



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: P000652

Assessment date: 20 March 2019

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	

This page is intentionally left blank

Scenario

You are working as a Personal Trainer in a fitness centre at a local hockey club. Your job is to design health and fitness plans and lead exercise sessions for members of the hockey club and the general public. A new member, Hannah, has come to you for help and advice on achieving a healthier lifestyle. You meet with her to see how you can help.

Read the information below about Hannah.

Hannah is a 36-year-old mother of two children. She recently moved jobs and now is less active at work. Since changing job roles, she has noticed that she is becoming tired more quickly when doing physical activities with her children. She has also noticed a decline in her flexibility and she is finding it harder to carry out simple day-to-day jobs around the house. Some of her clothes have become tighter and she is aware that she has gained some weight.

Hannah has snacks when she is cooking for the children and she also finishes their leftovers. She will then eat her main meal later the same evening with her husband when he gets home from work. Hannah is aware that her diet is not a balanced one.

Hannah has a sporting background and is fully aware of the health problems that will follow if she continues with her current lifestyle. She wants to do something about it now, so she can continue to enjoy taking part in physical activities with her children and regain a healthy, active lifestyle.

She used to play hockey at a high standard and was an active member at the local fitness centre before having children. Hannah has decided to join the fitness centre at the local hockey club to try to improve her health and fitness.

Task 1

You **must** make sure that your work in Task 1 meets 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. Hannah, your new client, has arrived for a tour and an introduction to the fitness centre. You ask her to complete a PAR-Q (Physical Activity Readiness Questionnaire).

Answer part a and part b.

a. Describe the purpose of a PAR-Q.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

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

- What should I do to help me prepare for my exercise programme?*

Describe what Hannah needs to do to prepare before starting her exercise programme.

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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

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

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

These are Hannah's results:

Component of fitness	Test	Score	Comparison with national average
Cardiovascular endurance	Multi Stage Fitness Test/Beep Test	Level 4 Shuttle 2	Poor
Muscular strength	Hand Grip Test	26kg	Average
Flexibility	Sit and Reach Test	-8cm	Poor
Body composition	BMI	27kg/m ²	Pre-Obese
Muscular endurance	1 Minute Press Up Test	18 Press Ups	Average

Answer part a and part b.

- a. Hannah has completed all of the health and fitness tests. She has booked an appointment for you to give her feedback on her results. Hannah asks you:

Can you please give me an assessment of my health and fitness test results? How did I do?

Using Hannah's test results, give your assessment of her base level of fitness.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

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

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

You **must** make sure that your work in Task 3 meets assessment criterion 2.1. You can refer to the assessment criterion at the end of the task.

The exercise programme will last for 6 weeks and aims to improve Hannah's flexibility **and** body composition.

Use the templates below to produce **three** session plans, one for Week 1, one for Week 3 and one for Week 6 of the exercise programme. You must make sure that each session includes a warm up, main activity and cool down.

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

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

Name of client: Hannah	
Day of the week: Friday	Week: 6
<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

This page is intentionally left blank
Please turn over for Task 4

Task 4

You **must** make sure that your work in Task 4 meets assessment criterion 3.2. You can refer to the assessment criterion at the end of the task.

Hannah has now completed 6 weeks of your exercise programme and books an appointment with you to discuss how her exercise programme has gone.

During the appointment, Hannah tells you that she is bored with the exercise programme and wants you to change it to keep her motivated.

Describe how the exercise programme you designed in Task 3 could be **improved** to stop Hannah from getting bored. You should give Hannah specific suggestions.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

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

Task 5

You **must** make sure that your work in Task 5 meets assessment criteria 2.2 and 3.3. You can refer to the assessment criterion at the end of each task.

Hannah is completing the exercise programme but you also need to give her a nutrition plan so she can keep a healthy, balanced diet. This will help her to lose weight.

Answer part a and part b.

a. Using the table below, design a nutrition plan for 3 days of a typical week for Hannah.

You should include all of her meals, drinks and snacks for the 3 days. Meal choices should be different across the 3 days.

	Thursday	Friday	Saturday
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

- b. Hannah has followed your nutrition plan for two weeks and has really enjoyed it. However, she is becoming **bored with eating the same meals and would like a greater variety**. She has arranged an appointment with you to discuss how her nutrition plan could be improved to stop her from getting bored and returning to an unhealthy and unbalanced diet.

Describe how the nutrition plan you designed in **part a** could be **improved** to encourage Hannah to continue eating a healthy, balanced diet. Consider Hannah's feedback which is shown above. Give Hannah specific examples for changes to the plan

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

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

Task 6

You **must** make sure that your work in Task 6 meets assessment criterion 3.1. You can refer to the assessment criterion at the end of the task.

After completing her 6 week exercise programme, Hannah completes the health and fitness tests again. The table below shows her 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
Cardiovascular endurance	Multi Stage Fitness Test/Beep Test	Level 4 Shuttle 2	Poor	Level 5 Shuttle 8	Average
Muscular strength	Hand Grip Test	26kg	Average	28kg	Average
Flexibility	Sit and Reach Test	-8cm	Poor	-4cm	Average
Body composition	BMI	27kg/m ²	Pre-Obese	23 kg/ m ²	Normal
Muscular endurance	1 Minute Press Up Test	18 Press Ups	Average	21 Press Ups	Average

Answer a and b.

- a. Assess the effectiveness of the exercise programme on Hannah's flexibility. Use the test results in the table above

.....

.....

.....

.....

.....

.....

.....

.....

.....

- b. Assess the effectiveness of the exercise programme on Hannah's body composition.
Use the test results in the table on page 22.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

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

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.