



Internal assessment sample portfolio: Level 2 distinction

**NCFE Level 1/2 Technical Award in Health and
Fitness**

QN: 603/2650/5

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SAMPLE

Introduction

The material within this portfolio relates to:

Unit 02 – Preparing and planning for health and fitness

This portfolio is designed to demonstrate an example of the evidence that could be produced for Unit 02 of the NCFE Level 1/2 Technical Award in Health and Fitness. It's designed to provide guidance on how a portfolio could look, rather than being prescriptive.

In this example there are written accounts and visual evidence, but the evidence could also be presented in an audio/video format. Where the learner has provided visual evidence (for example screen grabs, copies of research), this has been clearly annotated to give context as to why it has been included. Each piece of evidence has been presented with the assessment criteria number shown at the top of the page.

This portfolio contains manufactured learner evidence and assessor feedback produced by NCFE. External Quality Assurer guidance has also been provided for each piece of evidence relating to an assessment criterion. The guidance comments on how the evidence meets the assessment criterion and what could be improved to obtain a higher grade.

It is strongly recommended that each unit is presented and assessed individually to allow accurate judgements about the learner's competence. This will also make it easier to award a grade for the unit. The work must then be internally moderated and made available for the external moderator. It is accepted that a piece of evidence may be presented for more than one unit. Where this is the case, the evidence must be clearly mapped to all units and assessment criteria it applies to when presented to the external moderator. This will enable them to make an accurate judgement about the learner's competence and overall unit grade.

We would encourage the use of our evidence and grading tracker document which is available on the NCFE website; however, any method which clearly records the evidence against the assessment criteria can be used.

Synoptic Project Tasks

Project Brief

You have decided that you want a career in the health and fitness industry and are now working as a health and fitness professional.

You have been asked to support a client who would like to improve their body composition and develop their power.

You are required to complete a lifestyle analysis to create a 4-week health and fitness programme for your client, which will improve these components of fitness.

Your client is available to train two times a week.

Task 1

Your client would like to improve their body composition and develop their power.

To help them do this, you should know how to apply the principles of training to a health and fitness programme and be able to select the appropriate training type for your client's needs.

You are required to:

- demonstrate your understanding of what is meant by body composition and power
- show how you would apply the principles of overload **and** tedium to a health and fitness programme
- explain, with reference to different methods of training and the principles of FITT, how:
 - body composition could be improved
 - power could be developed.

Task 2

You need to have an understanding of your client's lifestyle and readiness to perform health and fitness activities, before you are able to set them clear goals.

You are required to:

- create, administer and analyse a lifestyle questionnaire to suggest ways in which your client's lifestyle could be improved
- administer and analyse a PAR-Q to evaluate your client's readiness to perform health and fitness activities. The PAR-Q could be one that you have been given or one that you have sourced.
- set SMART goals for your client.

Task 3

Before you design the health and fitness programme, you will need to assess your client's current levels of fitness in body composition and power.

You are required to:

- explore the different ways that body composition and power can be appropriately tested
- carry out and record results for one fitness test for body composition and one fitness test for power with your client
- assess your client's results.

Task 4

You are now ready to design the 4-week health and fitness programme to give to your client.

You are required to:

- design a 4-week health and fitness programme for your client, explaining the choices that you make
- give your client the health and fitness programme and ask them to complete **week 1** and **week 2**
- carry out and record a progress review with your client at the **end of week 2**
- make changes to **week 3** and **week 4** of your clients health and fitness programme, explaining the changes that you make
- give your client the updated version of the health and fitness programme and ask them to complete **week 3** and **week 4**.

You will not be assessed on your client's ability to complete the programme or be required to attend the training sessions that you have planned.

At the end of the 4-week health and fitness programme, you are required to:

- re-test, record and assess your client's levels of fitness for body composition and power
- draw conclusions about the effectiveness of the health and fitness programme.

Task 5

For your own personal development it is important to be able to evaluate your own performance. Using your completed learner log from tasks 1–4, carry out an evaluation of the project. You should make reference to the learner log where appropriate.

Learner Evidence

Task 1 PART A: Your client would like to improve their body composition and develop their power. To help them do this, you should know how to apply the principles of training to a health and fitness programme and be able to select the appropriate training type for your client's needs.

Define the term Power

Power is a combination of using strength and speed at the same time. If an individual only excels at one of these, their power may suffer. Just because someone has strength, doesn't mean they can generate a lot of Power. Power is an aspect of fitness that is needed to excel in activities which require a person to be athletic. Activities that involve jumping require power in the legs. The more power you have, you have an increased ability to jump higher, run faster or throw items further.

A sporting example of when power is needed is in the shot put. In the upwards phase of the movement to release the shot, power is required to force the shot upwards and outwards. The body needs to use a combination of strength to lift the shot, and speed to move it at a quick pace in order to throw it the furthest distance.

Power can be tested using a range of different fitness tests. Usually this depends on the equipment available to the people that want to conduct the testing.

A common test for power is the Standing Broad Jump. This involves the athlete starting with 2 feet together at the start of a measured distance. On 'Go' the athlete takes off with 2 feet and completes a jump travelling in a horizontal direction as far as possible, landing on 2 feet. An assistant measures the horizontal distance that the athlete has moved, taking the measurement from the back of the heel.

Another test is the Vertical Sergeant Jump. This involves making a mark against a wall as high up as the athlete can reach, they then take off vertically, jumping as high as possible marking the wall at the highest point. An assistant measures the distance between the 2 markers

Commented [A1]: This task was administered as a written controlled assessment. Learners were given 1 hour to complete the test

Band 3 – the definitions were detailed and accurate, showing further development through the inclusion of sporting examples and fitness tests

Define the term Body Composition

Body composition is the percentage of body weight, which is fat, muscle or bone. A healthy body composition is one that includes a smaller percentage of body fat, and a higher proportion of body mass made up from muscles, organs and bones. Body composition can be used to measure the health and fitness level of an individual. It helps sports people depending on the type of sport they play.

There are several sporting examples where body composition is beneficial to the performer.

Heavy rugby players are more effective in the scrum than lightweight players, but lighter long distance runners will usually always beat runners who are heavier.

In long distance running, it is important for athletes to have low levels of body fat. This will help them as they will have to carry less body mass, and this should help them complete a longer distance in a shorter period of time in comparison to someone who is carrying more body mass.

There are several tests for body composition, these range from simple calculations to quite complicated tests requiring a sports science laboratory and qualified member of staff.

A common test is the use of Skin Fold Calipers where skin fold is taken at various points around the body to measure sub cutaneous fat, or the use of BMI (Body Mass Index)

Task 1 PART B: Show how you would apply the principles of overload and tedium to a health and fitness programme.

