

**NCFE Level 2 Certificate in Improving Personal Exercise,**

**Health and Nutrition (603/2831/9)**

**Statement of authenticity**

Learner name:

Centre number:

Centre name:

**Signatures**

Learner: Date:

Tutor/Assessor: Date:

Internal Quality Assurer (IQA)\*: Date:

External Quality Assurer (EQA)\*: Date:

\* For completion if part, or all, of the evidence has been sampled by the Internal and/or External Quality Assurer

**Unit 01 Understand health, well-being and exercise (Y/616/8207)**

**Learning outcome 1**

**You will:** Understand the concepts of health and well-being

You can:

|  |  |
| --- | --- |
| **1.1 Define health and well-being** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback** | |

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| **1.2 Describe positive effects of exercise and nutrition on health and well-being** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
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| **IQA/EQA feedback** | |

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| **1.3 Outline the connection between physical health and mental well-being** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
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| **IQA/EQA feedback** | |

**Unit 01 Understand health, well-being and exercise (Y/616/8207) (cont’d)**

**Learning outcome 1 (cont’d)**

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| **1.4 Outline current guidance on ideal levels of physical activity for a healthy lifestyle** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
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| **IQA/EQA feedback** | |

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| **1.5 Identify current initiatives to improve health and well-being** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
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| **IQA/EQA feedback** | |

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| **1.6 Describe how technology can impact health and well-being** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
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| **IQA/EQA feedback** | |

**Unit 01 Understand health, well-being and exercise (Y/616/8207) (cont’d)**

**Learning outcome 2**

**You will:** Understand factors that could have a negative impact on health and well-being

You can:

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| **2.1 Explain the short- and long-term effects of a sedentary lifestyle on health and well-being** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
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| **IQA/EQA feedback** | |

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| **2.2 Describe the effects of lifestyle diseases associated with a lack of physical activity and poor diet** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
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| **IQA/EQA feedback** | |

**Unit 01 Understand health, well-being and exercise (Y/616/8207) (cont’d)**

**Learning outcome 2 (cont’d)**

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| **2.3** **Describe the short- and long-term effects of substance misuse on an individual's health and well-being** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
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| **IQA/EQA feedback** | |

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| **2.4 Outline other factors that could have a negative impact on health and well-being** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
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| **IQA/EQA feedback** | |

**Unit 01 Understand health, well-being and exercise (Y/616/8207) (cont’d)**

**Learning outcome 3**

**You will:** Understand factors affecting personal motivation

You can:

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| **3.1 Describe reasons why individuals are motivated to lead a healthy lifestyle** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
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| **IQA/EQA feedback** | |

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| **3.2 Describe barriers that may prevent individuals from choosing a healthy lifestyle** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
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| **IQA/EQA feedback** | |

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| **3.3 Outline strategies to improve personal motivation to lead a healthy lifestyle** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
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| **IQA/EQA feedback** | |

**Unit 01 Understand health, well-being and exercise (Y/616/8207) (cont’d)**

**Learning outcome 3 (cont’d)**

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| **3.4 Identify the role of targets and goals in motivating individuals** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
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| **IQA/EQA feedback** | |

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| **3.5 Describe how reflection on progress can impact motivation** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
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| **IQA/EQA feedback** | |

**Unit 01 Understand health, well-being and exercise (Y/616/8207) (cont’d)**

**Learning outcome 4**

**You will:** Understand basic anatomy and physiology

You can:

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| **4.1 Describe the basic structure of the following systems:**   * **musculoskeletal** * **circulatory** * **respiratory** * **nervous** * **digestive** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
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| **IQA/EQA feedback** | |

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| **4.2 Describe the function of the following systems:**   * **musculoskeletal** * **circulatory** * **respiratory** * **nervous** * **digestive** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback** | |

**Unit 02 Understand the role of nutrition in exercise (D/616/8208)**

**Learning outcome 1**

**You will:** Understand diet and nutrition for exercise

You can:

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| --- | --- |
| **1.1 Describe current government guidance on diet and nutrition** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
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| **IQA/EQA feedback** | |

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| **1.2 Describe how food choices can impact performance** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
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| **IQA/EQA feedback** | |

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| **1.3 Describe how cooking methods can affect the nutritional value of foods** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
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| **IQA/EQA feedback** | |

**Unit 02 Understand the role of nutrition in exercise (D/616/8208) (cont’d)**

**Learning outcome 1 (cont’d)**

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| **1.4 Explain the function of the following:**   * **carbohydrates** * **fat** * **protein** * **vitamins and minerals** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
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| **IQA/EQA feedback** | |

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| **1.5 Outline the effects supplements and stimulants can have on performance** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
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| **IQA/EQA feedback** | |

**Unit 02 Understand the role of nutrition in exercise (D/616/8208) (cont’d)**

**Learning outcome 1 (cont’d)**

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| **1.6 Outline the impact of ‘fad’ diets** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
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| **IQA/EQA feedback** | |

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| **1.7 Explain how technology can help individuals to monitor and track nutritional intake** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
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| **IQA/EQA feedback** | |

**Unit 02 Understand the role of nutrition in exercise (D/616/8208)**

**Learning outcome 2**

**You will:** Understand energy requirements for exercise

You can:

