

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 not a live paper

Assessment date: Sample

Assessment time: Sample

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:

Time allowed:

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

Instructions for learners

- Complete your name, your centre number and your learner 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 the appropriate answer booklet.
- 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.

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 examination room.
- You're not allowed to use the internet during the external assessment.

Scenario

You are a gym instructor at your local health and fitness club.

Paulo is a 17 year old young man who comes to the fitness club to ask you about improving his lifestyle.

Read the information below about Paulo:

Paulo has just started his second year at his Sixth Form College.

Over the summer, he was working long hours. He found it difficult to eat healthily and he did not have any time for exercise. Paulo has not exercised for around 3 months and has put on weight.

Paulo would like to improve his health and fitness. He is keen on running and used to run a lot when he had more time. He also enjoyed using the weights' machines in the gym.

Paulo has asked for your help in what he can do to improve his health and fitness.

The following tasks will ask you, as his instructor, to think about the advice you could give Paulo on exercise, food and well-being. In addition, in 3 months' time, Paulo has a target of taking part in a 10k run for a national charity. You should consider this aim when making recommendations for Paulo.

Task 1

Your work in Task 1 must address assessment criterion 1.1 which is given at the end of this task.

Paulo 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>YES</u>	<u> </u>
Do you experience chest pains?	<u> </u>	<u>NO</u>
Do you have on-going injuries?	<u> </u>	<u>NO</u>
Do you have high or low blood pressure?	<u> </u>	<u>NO</u>
Do you have diabetes?	<u> </u>	<u>NO</u>
Do you have asthma?	<u> </u>	<u>NO</u>
Have you had cold, flu or a virus in the last 4 weeks?	<u> </u>	<u>NO</u>
Are you pregnant?	<u> </u>	<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.

If you've answered **yes** to any question, give details below

Back pain when I stand for a long time. Doctor has told me it's ok to exercise

1a. Describe the purpose of a PAR-Q:

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1b. Choose any 2 of the conditions below and explain why the PAR-Q asks about them:

- Back pain
- Chest pain
- Diabetes
- Asthma

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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

Your work in Task 2 must address assessment criteria 1.2 and 1.4 which are given at the end of this task.

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

These are Paulo's test results:

Component of fitness	Test	Score	Comparison with national average
Flexibility	Sit and reach test	-9 cm	Poor
Muscular endurance	Press-ups (to failure)	12 press-ups	Below average
Speed	30 metre sprint test	4.54 seconds	Below average
Cardiovascular endurance	Multi stage fitness test	Level 6 shuttle 2	Poor
Body composition	Body fat percentage	24%	Moderately overweight

(Based on data from a range of technical websites)

2a. Paulo asks you for your advice and guidance on his current fitness level. Using the information above, write down what you would tell him about **his base level of fitness**. You may also refer to his PAR-Q.

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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. Paulo also asks for your advice and guidance as to his suitability to take part in fitness activities. Using the information above, write down what you would tell him. You may also refer to his PAR-Q.

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

Task 3

Your work in Task 3 must address assessment criteria 1.3, 2.1 and 2.2 which are given at the end of this task.

3a. Paulo wants to know what he should do to prepare to start his exercise programme. Write down the advice you would give to him.

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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. Paulo needs to improve his **cardiovascular endurance** and **body composition** in preparation for the 10k charity run. Complete the first week of his exercise programme in the table below. Each session should include warm up, main activities and cool down.

Day	Exercise programme for Paulo
Monday	
Tuesday	
Wednesday	Rest Day
Thursday	
Friday	
Saturday	Rest Day

Sunday	
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3c. As Paulo starts to follow the plan, his fitness levels improve so each week his programme needs to be reviewed. Pick one of the days from the training week and show how it might appear after 3 weeks.

Day	Updated exercise programme for Paulo

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 from both an exercise programme and a nutrition plan.

To complement Paulo's exercise plan, you have advised that he should revise his eating habits. In the table below, give details of all the meals, snacks and drinks which you would recommend for the duration of his exercise programme.

Day	Nutrition Plan for Paulo
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

Your work in Task 4 must address assessment criterion 3.1 which are given at the end of this task.

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

The table below shows the test results before and after his exercise programme.

			Before training plan		After training plan
Component of fitness	Test	Result	Comparison with national average	Result	Comparison with national average
Flexibility	Sit and reach test	-9 cm	Poor	-7cm	Poor
Muscular endurance	Press-ups (to failure)	12 press-ups	Below average	20 press-ups	Average
Speed	30 metre sprint test	4.54 seconds	Below average	4.42 seconds	Average
Cardiovascular endurance	Multi stage fitness test	Level 6 Shuttle 2	Poor	Level 9 shuttle 2	Average
Body composition	Body fat percentage	24%	Moderately overweight	21%	Average

(Based on data from a range of technical websites)

Using Paulo's results above, assess how effective the exercise programme has been on his body composition and cardiovascular endurance.

a. Body composition

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b. Cardiovascular endurance

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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

Your work in Task 5 must address assessment criteria 3.2 and 3.3 which are given at the end of this task.

5a. After 3 weeks on the exercise programme Paulo complains that he is bored with some of your exercises. Explain how you would improve the exercise programme to maintain his interest.

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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. After 3 weeks of following the nutrition plan, Paulo tells you

- he feels hungry in the mornings
- the nutrition plan is boring and there is not enough variety.

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

Your suggested improvements	Describe how these could help Paulo

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 have 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
- that any extra paper is securely attached to this assessment book
- you've signed the learner declaration on the front page of this external assessment paper.

Any remaining time can be spent checking your responses.

This is the end of the assessment.

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