Within exercise and training, the overload principle is very important. The overload principle suggests that the body will adapt to the exercise it is completing. The more training you complete, the more you will be capable of doing, which in turn sees fitness improvements occur within the body. When you lift a weight that the body is not used to, it will react by causing physiological changes that allow it to handle that stress the next time it occurs. This concept is the same in cardiovascular training. If the heart, lungs and muscles are stretched beyond what they normally do to complete new activities, this will force the body to be able to handle that task more effectively the next time. This is how people become stronger and increase their overall physical fitness level.

When you are working out, you should always try to increase the workload you are doing to above what you did on your previous workout so you have overloaded your body to create a training adaptation. This increase in workout stress can be a very slight increase, as many slight increases over time will eventually be a large increase or adaptation. As an example, we could consider a rugby player who would like to increase their upper body strength during the course of the season. In August/September, they may complete upper body exercises such as barbell chest press, lifting 10kg of weight on each side of the bar. Over the weeks and months they will slowly add more weight to the bar, ensuring that the weight increases allow correct technique during the lift, and that safety is ensured. The increase may initially be just an extra 1.25kg weight to each side; however, if these small increases continue over the season, then perhaps by April/May they will be lifting 25kg on each side, rather than the 10kg they began lifting.

The principle of tedium is also a very important principle of exercise and training. A training programme needs to be varied to help prevent tedium (boredom). Using a variety of different training methods can help ensure that our levels of enthusiasm and motivation remain high. If an individual completes the exact same gym session on every visit, they will quickly get bored and could even decide to quit their training programme. There is a lot of fitness activities that can be completed, so I believe that preventing tedium is a very achievable task. We can follow a long work out with a short one, a hard session with more relaxed one or an intervals session with a continuous training session.

Commented [A2]: This task was administered as an interview. The learner was given the questions in advance to help prepare and the interview was recorded.

The transcript of the interview is shown here

Band 3 awarded as Learner recalled and communicated comprehensive knowledge and understanding from a wide range of health and fitness concepts, principles, skills and techniques.

Subject-specific terminology is used accurately and consistently throughout the project.

Commented [A3]: Good introduction.

Commented [A4]: Well-structured response.

Commented [A5]: Clear example given.

Commented [A6]: Good example to back up your description of tedium.

We should be able to change the way we train and where we train. As an example, I will continue to use the rugby player discussed in my overload answer. The stated goal was to improve upper body strength, and I referred to barbell chest press as an exercise the rugby player should complete. To prevent tedium, there is a host of other exercises that could be included, such as dumbbell chest press, dumbbell chest flies, cable chest press etc. On top of these weight exercises, we could also complete some body weight exercises such as press-ups (and other variations of a press up) or even some tricep dips. We could mix all of these upper body exercises up through completing super sets, giant sets or even completing them all as part of some circuit training. Finally, as something totally different we could also perhaps attend something like boxing training, which would further develop upper body strength and would help alleviate tedium.

Commented [A7]: Good examples given.

Commented [A8]: Excellent example and information provided to demonstrate a sound understanding

Task 1 PART C: Explain, with reference to different methods of training and the principles of FITT, how body composition could be improved.

Body composition concerns your muscle to fat ratio, and having a good body composition can contribute to an individual having a lean and healthy look. It is important to get a good balance of weight loss and muscle development, as if you just focus on weight loss you may well be skinny, but you will lack strength. To achieve a lean physique you should ensure you lose excess fat whilst also toning muscles.

Commented [A9]: Clear definition provided.

Commented [A10]: Accurate observation given

There are a range of training methods that will help you to reduce body fat and increase your lean muscle tissue. The most obvious method you can utilise to reduce body fat is through completing cardiovascular training. A training plan is incomplete if it does not contain cardio training. Not only is it good for your heart, it contributes to fat loss and muscle development. The key is to complete different types of cardio in order to work all of your energy systems and encourage all-around fitness. For an example, we can consider continuous training. Continuous training is completing a cardiovascular exercise for a good period of time, working at roughly the same intensity throughout. This could be going on the exercise bike in a gym. You may follow the FITT principle, this refers to Frequency (how often you train), Intensity (how hard you train), Time (how long you train for) and Type (the type of training method selected). An example in a training programme may be:

Commented [A11]: Excellent points made

F - frequency - you could complete 2-3 cycles per week

I - intensity - as you are continuously training, you cannot go at your highest intensity for the whole time. So instead you may work at an RPE of 7 for the duration. For aerobic training, the working intensity should be 60-80% of your maximum heart rate.

T - time - each cycle may last 45 minutes

T - type - this is cardiovascular and continuous training

Commented [A12]: Another very good example

You would also need to ensure this training progressed over time, so after a couple of weeks you could increase the time to 60 minutes for example.

You should also complete strength/resistance training to improve your body composition. This would help you increase the amount of lean muscle tissue you had. You could go to the gym and lift weights, using a range of different strength training methods whilst you were there. For example, you could complete supersets (where you complete 2 exercises back-to-back that focus on the same muscle group), or ascending pyramid training (where after each set you increase the weight but decrease the number of reps. If you completed a weight lifting/strength session, FITT work as follows;

F - frequency - you should do strength training 2-3 times per week

I - intensity - for maximum results your intensity should be very high when you are lifting weights, over 70% of your 1 repetition max, as this would mean you are pushing yourself more and lifting heavier weights (which will be improving your lean muscle tissue and therefore body composition)

T - time - each strength training session may last 50 minutes. In this time, you could perhaps do 5 different supersets, spending 10 minutes on each

T - type - this is strength training, of which there are many types (supersets, dropsets, pyramids, giant sets, tri sets etc.)

Commented [A13]: Excellent application of the FITT principle.

A final method of training you could use would be circuit training. This is where you complete a range of exercises in a circuit format. A benefit of this training would be that you could incorporate both cardiovascular and strength exercises into the same circuit, which would be of real benefit to your body composition. For example, you may have include 20m sprints (cardio) and push ups (strength) along with other exercises. There should be approximately 8-15 stations, each working a different muscle group or aspect of fitness, work is for a set time at a station with a set rest, or a set number of repetitions. In terms of FITT;

F- frequency - you could complete 3 circuit sessions per week

I - intensity - you would ideally be working at an RPE of around 9, as you would be able to work at high intensity as when you change exercises you would get a short rest

T - time - you might do each station for 45 seconds before swapping stations after a 15 second rest

T - type - this is both circuit training that involves both cardiovascular and strength exercises

There is no reason why you could not use all of these different types of training on a weekly basis. For example, you may do 2 bits of continuous training per week, 3 strength training sessions and 2 circuit training sessions. This would give maximum benefits to your body composition as you would be training your body in different ways and getting plenty of both cardiovascular and strength training done.

