



**NCFE Level 2 Certificate in Health and Fitness**

**(601/4534/1)**

**Unit 03 Preparing and planning for health and fitness**

**17 October 2017**

**Mark Scheme**

Assessment criteria	Task No	NYA	Pass	Merit	Distinction
1.1 Describe the purpose of a PAR-Q (Physical Activity Readiness Questionnaire).	2	No reference to purpose eg. “a form to fill in when you join a gym”.	Candidates will provide a description of the purpose of a PAR-Q (Physical Activity Readiness Questionnaire).	Candidates will provide a detailed description of the purpose of a PAR-Q (Physical Activity Readiness Questionnaire).	No Distinction for this AC.
			Describe the purpose of a PAR-Q.		
			Basic purpose of PARQ in either section. Brief description of the reasons ie. to check for any health concerns before exercise activity.	Detailed description of PARQ eg. If there are any answers ‘yes’ the client needs to check with the doctor before participating. Learners may mention doctor may still agree that they can take part in exercise with restrictions.	N/A

Assessment criteria	Task No	NYA	Pass	Merit	Distinction
1.2 Assess the suitability for an individual to participate in fitness activities	3b	If all candidates do is restate the information without any understanding or interpretation eg. she is overweight/pre-obese.	<b>Learners will assess the suitability for an individual to participate in fitness activities.</b>	<b>Learners will assess the suitability for an individual to participate in fitness activities showing a critical understanding.</b>	<b>Learners will assess the suitability for an individual to participate in fitness activities showing critical judgement.</b>
			Using what you know about Harriet and the results of her fitness tests on page 10, assess how suitable she is to begin an exercise programme in one week's time.		
			Basic assessment of suitability eg. she is ok to exercise but needs to be careful going back into activity. Might also refer to the information in the case study. Learners must refer to the test results.	Critical understanding shown with reasons. The above plus evidence concern of obesity/ well below average – the need to ensure the programme is correct. Examples might be given of certain suitable exercises. eg. she is suitable but due to being pre-obese and below average she needs to start at a lower intensity. More specific detail on the individual for the merit/ mention of FITT.	Critical judgement demonstrated of how suitable the individual is to exercise with examples taken clearly from the data given, showing detailed understanding and the need to tailor the exercise programme correctly. Will probably draw on positives and negatives. Might refer to suitable vs non suitable exercises. eg. Harriet is suitable to exercise but needs to be careful to build it slowly (to prevent injury or such like). She could go on steady jogs for 20 minutes but would not be able to complete high intensity/ duration/ frequency immediately. Might refer to her being heavier than previously making it harder to exercise.

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<b>1.3</b> Describe the preparation needed for a specific purpose  <b>Range:</b> <b>Preparation:</b> <i>Physical and mental preparation before exercise (eg clothing, equipment, availability of resources, health and safety factors).</i>	1	Inappropriate suggestions eg. not mentioning any of the range statements, physical mental preparation, clothing, equipment, health and safety availability of resources.	<b>Learners will describe the preparation needed for a specific purpose.</b>	<b>Learners will describe in detail the preparation needed for a specific purpose.</b>	<b>Learners will comprehensively describe the preparation needed for a specific purpose.</b>
			Describe the preparation Harriet needs to complete before her first gym session.		
			Basic description of a physical OR mental aspect linking to some aspects of the range eg. Harriet needs to do some steady runs. Harriet needs to buy some appropriate clothing.	Specific examples of what the individual needs to do eg. Harriet needs to physically and mentally prepare for exercise because she has not participated for a few years. Buy the correct clothing as she has not participated for a few years and her previous clothing might not fit/ be suitable (basic link to individual).	Range of preparation techniques, application to individual supported by valid and detailed reasons eg. Harriet needs to physically prepare by fast walking and steady jog (low intensity due to the fact she has not participated for a few years). She might need to buy some suitable gym trainers and equipment as those she has might not fit due to gaining weight.
<b>1.4</b> Assess an individual's base level of fitness	3a	If all candidates do is restate the information without any understanding or interpretation eg he is obese	<b>Learners will assess an individual's base level of fitness.</b>	<b>Learners will clearly assess an individual's base level of fitness.</b>	<b>Learners will comprehensively assess an individual's base level of fitness.</b>
			After the fitness tests are completed Harriet has asked you to give her feedback on her current fitness levels. Using her test results, give your assessment of Harriet's base level of fitness.		
			The pass will show an understanding of the data presented in the table eg. CV endurance is pre obese/ basic understanding of the situation.	Clear assessment with more than one component eg. Harriet is pre obese which we can see from the CV endurance, she is also well below average on muscular endurance therefore she needs to work on these 2 initially.	Comprehensive across a range of components and/ or significant detail across two. (Emphasis on evaluative language) eg. flexibility and muscular strength are average compared to CV endurance and muscular endurance. She is pre-obese which may affect her result of CV endurance as she will be carrying a heavier weight around than others completing the test.

