

Answer a, b, and c.

a. Complete the energy balance equation using the boxes below



The diagram shows three empty rectangular boxes arranged horizontally. A blue minus sign is positioned between the first and second boxes, and a blue equals sign is positioned between the second and third boxes.

b. In your own words describe the energy balance equation.



A series of ten horizontal dotted lines for writing a description.

- c. The customer has been reading about energy balance in the newspaper and they show you this cutting:

**Understanding energy balance
is important if you want
to lose weight**

They say they don't understand it. Using your knowledge of energy balance, what would you say to your customer to help them to understand this statement?

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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

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
- any extra paper you have used and securely attached

Make sure that:

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

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

This is the end of the external assessment.