Commented [A14]: Really well written and you have demonstrated an excellent knowledge and understanding of fitness training within your work.

SAMPLE

Task 1 PART C - Explain, with reference to different methods of training and the principles of FITT, how power could be developed.

Power is a combination of speed and strength, and can be developed with a range of different training methods. The key one I would suggest would be through plyometric training, which involves explosive powerful training exercises that help to activate the quick response and elastic properties of major muscles throughout the body. For example, if you wished to develop power in your legs, some great activities to complete would be a broad jump, box jumps and squat jumps. Each of these activities involve an explosive movement that would develop power in your legs. Another great thing about them is that both the broad and squat jumps require no equipment, and the box jump just needs a box which could be substituted for something you could easily find and use such as a park bench (providing it was safe to do so). I would apply the principle of FITT to a broad jump like this;

F- frequency - you could complete 4 broad jump sessions per week, each time completing 8-10 broad jumps

I - intensity - you should be trying to jump the furthest you can every time

T - time - it might take you a maximum of 10 minutes to complete

T - type - this is plyometric training

I would suggest that you complete the 3 exercises I listed, plus an upper body plyometric exercise such as slam balls. I would also suggest that you have 2 options for how you do it. You could either include a couple of power exercises into every regular gym session you have, meaning you would complete your cardio/weights as well as power in the same session. Or you could have 2 sessions a week where you solely focus on power, completing the exercise listed above plus others such as interval sprints.

A great second method of developing power can be through resisted speed training, which would involve exercises such as hill sprints, parachutes, resistance bands and the prowler. Resisted speed training works on the principle that when we work against resistance, our muscles become stronger and can then work even faster when the resistance is removed. This is ideal for developing power. You could complete some resisted speed training using FITT as below;

Commented [A15]: This also administered as an interview, recorded separately to the previous part of the task to allow students time to fully prepare.

Band 3 awarded as learner recalled and communicated comprehensive knowledge and understanding from a wide range of health and fitness concepts, principles, skills and techniques.

Subject-specific terminology is used accurately and consistently throughout the project.

Commented [A16]: Clear introduction

Commented [A17]: Comprehensive detail provided with some good examples

Commented [A18]: Excellent understanding shown here, a wide range of activities provided.

F- frequency - you could complete 2 resisted speed sessions per week, wherein each one you complete 5 sets of each of the 4 exercises I mentioned

I - intensity - you would be working at 100% effort to try and combat the resistance

T - time - it might take you 45 minutes to complete the session, including rest breaks

T - type - this is resisted speed training

You could also develop power in your legs through your regular weight training, and through circuit training sessions. Through weight training you could work on heavy lifts such as squats, which would increase strength and power in your legs. Circuit training would allow you to incorporate several of the exercises I have mentioned into one session e.g. some plyometrics, resisted speed and heavy weight exercises.

The final point I would like to make is that to ensure you continually are developing power, you would need to make sure your sessions progress over the weeks. For example, for something like squat jumps, you could complete an extra couple of jumps every week. For broad jumps, you could measure your distance to ensure it is increasing each week. For slam balls, you could lift a heavier ball each week. For resisted speed exercises, you could complete an extra couple of sets each week, or increase the resistance if possible such as when you are using the bands (use a different, more resistant band). For weight training, increase the weight each week. All of this would help develop an athlete's power.

Commented [A19]: Once again, you have shown an excellent understanding of how to develop power through fitness training and given a wide range of examples to support your responses.

Learner Evidence

Task 2 PART A - Create, administer and analyse a lifestyle questionnaire to suggest ways in which your client's lifestyle could be improved

Commented [A20]: Learner created, administered and analysed a lifestyle questionnaire for a client. A screen shot of the questionnaire is shown.

Band 3 awarded – learner accurately applied knowledge and understanding of health and fitness concepts, principles, skills and techniques, which is relevant to the context and situation.

LIFESTYLE QUESTIONNAIRE

Name Blossom Jones Date 4.6.18

General Instructions: Please fill out this form as accurately as possible. If you have any questions, ask for assistance.

Physical Activity

1. In the last 12 months how often have you participated in some kind of exercise? (Please circle)

- 3 to 4 times per week
- 1 to 2 times per week
- 1 to 2 times per month
- Not at all i.e. may have been due to pregnancy or ill health

2. What sport or activity has worked for you in the past?

Short high intensity classes, group fitness classes, Bootcamp classes, functional training /circuit training.

3. What type of exercise do you enjoy and where do you go to take exercise?

My local leisure centre - functional training sessions.

4. What form of sport or exercise do you dislike and why?

Running - boring
Spinning - uncomfortable

Occupation / Leisure

5. What is your present occupation?

Teacher

6. Does your occupation involve much physical exercise
i.e. lifting, walking?

Yes - always on my feet / teach
PE twice a week.

7. What exercise or hobbies do you like to do in your
spare time?

Gym, walking along the beach,
woodland walks.

Stress

8. Rate your stress levels on a scale of 1 – 10 3

1 being very calm, 10 suffering very badly

Diet

10. Do you think you eat a healthy diet? Yes / No

11. Do you eat breakfast? Yes / No

Sometimes I follow a very healthy diet however sometimes I binge eat

12. Do you snack in between meals and if so, list some examples of what do have Yes / No

13. Do you think you eat more than you need? Yes / No

14. How many calories do you think you consume in a day?

2,200

Weight

15. Do you consider yourself overweight? Yes / No

16. If yes, how much weight would you like to lose?

2 stone

17. Is the rate at which you lose weight important to you?

yes, as long as it is gradual in order to maintain the weight loss.

Fitness

18. Rate yourself on a scale of 1 – 10 as to how fit you think you are. 1 being not fit at all, 10 being very fit

4.

19. In a typical week, how often do you take part in exercise?

Minutes per Day 40 Days per Week 3

Goals

20. What do you want exercise to do for you in the following time periods:

1 month lose weight (3/4 stone)
3 months lose weight (2 stone)
1 year Rate myself as 8/10 fitness levels.

21. Please indicate what areas you would like help to achieve your health and exercise goals (Please Tick ✓)

- | | | |
|--|---|---|
| <input checked="" type="checkbox"/> Cardiovascular fitness | <input checked="" type="checkbox"/> Weight Control | <input type="checkbox"/> More Energy |
| <input checked="" type="checkbox"/> General health | <input type="checkbox"/> Sports Training | <input type="checkbox"/> Stress Relief |
| <input type="checkbox"/> Improved flexibility | <input checked="" type="checkbox"/> Strength Training | <input checked="" type="checkbox"/> Social/ Fun |
| <input type="checkbox"/> Increased Muscle Mass | <input type="checkbox"/> Rehabilitation | <input type="checkbox"/> Relaxation |

Please explain any aspects you have 'ticked' further:

Improve the power of my legs.

