

External Assessment

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

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

Paper number: P000427

Assessment Date: 17 October 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 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.
- 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 are an Apprentice Fitness Instructor working in a health and fitness club.

John owns the health and fitness club and is designing a new website. The website aims to provide customers with information about exercise and a healthy lifestyle.

He has asked for your help to prepare information for this website.

Task 1

You **must** ensure your work in Task 1 addresses assessment criteria 1.2 and 1.4. You can refer to the assessment criteria at the end of each Task.

John has asked you to prepare some information about Health and Fitness. The first part of the website will be looking at food choices and what happens if these are unhealthy.

Answer a and b.

a. John is worried that a lot of people do not know which foods are healthy and which are unhealthy. Make a list below of **unhealthy foods and drinks**. The list has already been started for you.

- Energy drinks
- Cake
- Pizza
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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

- b. John wants his customers to be aware of how some medical conditions can be affected by eating an unhealthy diet.

In the tables below, name some of these medical conditions and outline how an unhealthy diet can affect them. The first one has been done for you. Fill in up to four more.

Medical condition affected by an unhealthy diet	This is how
Diabetes	A diet of high fat and sugar raises the blood sugar level leading to diabetes.

Medical condition affected by an unhealthy diet	This is how

Medical condition affected by an unhealthy diet	This is how

Medical condition affected by an unhealthy diet	This is how

Medical condition affected by an unhealthy diet	This is how

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 2

You ***must*** ensure your work in Task 2 addresses assessment criteria 1.1 and 1.3. You can refer to the assessment criteria at the end of each Task.

The next part of the website will look at what is meant by a healthy diet.

Answer a and b.

- a. After explaining what might happen if someone has an unhealthy diet. John wants to provide his customers with some information on what is meant by a healthy diet.

Outline what the term **healthy diet** means.

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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. There are a variety of different factors that can affect a person's diet. John would like some more information to give to his new customers. Help John by identifying some of the different factors and stating why they could affect someone's diet. Fill in the table below. The first one has been done for you. Give up to three more.

Factor that could affect a person's diet	This is why
Peer pressure	If your friends buy snacks and foods, which are high in sugar on the way home from school, you are more likely to join them and have an unhealthy diet. However, if your friends enjoy eating and cooking healthy foods this will encourage you to have a healthy diet.

Factor that could affect a person's diet	This is why

Factor that could affect a person's diet	This is why

Factor that could affect a person's diet	This is why

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 3.1. You can refer to the assessment criterion at the end of the Task.

The health and fitness club has a new member called Mandy. Mandy plays netball on a regular basis and is looking to improve her performance on the court. She has suggested a section on the website that gives information on the effect that diet has on performance. Mandy has said this will help to attract other new customers who play sport regularly.

Help the club attract new customers by outlining how diet will affect a netball 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 4

You **must** ensure your work in Task 4 addresses assessment criteria 2.1 and 2.2. You can refer to the assessment criteria at the end of each Task.

John wants to include some information about the energy balance equation on the website.

Answer a, b and c.

a. Complete the energy balance equation using the boxes below:

$$\boxed{} - \boxed{} = \boxed{}$$

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

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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

John receives an email from a new customer asking the following question:

How can understanding the energy balance equation help me to lose weight?

The customer has seen the energy balance equation on the website and wants to find out more. John believes that if he can show his knowledge then the customer may well be interested in some Personal Training sessions.

- c. Apply your knowledge of the energy balance equation to give advice to the customer 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 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.