

External Assessment **practice** paper

NCFE Level 2 Certificate in Health and Fitness (601/4534/1)

Unit 03 Preparing and planning for health and fitness
(K/506/5251)

Paper number: practice paper 1 **This is NOT a live paper**

Assessment date: not applicable

Time allowed: 2 hours

Candidate number:	
First name:	
Surname:	
Centre number:	

Candidate 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.

Candidate's signature:

Date:

Grade achieved To be completed by the Examiner	
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Guidance for candidates

- Make sure you're familiar with the assessment criteria and grading descriptors for this unit. These are included within the Tasks. If you're aiming for a Merit or Distinction it's particularly important that you're familiar with what these grades require, as you work through the Tasks.
- 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
 - how much time you need to allow for each Task

Instructions for candidates

- Complete your name, your centre number and your candidate number on the front of this external assessment paper.
- You have 2 hours to complete the assessment. It consists of 4 Tasks
- You must complete all parts within the Tasks in order to address all the assessment criteria. You cannot achieve a Pass grade unless you meet the required standard for the assessment criteria.
- Write your responses to the Tasks in the spaces provided.
- All the work you submit must be your own.
- You may use extra paper if you need it. You must write your name, your centre number and your candidate number on any additional paper. This must be securely attached to this answer booklet.
- Once you've completed your external assessment you must sign the candidate declaration on the front of this answer booklet, to declare that the work produced is your own.
- At the end of the assessment the Invigilator will collect this answer booklet and any additional paper if used.

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 or any other reference material to help you complete the Tasks.

External assessment

You **must** attempt all Tasks in this external assessment.

You should record your answers in the spaces provided. You may use extra paper if you need it. Make sure that any extra paper is labelled clearly with your name, centre number and candidate number and attached to this external assessment paper.

Scenario

You're a gym instructor at your local fitness centre. Richard is a 16 year old boy who comes to the fitness centre to ask about improving his fitness.

Read the information below about Richard:

Richard attends his local school which is across the road from his home.

He buys fast food most nights from the local takeaway when his parents are at work. His favourite meals are pizzas, kebabs, and burger with chips.

Richard spends about 5 hours a night playing on his computer games console. He goes to sleep at around midnight each night and sometimes later. At the weekend he goes to the local shopping centre to hang out with friends.

He often misses breakfast as he sleeps through his alarm and he finds it difficult to concentrate at school. He often feels tired so he drinks a lot of energy drinks to help him stay awake.

He used to play football for a local football team, but he hasn't played for 2 years.

His aim is to start playing football again, but he needs to improve his fitness levels before he can.

These are the tasks you need to do:

Task 1

You must ensure your work in Task 1 addresses assessment criteria: 1.1. You can find the assessment criteria at the end of the Task.

Richard fills in a PAR-Q (Physical Activity Readiness Questionnaire) and these are his results.

Please answer YES or NO to the following:	YES	NO
Do you have you any medical conditions, eg back pain?	_____	<u>NO</u> _____
Do you experience chest pains?	_____	<u>NO</u> _____
Do you have on-going injuries?	_____	<u>NO</u> _____
Do you have high or low blood pressure?	_____	<u>NO</u> _____
Do you have diabetes?	_____	<u>NO</u> _____
Do you have asthma?	<u>YES</u> _____	_____
Have you had cold, flu or a virus in the last 4 weeks?	_____	<u>NO</u> _____
Are you pregnant?	_____	<u>NO</u> _____
If you've answered NO to all the questions above and you're happy with your current medical condition, then you can start and then gradually increase your level of physical activity.		

a. Look at the PAR-Q above and describe the purpose of a PAR-Q:

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b. Choose 2 of the conditions below and explain why the PAR-Q asks about them:

- DRAC

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Task 2

You must ensure your work in Task 2 addresses assessment criteria 1.2 and 1.4. You can find the assessment criteria at the end of the Task.

You test Richard's fitness using a range of standard tests **before** he starts his exercise programme.

These are Richard's test results:

Component of fitness	Test	Score	Comparison with national average
Flexibility	Sit and reach test	-11cm	Poor
Muscular endurance	30 second sit-ups	17 sit-ups	Poor
	30 second press-ups	11 press-ups	Poor
Muscular strength	Handgrip dynamometer	48kg	Average
Cardiovascular endurance	12 minute run (cooper test)	1400m	Poor
Body composition	BMI	33kg/m ²	Obese

Using the information in the table above answer the following questions:

a. Assess Richard's base level of fitness:

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Task 2 (cont'd)

b. Assess Richard's suitability to take part in fitness activities:

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Assessment criteria	Pass	Merit	Distinction
1.2 Assess the suitability for an individual to participate in fitness activities	Candidates will assess the suitability for an individual to participate in fitness activities	Candidates will assess the suitability for an individual to participate in fitness activities showing a critical understanding	Candidates will assess the suitability for an individual to participate in fitness activities showing critical judgement
1.4 Assess an individual's base level of fitness	Candidates will assess an individual's base level of fitness	Candidates will clearly assess an individual's base level of fitness	Candidates will comprehensively assess an individual's base level of fitness

Task 3

You must ensure your work in Task 3 addresses assessment criteria 1.3, 2.1 and 2.2. You can find the assessment criteria at the end of the Task.