In a role play scenario, the learner I acted as a fully qualified fitness professional and worked with a client. The questionnaire was created and then administered to the client in a mock fitness setting. On completion of the questionnaire I analysed the results and prepared another interview scenario to discuss the analysis and feedback.

Commented [A21]: Excellent lifestyle questionnaire provided. You have developed some varied questions which will help you gather information on all elements of Blossom's lifestyle.

Analysis of lifestyle questionnaire

Commented [A22]: The feedback was given as a mock interview scenario between fitness professional and client. The interview was recorded. A review of the analysis is shown.

My client has completed their lifestyle questionnaire. From looking at this questionnaire, there are a number of elements of their lifestyle which I think need to be improved:

- Participation in physical activity is not regular enough.
- Eat breakfast which will hopefully lead to less snacking in between meals and reduce the intake of calories.

Commented [A23]: Appropriate improvements identified.

Shown below are some methods in which I think that their lifestyle can be improved:

- In order to participate in physical activity on a regular basis, this needs to be the type of activity that the client would enjoy and want to attend. From looking at Q4, it is clear that my client enjoys going to the gym and working at a high intensity for short periods of time. I would recommend that they take part in a fitness programme, which is focused around this. My client should attend fitness classes with her friends as she enjoys the social side of exercise and this will help to increase her confidence.
- My client should set out a weekly nutrition plan. This will help her to organise meals and reduce the volume of snacking. Snacking usually occurs as there is too much time between meals and meals have not been filling enough. In my client's case, the fact that they are not eating breakfast has led to them snacking in the morning which affects her hunger and lunch and dinnertime. This means she is not enough for her lunch and dinner, and the snacks that she has are unhealthy and this contributes to the increase in weight. By providing a nutrition plan, this will hopefully give her something to stick to, so that she eats proper sized portions at breakfast, lunch and dinner and this will reduce the volume of snacking.

Commented [A24]: These methods appear to be very realistic and have been described clearly. You have provided some accurate reasoning for the inclusion of these methods.

The interview was conducted in a professional manner and key points were articulated well.

Task 2 PART B - Administer and analyse a PAR-Q to evaluate your client's readiness to perform health and fitness activities. The PAR-Q could be one that you have been given or one that you have sourced.

I have researched a PAR-Q and completed this with my client. A copy of this completed PAR-Q is shown below.

Commented [A25]: Excellent PAR-Q developed and this was completed well with your client in a very professional manner

PAR-Q Template

(Physical Activity Readiness Questionnaire)

Forename: Blossom Surname: Jones
 Date of Birth: 5/5/84 Contact Number: _____
 Student Number: _____

Please delay exercise if:

- You are not feeling well because of a temporary illness such as a cold or fever - wait until you feel better
- If you are or may be pregnant, talk with your doctor before you start becoming more active.
- Please consult a Doctor if you develop a condition that may be aggravated by exercise

Please read the questions below carefully and answer each one honestly (check YES or NO)	YES	NO
1) Has your doctor ever said that you have a heart condition OR high blood pressure?		<input checked="" type="checkbox"/>
2) Do you feel pain in your chest at rest, during your daily activities of living, OR when you do physical activity?		<input checked="" type="checkbox"/>
3) Do you lose balance because of dizziness OR have you lost consciousness in the last 12 months? Please answer NO if your dizziness was associated with over-breathing (including during vigorous exercise).	<input checked="" type="checkbox"/>	
4) Have you ever been diagnosed with another chronic medical condition (other than heart disease or high blood pressure)?		<input checked="" type="checkbox"/>
5) Are you currently taking prescribed medications for a medical condition?		<input checked="" type="checkbox"/>
6) Do you have a bone or joint problem that could be made worse by becoming more physically active? Please answer NO if you had a joint problem in the past, but it does not limit your current ability to be physically active. For example, knee, ankle, shoulder or other.		<input checked="" type="checkbox"/>
7) Has your doctor ever said that you should only do medically supervised physical activity?		<input checked="" type="checkbox"/>

Do you have, or have you had?: (Please Tick ✓)

- | | | |
|---|---|--|
| <input type="checkbox"/> Palpitations/ Chest Pain | <input type="checkbox"/> Blood Disorder | <input type="checkbox"/> Gout |
| <input type="checkbox"/> Heart Condition | <input type="checkbox"/> Diabetes | <input type="checkbox"/> Dizziness and Fainting |
| <input type="checkbox"/> Stroke | <input type="checkbox"/> Liver/ Kidney Issues | <input type="checkbox"/> Epilepsy |
| <input type="checkbox"/> Low or High Blood Pressure | <input type="checkbox"/> Stomach Ulcer | <input type="checkbox"/> Hernia |
| <input type="checkbox"/> Raised Cholesterol | <input type="checkbox"/> Cancer | <input type="checkbox"/> Asthma/ Breathing Condition |
| <input checked="" type="checkbox"/> Allergies | | |

Do you have, or have you had?: (Please Tick ✓)

- | | | |
|--|---|---|
| <input type="checkbox"/> Tendon/ Ligament Damage | <input type="checkbox"/> Joint Pain | <input type="checkbox"/> Pain under motion |
| <input type="checkbox"/> Surgery due to Injury | <input type="checkbox"/> Muscular pain | <input type="checkbox"/> Back/ Neck Pain |
| <input type="checkbox"/> Broken/ Fractured Bones | <input type="checkbox"/> Dislocation | <input type="checkbox"/> Restricted ROM |
| | <input type="checkbox"/> Arthritic Pain | <input type="checkbox"/> Any issues not mentioned |

DECLARATION AND AUTHORISATION

I confirm that the information given is a true and accurate statement. I understand that if I have declared any of the conditions listed, further information may be requested.

Please be aware that it is your responsibility to inform us if there is a change to any of your answers on the PAR-Q.

Member Signature:

Blossam Jones

Date:

4.6.18

I understand that I enter the fitness suit at my own risk, and recognise that fitness staff are not able to provide medical advice in regard to my fitness and that this information is used only as a guideline to determine the limitations of my ability to exercise. The information is used to assist in the exercise prescription process and to prescribe an appropriate exercise program suited to my specific needs. I hereby consent to voluntarily engage in a fitness appraisal to further determine my current state of fitness and ability to undertake a regular program of exercise at xxx. I have answered the questions to the best of my ability and understand the advice above. I waive any legal recourse for damages to myself that may arise from the participation in exercise or during my time in the spa and its grounds,

Analysis of PAR-Q

My client has completed the attached PAR-Q. From reviewing this PAR-Q, my client is suitable to participate in physical activity. There are no current conditions which would stop her from participating in an exercise programme. She has identified that she is anaemic, but the doctor is medicating her for this and the doctor has identified that this should not affect her participation in exercise.

