

External Assessment

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

**Unit 03 Preparing and planning for health and fitness
(K506/5251)**

Paper number: THIS IS A SAMPLE PAPER

Assessment date: 13 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	
--	--

Time allowed:

2 hours to complete Tasks 1, 2, 3, 4 and 5.

Instructions for Learners

- Complete your personal details on the first page
- You have 2 hours to complete Tasks 1, 2, 3, 4 and 5
- 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

You are working part time as an Assistant Sports Scientist at a professional football club. As part of your role you work in the gym with adults from the local community. The club has a new scheme to help local adults become healthier and lose weight. One of these adults is named David. He is 20 years old.

Read the information below about David:

In three months' time David wants to run in a 10km race for charity. David is aware that for the past year he has not been very active and has put on weight.

David used to play football and tennis three times a week and since moving he hasn't made any new friends. David misses playing football and thought that if he went to the gym at the club, it might help him to get involved in a team and meet new people. David also hopes to become fitter and lose weight.

David used to live with his parents who cooked for him every day. He had a balanced and healthy diet. However, he now lives by himself and relies on microwave meals and takeaways.

David works full time in an office, which means he remains seated for most of the day. He always uses his car for work and rarely does any walking. In his spare time, he plays on the XBox and watches TV.

He wants you to help him with a Health and Fitness plan.

Task 1

You must ensure your work in Task 1 addresses assessment criterion 1.1. You can refer to the assessment criterion at the end

As an Assistant Sports Scientist, you ask David to complete a PAR-Q (Physical Activity Readiness Questionnaire) before entering the gym. These are his results:

Questions	Yes	No
1. Are you on any form of medication?		×
2. Would you consider your stress levels to be high?		×
3. Do you smoke?		×
4. Do you suffer from any back pain?		×
5. Do you suffer from a heart condition or chest pains?		×
6. Do you have diabetes?		×
7. Do you have any joint problems?		×

If you've answered **yes** to any of these questions, please give more details below.

Doesn't apply

Signature: D. Hunt

Date: 1.12.2015

1a. Describe the purpose of David completing the PAR-Q before he starts his exercise programme.

.....

.....

.....

.....

.....

.....

.....

.....

1b. Look at David's completed PARQ. Choose **any 2** of the following and explain why, as an Instructor, you need to be aware of them when developing an exercise programme.

- Back pain
- Heart condition/chest pain
- Diabetes
- Joint problems

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Assessment criteria	Pass	Merit	Distinction
1.1 Describe the purpose of a PAR-Q (Physical Activity Readiness Questionnaire)	Learners will provide a description of the purpose of a PAR-Q (Physical Activity Readiness Questionnaire)	Learners will provide a detailed description of the purpose of a PAR-Q (Physical Activity Readiness Questionnaire)	No Distinction for this AC

Task 2

You must ensure your work in Task 2 addresses assessment criteria 1.2 and 1.4. You can refer to the assessment criterion after each question in Task 2.

You are going to develop a Health and Fitness Plan for David. To give you an understanding of his fitness levels you ask him to complete some tests.

These are David's test results:

Component of fitness	Test	Result	Comparison with national average
Body composition	BMI	30.5 kg/m ²	Obese
Cardiovascular endurance	Multi-stage fitness test (bleep test)	Level 7.0	Below average
Flexibility	Sit and reach test	7cm	Average
Muscular strength	Hand grip test	41 kg	Below average
Muscular endurance	1 minute press up test	8	Below average

(Based on data from a range of technical websites)

2a. Using the information in the table above, assess David's base level of fitness. You may also want to refer to David's PAR-Q.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Assessment criteria	Pass	Merit	Distinction
1.4 Assess an individual's base level of fitness	Learners will assess an individual's base level of fitness	Learners will clearly assess an individual's base level of fitness	Learners will comprehensively assess an individual's base level of fitness

2b. Using the information on the previous page, assess how suitable David is to take part in fitness activities. You may also want to refer to David's PAR-Q.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Assessment criteria	Pass	Merit	Distinction
1.2 Assess the suitability of an individual to participate in fitness activities	Learners will assess the suitability of an individual to participate in fitness activities	Learners will assess the suitability for an individual to participate in fitness activities showing a critical understanding	Learners will assess the suitability of an individual to participate in fitness activities showing critical judgement

Task 3

You must ensure your work in Task 3 addresses assessment criteria 1.3, 2.1 and 2.2. You can refer to the assessment criterion after each question in Task 3.