A health and fitness plan is made up of both an exercise programme and a nutrition plan.

Richard has asked you to produce a health and fitness plan to help him improve his fitness levels.

a. Describe what Richard needs to do to prepare for exercise.

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b. Produce the first week of a 6 week exercise programme to improve Richard’s **muscular endurance** and **cardiovascular endurance**. Give full details of the activities you suggest for him, you must include:

- warm up
- main activities
- cool down
- how you can develop these activities as Richard’s fitness improves.

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c. Richard has asked you to give him a nutrition plan to go alongside his exercise programme. Give details of all the drinks, meals, and snacks which you recommend for:

- a typical exercise day
- a typical rest day.

Provide the reasons for your choices below:

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Assessment criteria	Pass	Merit	Distinction
1.3 Describe the preparation needed for a specific purpose	Candidates will describe the preparation needed for a specific purpose	Candidates will describe in detail the preparation needed for a specific purpose	Candidates will comprehensively describe the preparation needed for a specific purpose
2.1 Produce an individual exercise programme for a specific purpose	Candidates will produce an individual exercise programme for a specific purpose	Candidates will produce an individual exercise programme for a specific purpose showing a critical understanding	Candidates will produce an individual exercise programme for a specific purpose showing critical judgement
2.2 Produce a nutrition plan for the period of the personal exercise programme	Candidates will produce a nutrition plan for the period of the personal exercise programme	Candidates will produce a detailed nutrition plan for the period of the personal exercise programme	Candidates will produce a comprehensive nutrition plan for the period of the personal exercise programme

Task 4

You must ensure your work in Task 4 addresses assessment criteria 3.1, 3.2 and 3.3. You can refer to the assessment criteria at the end of this Task.

You test Richard's fitness again using the same standard tests after 6 weeks of his exercise programme.

The table below shows Richard's test results before and after his exercise programme.

Component of Fitness	Test	Before exercise programme		After exercise programme	
		Score	Comparison with National Average	Score	Comparison with National Average
Flexibility	Sit and reach test	-11cm	Poor	-9cm	Poor
Muscular endurance	30 second sit-ups	17 sit-ups	Poor	25 sit-ups	Average
	30 second press-ups	11 press-ups	Poor	21 press-ups	Average
Muscular strength	Handgrip dynamometer	48kg	Average	56kg	Good
Cardiovascular endurance	12 minute run (cooper test)	1400m	Poor	2050m	Average
Body composition	BMI	33kg/m ²	Obese	28kg/m ²	Overweight

a. Using these table of results above, assess the effectiveness of Richard's exercise programme on his:

- muscular endurance
- cardiovascular endurance.

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Task 4 (cont'd)

c. After 6 weeks of following the nutrition plan you gave Richard he tells you that:

- he's bored with the fruit and vegetables that you've suggested
- he feels hungry in the afternoon
- on days he goes to the gym he doesn't feel like he has much energy to use for his gym session.

How would you improve the nutrition plan in response to Richard's feedback?

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	Pass	Merit	Distinction
3.1 Assess the effectiveness of the exercise programme	Candidates will assess the effectiveness of the exercise programme	Candidates will clearly assess the effectiveness of exercise programme	Candidates will comprehensively assess the effectiveness of the exerciser programme
3.2 Describe how to improve the exercise programme	Candidates will describe how to improve the exercise programme	Candidates will clearly describe how to improve the exercise programme showing a critical understanding	Candidates will clearly describe how to improve the exercise programme showing critical judgement
3.3 Describe how to improve the nutrition plan	Candidates will describe how to improve the nutrition plan	Candidates will clearly describe how to improve the nutrition plan showing a critical understanding	Candidates will clearly describe how to improve the nutrition plan showing critical judgement

What you need to do at the end of the external assessment

1. Check that you have completed your name, your centre number and your candidate number on the front of this booklet
2. If you have used additional paper, complete your name, centre number and candidate number of each page and securely attach to this answer booklet
3. Sign the declaration on the front of this answer booklet

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