From doing some further research of anaemia, this may affect her energy levels at different times and I have advised her to ensure she follows the advice of the doctor and eats food at the appropriate times prior to exercising.

I have also advised her that if any of the information in the PAR-Q changes, she should get in touch with myself and we could discuss the impact that this may have on her readiness to exercise.

If my client answered YES to any of the questions, or ticked any of the conditions, we would discuss these further and if necessary, I would seek the approval of her doctor before advising her to commence in physical activity.

In some cases, we may just need to tailor the exercise programme to start at a lower intensity. However, if the elements that she identified were more severe, we may have to wait until these have been appropriate treated by the doctor before commencing the exercise programme.

Commented [A26]: Following completion of PAR-Q, learner completed an analysis as a written report and then shared the feedback with the client. This was done in a very professional and competent manner. Analysis was accurate and detailed – Band 3.

Commented [A27]: Accurate decision.

Commented [A28]: Good description and accurate response to this condition.

Commented [A29]: Good knowledge demonstrated here, showing what you would do if there were adverse reasons relating to participation in exercise.

Task 2 PART C - Set smart goals for your client.

Goal setting is important to keep clients on task and maintain motivation. It is an important strategy in measuring and monitoring progress and allowing the fitness professional to make changes if the client needs more support or more challenge.

Goals need to be SMART. This means that they must be SPECIFIC (have a focus), MEASURABLE (have a quantifiable aim), ACHIEVABLE (not be too challenging), REALISTIC (be within the realms of possibility) and TIME BOUND (have a distinct start and end time).

Shown below are some targets for my client to work towards to help her improve her body composition and power. I have created these targets based on the information I have received in the PAR-Q and lifestyle questionnaire.

Body Composition - waist to hip ratio is currently 0.88

Specific - To reduce waist to hip ratio to 0.81 to 0.85 to be in the moderate risk category.

Measurable - Yes, this can be measured by taking waist and hip measurements again and performing the calculation.

Achievable - Yes

Realistic - Yes, with a combination of an exercise programme and a healthy nutrition plan addressed the areas identified above this is realistic.

Time Based - 3 months.

This is an appropriate target for my client as they outlined in the lifestyle questionnaire that they wanted to lose some weight. As their waist to hip ratio is currently 0.88, this is in the high risk category and my client agreed that it is important to reduce this to reduce the health risks. A time period of 3 months is appropriate to reduce the score into the moderate risk category as this will allow appropriate time for the health and fitness programme to have a positive impact, and reduce the weight

Commented [A30]: This was completed as a written research task but was then followed up with a mock interview between fitness consultant and client.

Goal setting task was completed well and the fitness professional discussed the plan with the client in a professional and articulate manner

Commented [A31]: This is a really realistic target you have set for your client. This is not too adventurous and is an appropriate time period.

gradually. If we set a target that was unrealistic, this may affect the confidence of my client if she wasn't to achieve it.

Commented [A32]: Clear description with an accurate rationale for your choices.

Power – Average vertical jump score is currently 24cm, which is classed as below average.

Specific – To increase vertical jump score so it is in the 'average' category.

Measurable – Yes, this can be measured by completing the vertical jump test again and calculating an average score.

Achievable – Yes

Realistic – Yes, with participation in an exercise programme, this improvement is realistic.

Time Based – 3 months.

Commented [A33]: As above, an accurate target with some realistic timings.

This target is appropriate for my client as they are currently in the below average category. My client has identified in the health and fitness programme that they have already started to attend exercise classes which focus on the lower body and this is an area that she is looking to improve. The fact that the target is clear and easy to measure is a good thing for my client as she can do tests in between times to review the progress that she is making. 3 months is a realistic time period for this target as Power takes a long time to develop as you need to work on both the speed and the strength within the muscle groups.

Learner Evidence

Task 3 PART A - Explore the different ways that body composition and power can be appropriately tested.

Power and body composition can be tested in many different ways. Shown below are some of the ways that Power can be tested.

Commented [A34]: The learner completed independent research on this task and then presented the findings to the client as a PowerPoint presentation. The preparation completed is shown, the learner used these as prompts during the presentation. The presentation was well communicated and the learner presented with confidence.

Band 3 - Learner critically analysed and evaluated selected health and fitness data and information, systematically judging and reaching relevant and valid conclusions

Test Name	Vertical Jump test
Description of test and materials required	This test is also known as the Sergeant jump. The aim of this test is to measure power in the legs. To complete this test you need a wall and some chalk. However, there is also some other more specialist equipment which some schools and sports centres have.
Method	<ul style="list-style-type: none"> • To perform the test, the athlete stands side on next to the wall. • With feet flat on the ground, the athlete reaches up as high as possible with the chalk in the arm closest to the wall, and makes a mark at its highest point (whilst keeping feet flat on the ground). • This is known as the 'standing reach height.' • Once complete, the athlete takes a step away from the wall and then the aim is to jump as high as possible, using the swing of body the arms and legs to help increase jump height. • At the highest point, the athlete should again mark the wall with the chalk. • The tester then measures the difference between the 'standing reach height' and the 'jump height'. This is the athletes score. • In order to get an accurate 'average' score, the athlete should repeat 2 further times and then the tester should calculate an average of the 3 scores.

<p>Test Name</p>	<p>Seated medicine ball throw</p>
<p>Description of test and materials required</p>	<p>This test measures explosive power of the arms and the upper body. This may be more appropriate for sports where there is a lot of upper body activity. To complete this test, you will need a large space, a wall and a medicine ball. It is recommended that the ball is between 2kg and 5kg.</p> <p>There are different variations of this test depending on what part of the body you would like to test to find out its power.</p>
<p>Method</p>	<ul style="list-style-type: none"> • To complete this test, the athlete should sit on the floor with their back against the wall. • The athlete should keep their legs flat and fully extended. • The throw is very similar to a chest pass in basketball, where the starting position of the ball is in the centre of the chest. • The ball is then thrown as far as possible by the athlete, whilst keeping their back against the wall and their legs on the ground. • The purpose of this is so that the test accurately measures the power in the arms and upper body. • The distance is measured from the wall to the point where the ball landed. <p>Much like the vertical jump, the athlete should repeat the test a further 2 times and an average score should be calculated.</p>

Commented [A35]: Well-structured table provided, I particularly like how you have completed the elements, the bullet points make it really succinct and to the point.

