

External Assessment

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

Unit 03 Preparing and planning for health and fitness

Paper number: P000402

Assessment date: 18 October 2016

Centre name		Centre number	
Full 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's signature:

Date:

Time allowed

2 hours

Instructions for learners

- Read the paper carefully and make sure you understand all of the instructions before you start work.
- Complete your name and learner number, and your centre name and 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 and number and centre name and number, and is securely attached to this paper.
- 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.
- All work for this external assessment must be completed at your centre within the invigilated timed sessions.

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

Scenario

You are working as a Fitness Assistant at a local community leisure centre. The leisure centre has a wide variety of members who are all of different fitness levels, ages and backgrounds. One of your new members is called Alasdair.

Read the information below about Alasdair:

Alasdair is 25. He has recently joined the gym at the local leisure centre. He is aware that for the past couple of years he has not done much exercise and has put on some weight.

Alasdair used to run long distances three times a week and played football every Sunday. He has recently started a family and has now dropped these activities.

Alasdair travels a lot for work and has found he has little time to exercise. When he is away from home he often relies on fast food. His high fat and high sugar diet has contributed to him gaining weight.

He wants you to help him with a Health and Fitness plan that includes exercise and nutrition to fit with his busy lifestyle.

Task 1

Your work in Task 1 must address assessment criteria 1.1 and 1.3 which are given below.

You are a Fitness Assistant at your local leisure centre. Alasdair is a new member and has arrived for his gym induction. You ask him to complete a PAR-Q (Physical Activity Readiness Questionnaire)

Answer a. and b.

a. Describe the purpose of a PAR-Q:

SAMPLE

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

- Give Alasdair advice on the preparation he needs to do before his first gym session.

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

Task 2

Your work in Task 2 must address assessment criteria 1.2 and 1.4 which are given below.

As a 'Fitness Assistant' you have been asked to help the Personal Trainer to develop a Health and Fitness Plan for Alasdair. You ask Alasdair to complete some fitness tests.

These are Alasdair's test results:

Component of fitness	Test	Score	Comparison with national average
Body composition	BMI	33kg/m ²	Obese
Cardiovascular endurance	Multi Stage Fitness Test/ Beep Test	Level 6	Well Below Average
Flexibility	Sit and Reach Test	4cm	Average
Muscular strength	Hand Grip Test	49kg	Average
Muscular endurance	1 Minute Sit Up Test	8	Well Below Average

Answer a. and b.

- a. Alasdair completes the fitness tests. He would like you to give him some feedback on his current base level of fitness. Using the information in the table above, describe Alasdair's base level of fitness.

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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

- SAMPLE

Assessment criteria	Pass	Merit	Distinction
1.2 Assess the suitability of 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 2.1 and 2.2 which are given below.

You are helping the Personal Trainer to develop a Health and Fitness Plan for Alasdair. A Health and Fitness plan is made up of both an **exercise programme** and a **nutrition plan**.

Answer a, b and c

- a. The Personal Trainer has asked you to design week 1 of Alasdair's exercise programme. The exercise programme aims to improve **body composition** and **muscular endurance**. Each session must include a warm up, a main activity and a cool down. **Make sure you also include appropriate rest day(s).**

Exercise programme

Day	Exercise session for Alasdair
Monday	
Tuesday	
Wednesday	

Thursday	
Friday	
Saturday	
Sunday	

- b. Alasdair has now completed six weeks of his exercise programme and has attended every session. He is now keen to improve his fitness faster. The Personal Trainer is pleased with Alasdair's progress and has asked you to design Monday of his new exercise programme making some appropriate changes for him.

Day	Session
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

- c. The second part of Alasdair's Health and Fitness Plan is his **nutrition plan**. Alasdair has been eating a high sugar and high fat diet. He admits he needs some help in this area. You've been asked to design a nutrition plan for him. Describe two days from a typical week in Alasdair's plan.

Nutrition plan

Day	Food and drink Alasdair should consume
Monday	
Tuesday	

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 criteria 3.1, 3.2 and 3.3 which are given below.

Alasdair has completed his 6 week exercise programme. He completes the fitness tests again. The table below shows his results before and after the exercise programme.

Component of Fitness	Test	Before exercise programme		After 6 weeks	
		Score	Comparison with national average	Score	Comparison with national average
Body composition	BMI	33kg/m ²	Obese	29kg/m ²	Pre-obese
Cardiovascular endurance	Multi Stage Fitness Test/ Beep Test	Level 6	Well below average	Level 8	Below Average
Flexibility	Sit and reach test	4cm	Average	4cm	Average
Muscular strength	Handgrip test	49kg	Average	52kg	Average
Muscular endurance	1 minute Sit Up Test	8	Well below average	12	Below Average

Answer a, b, c and d

- a. Use the fitness results in the table above to assess the effectiveness of the exercise programme on Alasdair's **body composition**.

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- b. Use the fitness results in the table on page 16 to assess the effectiveness of the exercise programme on Alasdair's **muscular 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

- Describe how to improve his **exercise programme** in order to keep Alasdair motivated.

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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

- d. Alasdair has also asked for more variety in his **nutrition plan**. He tells you that he finds it repetitive and boring.

Describe how to improve the **nutrition plan** to keep Alasdair motivated.

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What you need to hand in after your external assessment

At the end of the timed external assessment you'll hand in the following to your Invigilator:

- this external assessment paper.
- any extra paper you have used, securely attached to this assessment paper.

Make sure that

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

If you have completed this assessment on a computer, your work must be printed out and attached to this external assessment. You must not submit any electronic evidence.

**This is the end of the external assessment.
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