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2.1 Produce an individual exercise programme for a specific purpose	5a	Would not pass learner if they do not include warm up, activity and cool down for each session. If no stretches are included at all within the programme, NYA to be awarded.	<b>Learners will produce an individual exercise programme for a specific purpose.</b>	<b>Learners will produce an individual exercise programme for a specific purpose showing a critical understanding.</b>	<b>Learners will comprehensively assess an individual's base level of fitness.</b>
			Design an exercise session for the Tuesday of weeks 1, 3 and 5 to improve Harriet's muscular endurance and cardiovascular endurance.		
			Programme includes warm up, main activity, cool down. Stretching to be included in at least a warm up / cool down. Activities are relatively suitable on the whole.	Appropriate link to Harriet with muscular endurance and cardiovascular endurance evidenced in the programme. Evidence of some progression over the weeks.	Shows critical judgement and understanding eg. FITT principles clearly related to Harriet's needs. Specific evidence of training content linked to Harriet and anticipated progression over 5 weeks.
2.2 Produce a nutrition plan for the period of the personal exercise programme	4a	Inappropriate food choices for client goals. NYA if not providing food choices for ALL days	<b>Learners will produce a nutrition plan for the period of the personal exercise programme.</b>	<b>Learners will produce a detailed nutrition plan for the period of the personal exercise programme.</b>	<b>Learners will produce a comprehensive nutrition plan for the period of the personal exercise programme.</b>
			Using the table below design a nutrition plan for 3 days for Harriet to follow.		
			Basic and accurate nutrition plan including all meals, drinks and snacks eg. breakfast cereal, snack apple, lunch sandwich, snack, fruit or appropriate option, dinner chicken potatoes vegs, drinks water or appropriate.	Detailed and accurate nutrition plan, specific food examples to lose weight/ eat healthier/ performance. Could be detail given in the foods eg. 1 large chicken breast, potatoes with peas and carrots eg. state that sandwich should be tuna/healthy, not big mac.	Learners give comprehensive detail – healthy food for weight loss/ performance eg. may provide quantities or reference to food groups, timings, cooking methods.

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3.1 Assess the effectiveness of the exercise programme	6	Incorrect assessment, eg. state ineffective instead of effective. Only address one area eg. a – muscular endurance b. cardiovascular endurance	<b>Learners will assess the effectiveness of the exercise programme.</b>	<b>Learners will clearly assess the effectiveness of the exercise programme.</b>	<b>Learners will comprehensively assess the effectiveness of the exercise programme.</b>
			Harriet has asked for your feedback following her completion of the fitness tests. Using the template on the following page, send Harriet an email assessing the effectiveness of the exercise programme for both muscular endurance and cardiovascular endurance.		
			Basic assessment of health and fitness plan with links to the component(s) and tests. eg CV increased from well below average to average.	Detailed links of components and tests with reasons for these eg. CV increased from well below average to average. This will be due to training this component regularly/ changing diet.	The merit plus developed links with the programme eg. work on the treadmill links to the increased level of cardiovascular endurance.
3.2 Describe how to improve the exercise programme	5b	A change that wouldn't challenge Harriet. Not showing application to the client. Inclusion of music / train with friend.	<b>Learners will describe how to improve the nutrition plan.</b>	<b>Learners will clearly describe how to improve the nutrition plan showing a critical understanding.</b>	<b>Learners will clearly describe how to improve the nutrition plan showing critical judgement.</b>
			Describe how the exercise programme designed in part a could be improved to prevent Harriet from getting bored. You should provide specific suggestions for Harriet.		
			Basic description with at least one specific improvement eg. more outdoor running vs treadmill. Improvement cannot be music / training with friends, it should relate to the training programme in 2.1.	Clear description of improvement(s) with evidence of critical understanding (why this is important as an improvement) eg. more outdoor running vs treadmill to increase motivation as it is a change of scenery.	Positives and negatives of improvement(s) eg. outdoor running is good because it doesn't cost any extra. A downside to outdoor running is that it becomes less interesting in the winter as it is too cold.

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<b>3.3</b> Describe how to improve the nutrition plan  <b>Range: Nutrition plan:</b> to include all meals, drinks and snacks , any supplements	<b>4b</b>	Inappropriate suggestion eg. missing breakfast, making everything unhealthy, late eating. Will not accept list of words with no further clarification/reasoning.	<b>Learners will describe how to improve the nutrition plan.</b>	<b>Learners will clearly describe how to improve the nutrition plan showing a critical understanding.</b>	<b>Learners will clearly describe how to improve the nutrition plan showing critical judgement.</b>
			Describe how the nutrition plan designed in part a could be improved to encourage Harriet to continue eating a healthy diet. You should provide specific suggestions for Harriet.		
			Basic description with at least one specific improvement eg. change of breakfast, lunch and dinner option to keep the individual inspired - whilst providing a change. Candidate might highlight a change of snack to a more healthy option or range of foods.	Clear description of improvement(s) with evidence of critical understanding (why this is important as an improvement) eg. change of meat or preparation methods. Must back up the statement with a reason.	Positives and/or negatives of improvement(s), potential effects of the change eg. introduce treats (qualifying that introduction may have negative effect), cost of plan (potential negative – difficult because she may not be able to afford the plan). Potential benefits - what effects this might have eg. change chicken to fish – better source of food group, different way of preparing food, flavourings etc to make his diet more interesting.