Body Composition is a difficult component of fitness to test as you need to make sure you are testing the right thing. Shown below are two of the most common methods used to test the body composition of an individual:

Commented [A36]: Good response – this is a very accurate representation of body composition and the challenges faced when trying to test it.

Test Name	Waist to Hip ratio
Description of test and materials required	The aim of the waist to hip ratio 'test' is to get a measure of an individual's body composition. It is an easy test that can be done anywhere, and the only equipment you need is a tape measure. It can be measure in either cm or inches, as long as the same measurement is used both times.
Method	<p>You take 2 measurements, 1 of your waist and 1 of your hips:</p> <ul style="list-style-type: none"> • Waist - measure just above your belly button. • Hips - measure your hips at the widest part of your buttocks <p>Once you have both measurements, you should divide the waist measurement by the hip measurement to get a ratio.</p>

Test Name	Skinfold measurement
Description of test and materials required	The aim of this test is to measure the thickness of the skinfold at different parts of the body. Calculations then happen to work out what category a person falls into. To complete the test you need equipment called skinfold calipers.
Method	<ul style="list-style-type: none"> • You use these calipers to measure the skinfold at different parts across the body. • These scores are then added up and can be compared against normative data. • These results can then be tracked over time to look at the progress an individual is making. • Due to the potential errors when calculating skinfold at different parts of the body, it is not recommended to convert this into a body fat percentage.

Commented [A37]: Again, 2 really good descriptions of tests and these have been set out well. You have developed a good template to record your responses.

Task 3 PART B - Carry out and record results for one fitness test for body composition and one fitness test for power with your client.

I have decided to test my client by using the vertical jump test and the waist to hip ratio test. My results are shown below:

Commented [A38]: The learner set up the tests independently using the correct equipment and protocol. The fitness consultant explained the test well and measured the results accurately. Excellent use of normative data to analyse the results. The results were shared with the client professionally.

	Power - Vertical Jump		Body Composition - Waist to hip ratio	
	Test Result	Comparison to normative data	Test Result	Comparison to normative data
Test 1	22 cm	Below average	-	-
Test 2	25 cm	Below average	-	-
Test 3	26 cm	Below average	-	-
Average Result	24 cm	Below average	0.88	High Risk

Commented [A39]: Good representation of your test results in a table. You made the correct decision to test Power 3 times in order to generate an average score. Body composition was accurately measured using the Waist: Hip ratio test.
You completed these tests independently.

Normative data taken from <https://www.topendsports.com/testing/norms/vertical-jump.htm> and <http://www.bmi-calculator.net/waist-to-hip-ratio-calculator/waist-to-hip-ratio-chart.php>. Both accessed on 30th May 2018.

Task 3 PART C - Assess your client's results.

As I you can see from the table on the previous page, my clients vertical jump results were classed as below average. This suggests that the power within my clients legs needs to be improved. This test was accurate as the vertical jump tests focusses on the power within a specific part of the body. As the test was completed 3 times, this provided an average score for my client.

The test for body composition, the waist to hip ratio test shows that my client falls into the high risk category which suggests that she is overweight and the composition of her body places her at an increased risk of health problems. The results from the fitness tests support the information gathered in the lifestyle questionnaire whereby my client needs to take part in more regular physical activity in addition to improving the nutrition elements of their lifestyle.

This suggests that the health and fitness programme should focus on developing these two elements within my client.

Commented [A40]: This part of the task was completed as a written report. The assessment and analysis is accurate and well written

Commented [A41]: Accurate response provided to this part of the task. You have accurately reviewed the fitness test results and linked these to normative data.

Task 4

You are now ready to design the 4-week health and fitness programme to give to your client.

You are required to:

- design a 4-week health and fitness programme for your client, explaining the choices that you make
- give your client the health and fitness programme and ask them to complete **week 1** and **week 2**
- carry out and record a progress review with your client at the **end of week 2**
- make changes to **week 3** and **week 4** of your clients health and fitness programme, explaining the changes that you make
- give your client the updated version of the health and fitness programme and ask them to complete **week 3** and **week 4**.

You will not be assessed on your client's ability to complete the programme or be required to attend the training sessions that you have planned.

At the end of the 4-week health and fitness programme, you are required to:

- re-test, record and assess your client's levels of fitness for body composition and power
- draw conclusions about the effectiveness of the health and fitness programme.

Task 4 PART A - Design a 4-week health and fitness programme for your client, explaining the choices that you make.

Commented [A42]: Learner completed a plan using information from the PAR-Q, Lifestyle Questionnaire and fitness test results

Band 3 - Learners demonstrate and apply relevant health and fitness skills and techniques effectively, by applying and using appropriate health and fitness concepts and principles.

Commented [A43]: Clear template provided

	Monday - HIIT	Thursday - Power/Weight training
Week 1	<p><u>Warm up</u> - Dynamic stretches including knees to chest, high kicks and lunges. 20 reps of each including 10 reps on each leg.</p> <p>Cardio warm up of 10 minutes on cross trainer starting at an RPE of 3 and working up to RPE 7</p> <p><u>Main activity</u> High Intensity Interval Training for 30 minutes at 9-10 RPE. Intervals to consist of 5 Rounds – 20 seconds low intensity: 20 seconds high intensity – 25 Minutes Total</p> <p>Low – Jog High – Mountain Climbers Low – Jog High – In and Out Jump Squats Low – Jog High – Box jumps Low – Jog High – High Reach Jump Squats (Wide Stance) Low – Jog High – Sit ups Low – Jog High – Burpees</p> <p>Rest 1 minute between rounds. "Jog" will be jogging on the spot</p> <p><u>Cool down</u> - Cardio cool down - 5 minutes on cross trainer, starting at an RPE of 7 and working down to RPE 3.</p>	<p><u>Warm up</u> - Dynamic stretches including leg swings, side bends and half squats. 20 reps of each including 10 reps on each side where appropriate.</p> <p>Cardio warm up of 10 minutes on exercise bike starting at an RPE of 3 and working up to RPE 7</p> <p><u>Main activity</u> Resistance training - 20 minutes, 60-70% 1RM</p> <ol style="list-style-type: none"> 1. Leg Press, start at 30kg total weight 2. Barbell Squats, start at 30kg total weight 3. Deadlifts, start at 30kg total weight <p>Basic sets, 3 sets of 8-12 reps. Weight can increase if Blossom is comfortable.</p> <p>Power training - Plyometrics/Resisted Speed, 25 minutes, 15 minutes, 9-10RPE</p> <ol style="list-style-type: none"> 1. Broad jumps 2. Prowler (push prowler across studio) 3. Hill/Incline sprints (if a hill is nearby the gym, use it. If not, use the treadmill) <p>Complete 6-8 of each activity, with 1 minute rest between each activity</p> <p><u>Cool down</u> - Cardio cool down - 5 minutes on rowing machine, starting at an RPE of 7 and working down to RPE 3.</p>