3a. David's first gym session begins in one week's time. He needs to prepare for exercise. **Describe** the preparation he needs to do before starting his exercise programme.

Sample

Assessment criteria	Pass	Merit	Distinction
1.3 Describe the preparation needed for a specific purpose	Learners will describe the preparation needed for a specific purpose	Learners will describe in detail the preparation needed for a specific purpose	Learners will comprehensively describe the preparation needed for a specific purpose

3b. Complete the table below to produce the first week of a 4 week exercise programme to improve David's **muscular strength** and **cardiovascular endurance**. Each session should include **warm up**, **main activities** and **cool down**.

Day	Exercise programme for David
Monday	
Tuesday	
Wednesday	Rest Day
Thursday	
Friday	

Saturday	Rest Day
Sunday	

3c. At the end of his four week programme, David's fitness levels have improved. Create his exercise programme for the Monday of Week 5.

Day	Updated exercise programme for David
Monday	

Assessment criteria	Pass	Merit	Distinction
2.1 Produce an individual exercise programme for a specific purpose	Learners will produce an individual exercise programme for a specific purpose	Learners will produce an individual exercise programme for a specific purpose showing a critical understanding	Learners will produce an individual exercise programme for a specific purpose showing critical judgement

3d. A health and fitness plan is made up of both an exercise programme and a nutrition plan. David has asked you to write him a nutrition plan to help him lose weight. Complete the table below for two different days. You should include meals, snacks and drinks.

Day	Nutrition plan for David
Day 1	
Day 2	

Assessment criteria	Pass	Merit	Distinction
2.2 Produce a nutrition plan for the period of the personal exercise programme	Learners will produce a nutrition plan for the period of the personal exercise programme	Learners will produce a detailed nutrition plan for the period of the personal exercise programme	Learners 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 criterion 3.1. You can refer to the assessment criterion at the end of Task 4.

The table below shows David's test results before and after the exercise programme.

Component of Fitness	Test	Before exercise programme		After 4 weeks	
		Result	Comparison with National Average*	Result	Comparison with National Average
Body Composition	BMI	30.5k g/m ²	Obese	29.5k g/m ²	Pre-obese
Cardiovascular Endurance	Multi-stage fitness test (bleep test)	Level 7.0	Below average	Level 12.8	Excellent
Flexibility	Sit and reach test	7cm	Average	12cm	Average
Muscular Strength	Handgrip test	41kg	Below Average	48kg	Average
Muscular Endurance	1 minute press-up test	8	Below Average	13	Below Average

(Based on data from a range of technical websites)

Using the table above, assess the effectiveness of David's exercise programme on his **muscular strength** and **cardiovascular endurance**.

a. Muscular strength

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

b. Cardiovascular endurance

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Assessment criteria	Pass	Merit	Distinction
3.1 Assess the effectiveness of the exercise programme	Learners will assess the effectiveness of the exercise programme	Learners will clearly assess the effectiveness of the exercise programme	Learners will comprehensively assess the effectiveness of the exercise programme

Task 5

You must ensure your work in Task 5 addresses assessment criteria 3.2 and 3.3. You can refer to the assessment criterion after each question in Task 5.

5a. You feel that David's exercise plan has become boring for him. How would you improve his exercise programme in order to keep him motivated?

Sample

Assessment criteria	Pass	Merit	Distinction
3.2 Describe how to improve the exercise programme	Learners will describe how to improve the exercise programme	Learners will clearly describe how to improve the exercise programme showing a critical understanding	Learners will clearly describe how to improve the exercise programme showing critical judgement

5b. David complains that he is bored with the foods on the 4 week nutrition plan. How would you improve the nutrition plan to keep David motivated?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Assessment criteria	Pass	Merit	Distinction
3.3 Describe how to improve the nutrition plan	Learners will describe how to improve the nutrition plan	Learners will clearly describe how to improve the nutrition plan showing a critical understanding	Learners will clearly describe how to improve the nutrition plan showing critical judgement

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've 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.

All the material in this publication is copyright.