



## External Assessment

### NCFE Level 1 Certificate in Health and Fitness (601/4662/X)

Unit 02 Understanding a healthy lifestyle (F/506/7538)

**Paper number:** P000649

**Assessment date:** 7 November 2018

**Time:** 9.00am

#### Complete your details below:

<b>Centre name</b>		<b>Centre number</b>	
<b>Learner name</b>		<b>Learner number</b>	

#### Time allowed – 1 hour 30 minutes

#### 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.

#### *Examiner use only*

AC	Grade
1.1	
1.2	
1.3	
1.4	
2.1	
2.2	
3.1	

**DO NOT TURN OVER UNTIL THE INVIGILATOR TELLS YOU TO DO SO.**

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## Scenario

You work in a gym. Barry has just joined the gym.

The manager of the gym has asked you to help Barry with some queries he has about health and fitness.

**Task 1**

You **must** ensure your work in Task 1 addresses assessment criteria 1.1 and 1.2. You can refer to the assessment criteria at the end of each task.

Barry has heard the term 'healthy diet' and would like to know more about what this means.

**Answer part a and part b.**

a. Outline what the term **healthy diet** means.

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<b>Assessment criteria</b>	<b>Pass</b>	<b>Merit</b>	<b>Distinction</b>
<b>1.1 Identify what is meant by a healthy diet</b>	Learners will identify what is meant by a healthy diet	Learners will clearly identify what is meant by a healthy diet	Learners will identify in detail what is meant by a healthy diet

Barry is concerned that his current diet is unhealthy and would like some advice about which foods and drinks he should try to avoid.

b. To help Barry, make a list below of **unhealthy foods and drinks**. The list has already been started for you.

- Chips
- Milkshake
- Chocolate biscuits
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- .....
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- .....
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- .....

Assessment criteria	Pass	Merit	Distinction
<b>1.2 Give examples of an unhealthy diet</b>	Learners will give a limited range of examples of an unhealthy diet	Learners will give a range of examples of an unhealthy diet	Learners will give a wide range of examples of an unhealthy diet

## Task 2

You **must** ensure your work in Task 2 addresses assessment criterion 1.3. You can refer to the assessment criterion at the end of the task.

Barry would like more information about the different factors that can affect his diet.

Fill in the table below by identifying some of these factors and explaining why they could affect Barry's diet. The first one has been done for you. Give **at least two** more.

<b>Factor that could affect a person's diet</b>	Having a car
<b>This is why</b>	If you have your own transport, you are more likely to plan your food and do one big shop at a supermarket. If you do not have your own transport, you are more likely to rely on local shops, including a takeaway. This means that you might buy less healthy food.

<b>Factor that could affect a person's diet</b>	
<b>This is why</b>	

<b>Factor that could affect a person's diet</b>	
<b>This is why</b>	

<b>Factor that could affect a person's diet</b>	
<b>This is why</b>	

<b>Assessment criteria</b>	<b>Pass</b>	<b>Merit</b>	<b>Distinction</b>
<b>1.3 Identify everyday factors that could affect diet</b>	Learners will identify everyday factors that could affect diet	Learners will clearly identify factors that could affect diet	Learners will identify in detail factors that could affect diet

### Task 3

You **must** ensure your work in Task 3 addresses assessment criterion 1.4. You can refer to the assessment criterion at the end of the task.

Barry has heard that an unhealthy diet can lead to some medical conditions and would like more information about this.

In the tables below, name some medical conditions and outline how an unhealthy diet could lead to them. The first one has been done for you. Fill in **up to four** more.

<b>Medical condition affected by an unhealthy diet</b>	Obesity
<b>This is how</b>	A diet high in fat and sugar can cause a person to put on weight, leading to obesity.

<b>Medical condition affected by an unhealthy diet</b>	
<b>This is how</b>	

<b>Medical condition affected by an unhealthy diet</b>	
<b>This is how</b>	



<b>Medical condition affected by an unhealthy diet</b>	
<b>This is how</b>	

<b>Medical condition affected by an unhealthy diet</b>	
<b>This is how</b>	

<b>Assessment criteria</b>	<b>Pass</b>	<b>Merit</b>	<b>Distinction</b>
<b>1.4 Outline how an unhealthy diet can affect health</b>	Learners will outline how an unhealthy diet can affect health	Learners will outline how an unhealthy diet can affect health, showing a clear understanding	Learners will give a detailed outline of how an unhealthy diet can affect health

#### 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 the task.

Barry cycles on a regular basis and is looking to improve his cycling performance.

Outline how diet will affect Barry's cycling performance.

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Assessment criteria	Pass	Merit	Distinction
<b>3.1 Outline how diet affects exercise performance</b>	Learners will outline how diet affects exercise performance	Learners will clearly outline how diet affects exercise performance	Learners will effectively outline how diet affects exercise performance

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**Please turn over for Task 5.**

### Task 5

You **must** ensure your work in Task 5 addresses assessment criteria 2.1 and 2.2. You can refer to the assessment criteria at the end of each task.

Barry has heard about the energy balance equation and would like more information about it.

Answer parts a, b and c.

a. Complete the energy balance equation using the boxes below:

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b. In your own words, describe the energy balance equation.

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Assessment criteria	Pass	Merit	Distinction
<b>2.1 Define the energy balance equation</b>	Learners will give a basic definition of the energy balance equation	Learners will confidently define the energy balance equation	Learners will give a detailed definition of the energy balance equation



## **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.**

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