	<p>5-10 minutes of static stretching, including standing quad stretch, standing hamstring stretch, and prone glute stretch. Hold positions for 30 seconds each side.</p>	<p>5-10 minutes of static stretching, including standing quad stretch, standing hamstring stretch, and prone glute stretch. Hold positions for 30 seconds each side.</p>
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<p>Week 2</p>	<p><u>Warm up</u> - Dynamic stretches including leg swings, side bends and half squats. 20 reps of each including 10 reps on each side where appropriate.</p> <p>Cardio warm up of 10 minutes on exercise bike starting at an RPE of 3 and working up to RPE 7.</p> <p><u>Main activity</u> High Intensity Interval Training for 30 minutes at 9-10 RPE. Intervals to consist of 6 Rounds – 20 seconds low intensity: 20 seconds high intensity – 30 Minutes Total</p> <p>Low – Jog High – Mountain Climbers Low – Jog High – Push ups Low – Jog High – Squat jumps Low – Jog High – High Knees Low – Jog High – Skaters Low – Jog High – Burpees</p> <p>Rest 1 minute between rounds. "Jog" will be jogging on the spot</p> <p><u>Cool down</u> - Cardio cool down - 5 minutes on cross trainer, starting at RPE 7 and working down to RPE 3.</p> <p>5-10 minutes of static stretching, including prone quad stretch, prone hamstring stretch, prone glute stretch, standing abdominal stretch, biceps and</p>	<p><u>Warm up</u> - Dynamic stretches including knees to chest, high kicks and lunges. 20 reps of each including 10 reps on each leg.</p> <p>Cardio warm up of 10 minutes on cross trainer starting at an RPE of 3 and working up to RPE 7</p> <p><u>Main activity</u> Resistance training - 20 minutes, 60-70% 1RM</p> <ol style="list-style-type: none"> 1. Leg Press, start at 35kg total weight 2. Front Squats, start at 30kg total weight 3. Deadlifts, start at 35kg total weight <p>Basic sets, 3 sets of 8-12 reps. Weight can increase if Blossom is comfortable.</p> <p>Power training - Plyometrics/Resisted Speed, 25 minutes, 20 minutes, 9-10RPE.</p> <ol style="list-style-type: none"> 1. Parachute run 2. Prowler (push prowler across studio) 3. Squat jumps 4. Box jumps <p>Complete 8-10 of each activity, with 1 minute rest between each activity</p> <p><u>Cool down</u> - Cardio cool down - 5 minutes on exercise bike, starting at an RPE of 7 and working down to RPE 3.</p> <p>5-10 minutes of static stretching, including standing quad stretch, standing hamstring stretch, and prone glute stretch. Hold positions for 30 seconds each side.</p>
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Commented [A44]: All of your training programme has been developed well. You have included all of the key components of a fitness session and provided some detailed daily plans which clearly show what exercises should be done, how long for and the intensity that Blossom should be working at.

	<p>chest stretch. Hold positions for 30 seconds each side.</p>	
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SAMPLE

<p>Week 3</p>	<p><u>Warm up</u> - Dynamic stretches including knees to chest, high kicks and lunges. 20 reps of each including 10 reps on each leg.</p> <p>Cardio warm up of 10 minutes on cross trainer starting at an RPE of 3 and working up to RPE 7</p> <p><u>Main activity</u> High Intensity Interval Training for 30 minutes at 9-10 RPE. Intervals to consist of 7 Rounds – 20 seconds low intensity: 20 seconds high intensity – 35 Minutes Total</p> <p>Low – Jog High – Mountain Climbers Low – Jog High – Squat press (use a light bar, perhaps 10kg) Low – Jog High – Squat jumps Low – Jog High – Squat thrusts Low – Jog High – Sit ups Low – Jog High – Burpees</p> <p>Rest 1 minute between rounds. "Jog" will be jogging on the spot</p> <p><u>Cool down</u> - Cardio cool down – 5 minutes on exercise bike, starting at an RPE of 7 and working down to RPE 3.</p> <p>5-10 minutes of static stretching, including standing quad stretch, standing hamstring stretch, prone glue stretch, biceps and chest stretch. Hold positions for 30 seconds each side.</p>	<p><u>Warm up</u> - Dynamic stretches including knees to chest, high kicks and lunges. 20 reps of each including 10 reps on each leg.</p> <p>Cardio warm up of 10 minutes on exercise bike starting at an RPE of 3 and working up to RPE 7</p> <p><u>Main activity</u> Resistance training – 20 minutes, 70-80% 1RM</p> <ol style="list-style-type: none"> 1. Leg Press, start at 40kg total weight 2. Barbell Squats, start at 40kg total weight 3. Deadlifts, start at 40kg total weight 4. Front squats, start at 35kg total weight <p>Basic sets, 3 sets of 6-8 reps. Weight can increase if Blossom is comfortable.</p> <p>Power training - Plyometrics/Resisted Speed, 25 minutes, 20 minutes, 9-10RPE.</p> <ol style="list-style-type: none"> 1. Hill/Incline sprints 2. Prowler (push prowler across studio) 3. Broad jumps 4. Box jumps <p>Complete 10 of each activity, with 45 seconds rest between each activity</p> <p><u>Cool down</u> - Cardio cool down – 5 minutes on cross trainer, starting at an RPE of 7 and working down to RPE 3.</p> <p>5-10 minutes of static stretching, including standing quad stretch, standing hamstring stretch, and prone glute stretch. Hold positions for 30 seconds each side.</p>
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<p>Week 4</p>	<p><u>Warm up</u> - Dynamic stretches including leg swings, side bends and half squats. 20 reps of each including 10 reps on each side where appropriate.</p> <p>Cardio warm up of 10 minutes on exercise bike starting at an RPE of 3 and working up to RPE 7.</p> <p><u>Main activity</u> High Intensity Interval Training for 30 minutes at 9-10 RPE. Intervals to consist of 8 Rounds — 20 seconds low intensity: 20 seconds high intensity — 40 Minutes Total</p> <p>Low — Jog High — Mountain Climbers Low — Jog High — Box jumps Low — Jog High — Kettlebell swings Low — Jog High — Farmers walk, 12kg kettlebell on each arm Low — Jog High — Russian twists with 5kg weight Low — Jog High — Burpees on a crash mat</p> <p>Rest 1 minute between rounds. "Jog" will be jogging on the spot</p> <p><u>Cool down</u> - Cardio cool down - 5 minutes on cross trainer, starting at RPE 7 and working down to RPE 3.</p> <p>5-10 minutes of static stretching, including prone quad stretch, prone hamstring stretch, prone glute stretch, standing abdominal stretch, biceps and</p>	<p><u>Warm up</u> - Dynamic stretches including knees to chest, high kicks and lunges. 20 reps of each including 10 reps on each leg.</p> <p>Cardio warm up of 10 minutes on cross trainer starting at an RPE of 3 and working up to RPE 7</p> <p><u>Main activity</u> Resistance training - 20 minutes, 70-80% 1RM</p> <ol style="list-style-type: none"> 1. Leg Press, start at 45kg total weight 2. Barbell Squats, start at 45kg total weight 3. Deadlifts, start at 45kg total weight 4. Front squats, start at 40kg total weight <p>Basic sets, 3 sets of 6-8 reps. Weight can increase if Blossom is comfortable.</p> <p>Power training - Plyometrics/Resisted Speed, 25 minutes, 9-10RPE.</p> <ol style="list-style-type: none"> 1. Hill/Incline sprints 2. Prowler (push prowler across studio) 3. Broad jumps 4. Box jumps 5. Squat jumps <p>Complete 10 of each activity, with 45 seconds rest between each activity</p> <p><u>Cool down</u> - Cardio cool down - 5 minutes on exercise bike, starting at an RPE of 7 and working down to RPE 3.</p> <p>5-10 minutes of static stretching, including standing quad stretch, standing hamstring stretch, and prone glute stretch. Hold positions for 30 seconds each side.</p>
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	<p>chest stretch. Hold positions for 30 seconds each side.</p>	
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Explanation of the choices that I made in the exercise programme