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| --- | --- |
| * 1. **Describe what is meant by:** * **calories** * **metabolism** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
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| **IQA/EQA feedback** | |

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| **2.2 Describe sources of energy from food** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
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| **IQA/EQA feedback** | |

**Unit 02 Understand the role of nutrition in exercise (D/616/8208) (cont’d)**

**Learning outcome 2 (cont’d)**

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| **2.3 Outline energy systems and how they function** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
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| **IQA/EQA feedback** | |

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| **2.4 Identify the factors affecting an individual's energy requirements** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
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| **IQA/EQA feedback** | |

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| **2.5 Describe the relationship between energy intake, energy expenditure and weight** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
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| **IQA/EQA feedback** | |

**Unit 02 Understand the role of nutrition in exercise (D/616/8208) (cont’d)**

**Learning outcome 2 (cont’d)**

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| **2.6 Calculate own energy requirements** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
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| **IQA/EQA feedback** | |

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| **2.7 Describe ways to monitor energy intake and expenditure** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback** | |

**Unit 02 Understand the role of nutrition in exercise (D/616/8208) (cont’d)**

**Learning outcome 3**

**You will:** Understand fluid replacement for exercise

You can:

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| * 1. **Explain why the body needs regular fluid intake** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
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| **IQA/EQA feedback** | |

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| **3.2 Describe why fluid replacement is important** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
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| **IQA/EQA feedback** | |

**Unit 02 Understand the role of nutrition in exercise (D/616/8208) (cont’d)**

**Learning outcome 3 (cont’d)**

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| **3.3 Describe the effect of dehydration on the body** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback** | |

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| **3.4 Outline when the use of sports performance drinks may be beneficial in relation to sustained and/or high intensity exercise** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
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| **IQA/EQA feedback** | |

**Unit 03 Plan and prepare for personal exercise and nutrition (H/616/8209)**

**Learning outcome 1**

**You will:** Understand the importance of exercising safely

You can:

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| **1.1 Describe how pre-existing medical conditions may affect exercise choices** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
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| **IQA/EQA feedback** | |

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| **1.2 Describe the principles of safe and appropriate exercise** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
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| **IQA/EQA feedback** | |

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| **1.3 Explain the importance of the FITT principle** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
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| **IQA/EQA feedback** | |

**Unit 03 Plan and prepare for personal exercise and nutrition (H/616/8209) (cont’d)**

**Learning outcome 1 (cont’d)**

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| **1.4 Describe the importance of warm up and cool down** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
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| **IQA/EQA feedback** | |

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| **1.5 Describe why it’s important to exercise within ability and fitness levels** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
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| **IQA/EQA feedback** | |

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| **1.6 Explain how to avoid injury through safe exercise techniques** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback** | |

**Unit 03 Plan and prepare for personal exercise and nutrition (H/616/8209) (cont’d)**

**Learning outcome 2**

**You will:** Know how to measure personal fitness levels

You can:

|  |  |
| --- | --- |
| **2.1 Explain the components of fitness** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback** | |

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| **2.2 Identify own suitability to participate in fitness activities** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback** | |

**Unit 03 Plan and prepare for personal exercise and nutrition (H/616/8209) (cont’d)**

**Learning outcome 2 (cont’d)**

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| **2.3 Measure own baseline fitness levels** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback** | |

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| **2.4 Compare different ways of measuring body composition** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback** | |

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| **2.5 Explore ways in which technology and data can support individuals to measure fitness levels and achieve targets and goals** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback** | |

**Unit 03 Plan and prepare for personal exercise and nutrition (H/616/8209) (cont’d)**

**Learning outcome 3**

**You will:** Know how to follow an appropriate personal programme of exercise and nutrition

You can:

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| --- | --- |
| **3.1 Set appropriate short- and long-term goals and targets** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
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| **IQA/EQA feedback** | |

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| **3.2 Plan a personal exercise programme that addresses the goals and targets set** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
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| **IQA/EQA feedback** | |

**Unit 03 Plan and prepare for personal exercise and nutrition (H/616/8209) (cont’d)**

**Learning outcome 3 (cont’d)**

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| **3.3 Devise a nutrition plan to support the personal exercise programme** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback** | |

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| **3.4 Follow and record progress towards the personal exercise programme and nutrition plan** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback** | |

**Unit 03 Plan and prepare for personal exercise and nutrition (H/616/8209) (cont’d)**

**Learning outcome 4**

**You will:** Know how to evaluate the personal programme of exercise and nutrition

You can:

|  |  |
| --- | --- |
| **4.1 Outline progress against targets** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback** | |

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| **4.2 Measure current fitness levels and compare to original levels** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback** | |

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| **4.3 Evaluate the personal exercise programme** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback** | |

**Unit 03 Plan and prepare for personal exercise and nutrition (H/616/8209) (cont’d)**

**Learning outcome 4 (cont’d)**

You can:

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| --- | --- |
| **4.4 Evaluate the nutrition plan** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback** | |

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| **4.5 Review and amend targets and exercise programme and nutrition plan** | |
| **What have you done to show this** | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback** | |