



External Assessment

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: P000431

Assessment date: 12 March 2018

Time: 1.30pm

Complete your details below:

Centre name		Centre number	
Learner name		Learner number	

Time allowed – 2 hours

Instructions for Learners

- Read all tasks carefully and make sure that you understand what you need to do.
- You **MUST** attempt **all** of the tasks to address all assessment criteria. You cannot achieve a Pass grade unless you meet the required standard in all of the tasks.
- Write your responses to the tasks in the spaces provided. If you need more space you may use extra paper.
- If you are using a word processor, you **must** make sure that all of your work is printed out.
- Make sure that any printouts or extra paper are securely attached to this assessment paper and labelled clearly with:
 - your name and learner number
 - centre name and centre number
 - task and question number.
- At the end of the assessment hand all documents over to your Invigilator.

You are **not** allowed to use the internet during this external assessment.

DO NOT TURN OVER UNTIL YOU ARE INSTRUCTED TO DO SO BY THE INVIGILATOR.

Examiner use only

AC	Grade
1.1	
1.2	
1.3	
1.4	
2.1	
2.2	
3.1	
3.2	
3.3	

SAMPLE

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Scenario

You are working as a Personal Trainer at a local gym. Your job is to design health and fitness plans and lead exercise sessions. You regularly meet new members and work with them to help them achieve a healthier lifestyle. Asha has recently joined the gym. You meet with her to see how you can help.

Read the information below about Asha:

Asha is 21. She has started a new job in an office. This job means that she sits down for most of the day. She has noticed that she has gained weight and has lost muscle tone. Asha has decided to join the gym to improve her health and fitness.

At school Asha played football and tennis and really enjoyed these sports. She was very active and always ate a home cooked meal. Two months ago she left the family home and now lives by herself. She relies on microwave meals and foods that are high in fat and high in sugar. Asha is currently obese.

Asha is aware that her current lifestyle is putting her health at risk. She wants to lose weight and become fit and healthy again. She has asked you to design a new health and fitness plan for her.

Task 1

You *must* ensure that your work in Task 1 addresses assessment criteria 1.1 and 1.3. You can refer to the assessment criterion at the end of each task.

You are working as a Personal Trainer. Asha, your new member, has arrived for a tour and an introduction to the gym. You greet her and ask her to complete a PAR-Q (Physical Activity Readiness Questionnaire).

Answer a and b.

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

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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

SAMPLE

- b. After completing the PAR-Q, you book Asha in for her first exercise session. This will be in two weeks' time. Asha is looking forward to her session and wants to make sure she is prepared. She asks you:

What can I do to help me prepare for my first gym session and the exercise programme?

Describe the preparation Asha needs to do before returning to exercise.

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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

SAMPLE

Task 2

You **must** ensure that your work in Task 2 addresses assessment criteria 1.4 and 1.2. You can refer to the assessment criterion at the end of each task.

Asha arrives for her first gym session. You warm her up and ask her to participate in some fitness tests. This will help you to design an accurate exercise programme for her.

These are Asha's 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 4	Well Below Average
Flexibility	Sit and Reach Test	2cm	Well Below Average
Muscular strength	Hand Grip Test	18kg	Well Below Average
Muscular endurance	1 Minute Press Up Test	6	Well Below Average

Answer a and b.

- a. Asha completes all the fitness tests. She has booked an appointment for you to give her feedback on her results. Asha asks you:

What is your assessment of my base level of fitness?

Using Asha's test results, give your assessment of her 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

b. Asha is planning to start her exercise programme in two weeks' time.

Use both the fitness test results on page 8 **and** the information you already know about her to assess how suitable she is to exercise. Give reasons for your answer.

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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

SAMPLE

Task 3

You **must** ensure that your work in Task 3 addresses assessment criteria 2.2 and 3.3. You can refer to the assessment criterion at the end of each task.

Asha has been eating a high fat and high sugar diet since she moved out of her parents' house. Alongside exercise, she has asked you to help her with her diet. She has asked you to create a nutrition plan which she can follow alongside her exercise programme.

Answer a and b.

- a. Using the table below, design a nutrition plan for 2 days of a typical week for Asha.

You should include all her meals, drinks and snacks for the 2 days. Meal choices should be different across the 2 days.

	Tuesday	Wednesday
Breakfast		
Midday meal		
Evening meal		
Drinks		
Snacks		

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

SAMPLE

b. Asha follows your nutrition plan for two weeks. She is pleased with the plan but is worried that it will be repetitive and boring and would like some more variety.

Describe how the nutrition plan designed in part a could be **improved** to encourage Asha to continue eating a healthy diet. You should provide specific suggestions for Asha.

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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

SAMPLE

Task 4

You **must** ensure that your work in Task 4 addresses assessment criteria 2.1 and 3.1. You can refer to the assessment criterion at the end of the task.

Answer a, b and c.

Following the nutrition plan, you now need to design Asha's exercise programme. The exercise programme will last for 5 weeks.

- a. The exercise programme aims to improve Asha's muscular endurance **and** cardiovascular endurance.

You have been asked to produce **three** session plans, one session plan for each of the weeks 1, 3 and 5 using the templates below. Make sure each session includes a warm up, main activity and cool down.

Name of client: Asha Speakman	
Day of the week: Monday	Week number: 1
<u>Warm up</u>	
<u>Main activity</u>	
<u>Cool down</u>	

Name of client: Asha Speakman	
Day of the week: Wednesday	Week number: 3
<u>Warm up</u>	
<u>Main activity</u>	
<u>Cool down</u>	

SAMPLE

Name of client: Asha Speakman	
Day of the week: Thursday	Week number: 5
<u>Warm up</u>	
<u>Main activity</u>	
<u>Cool down</u>	

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

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Task 4 continues on the next page

SAMPLE

Asha has completed her 5 week exercise programme and she completes the fitness tests again. The table below shows her results before and after the exercise programme.

Component of Fitness	Test	Before exercise programme		After 5 weeks	
		Score	Comparison with National Average	Score	Comparison with National Average
Body composition	BMI	33kg/m ²	Obese	31kg/m ²	Obese
Cardiovascular endurance	Multi Stage Fitness Test/ Beep Test	Level 4	Well Below Average	Level 5	Below average
Flexibility	Sit and Reach Test	2cm	Well Below Average	5cm	Below average
Muscular strength	Hand Grip Test	18kg	Well Below Average	21kg	Below average
Muscular endurance	1 Minute Press Up Test	6	Well Below Average	15	Average

b. Using the fitness test results in the table above, assess the effectiveness of the exercise programme on Asha's muscular endurance.

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c. Using the fitness test results in the table on page 20, assess the effectiveness of the exercise programme on Asha’s 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

You **must** ensure that your work in task 5 addresses assessment criterion 3.2. You can refer to the assessment criterion at the end of the task.

Asha has now completed 5 weeks of your health and fitness plan. Asha emails you with her feedback. Her email says:

Thank you for designing my exercise programme. I really enjoyed it up to week 3 but then it started to be repetitive and it got boring. I was not as motivated for the later sessions as I felt they were too similar to the weeks before.

Describe how the exercise programme designed in task 4 could be **improved** to prevent Asha from getting bored. You should provide specific suggestions for Asha.

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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

SAMPLE

What you need to hand in after your external assessment

At the end of the timed external assessment you will hand in the following work to your Invigilator:

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

Make sure that:

- any extra paper is clearly identified with your:
 - name
 - learner number
 - Centre name
 - Centre number

Any remaining time can be spent checking your responses to the tasks.

This is the end of the assessment.