For Blossom, I decided to make Monday a High Intensity Interval Training (HIIT) day, and Thursday would be to focus on power and weight training. This is because her goals are to develop body composition and develop power, and because she stated that she enjoyed interval training on her lifestyle questionnaire. The HIIT training will be a big help in improving her body composition, as the nature of HIIT means that she will be burning a lot of calories whilst also toning her muscles through many of the activities I have included. Within the HIIT I also decided to include some activities every week that will help further develop her power, such as box jumps and squat jumps.

For Thursday's I chose to focus on power and weight training. The power activities were a mixture of plyometrics and resisted speed activities. I chose these because they are the best methods of improving power, which is the area Blossom specified she would like to improve in her lifestyle questionnaire. She specifically asked to improve her leg power, so I made sure the power activities primarily focused on her

legs. As well as this, I made sure that the resistance training activities also primarily focused on developing her leg strength (e.g. squats). An increase in her leg strength will help her to develop even greater leg power.

Commented [A45]: Clear explanations provided for all of your training programme. You have identified clear reasons for choosing the relevant activities within the training programme.

How have I applied both the SPORT and FITT principles of training to this programme?

I applied both the SPORT and FITT principles of training to allow improvements in body composition and the development of power. In terms of the SPORT principles, my activities and training programme is very specific. I have clearly identified the types of training that should be completed, and have given good detail in activities. Progression is the next part of SPORT and I have ensured the training programme progresses every week. This is the key way in which improvements and development can occur. If Blossom did the same activities for the same duration and with the same weights each week, she would not develop or improve as much as she could. I have made sure the plan progresses. In the HIIT training, I added on an extra round each week - in week 1 she will complete 5 rounds however in week 4 she will complete 8 rounds. In the power training I have increased the weights each week, as well as adding extra power activities and altering the amount of reps I would like her to complete. This progression links to the overload principle, where the body adapts to the workload placed upon it; I am making sure this doesn't happen by constantly increasing and changing the workout. Reversibility should not come into effect for Blossom, however if she were to abandon the programme she would lose any improvements she had made. I believe the programme has avoided any tedium as it is varied and involves lots of different exercises and activities. I even tried to make the warm ups and cool downs different by doing different dynamic stretches and switching between CV equipment. Blossom stated that she finds running boring so I have kept the inclusion of it low, with just jogging on the spot in between HIIT exercises. I believe this would stop her being bored as the exercises would be varying things for her. She also stated that she finds spinning uncomfortable so we are not doing any - although she will be using the exercise bike for warm ups and cool downs, but this is only 5-10 minutes so I feel it will be okay.

I have been very clear with FITT principles - I have clearly identified the frequency, intensity, time and type for each activity. I have increased the intensities and times to allow improvement of body composition and development of power. For example, I increased the resistance training % of 1RM from 60-70 to 70-80 in week 3. This increase will help increase her strength and power. I have also increased the times to allow improvements. The HIIT and power activities increase in duration as the weeks progress, which will further increase her improvement and development.

Commented [A46]: Clear review of how you have integrated FITT into your training programme. You have shown a really good understanding of the impact that intensity can have on improving strength and power.

Task 4 PART B - Carry out and record a progress review with your client at the end of week 2.

Week Number	1
Date and location of fitness training session	14 th May 2018
Brief information about the training session e.g. location, training method	In school sports hall and gym. The session followed the plans set out.
What worked well within the session? Why?	<p>I worked really hard in this session. The activities were really intense and really challenged me throughout. I found some of the activities really hard, however this was in a good way as I was tired by the end of the activities.</p> <p>I really enjoyed the variety of exercises throughout this week. The sessions were varied and the exercises across the two sessions were really different and made my sessions really interesting.</p>
What would you change about this fitness session? Why?	<p>The length of each activity was far too long for me. I would have preferred to do more activities but work for a shorter period of time. The reason for this is that I couldn't complete each exercise for the right length of time as I wasn't fit enough.</p> <p>I was quite tired after the cardio in the warm ups. This really affected me when I was doing the resistance training and a log of leg based activities. I would possibly shorten the warm up by a little bit so that I was not too tired when taking part in the main activities.</p>

Commented [A47]: Learner created an excellent template for the client to complete at the end of each session. This shows excellent reflection and is an essential part of being an effective fitness consultant.

Using the review, the learner assessed progress and made any relevant changes to weeks 3 and 4

Commented [A48]: Good template generated for your review with Blossom – it enabled you to get feedback off Blossom about the important parts of the training programme.

Week Number	2
Date and location of fitness training session	21 st May 2018
Brief information about the training session e.g. location, training method	For this session we went to the local sports centre and used some of their different equipment.
What worked well within the session? Why?	<p>I continued to enjoy this session. I felt a bit fitter already this week. My favourite activity this week was the burpees onto a crash mat as it didn't really feel like exercise as it was really fun. I also enjoyed trying the new exercises such as the farms walk and Russian twists.</p> <p>Much like week 1, I really enjoyed the power based session in which I was doing different activities. Again, it didn't really feel like training.</p>
What would you change about this fitness session? Why?	<p>Much like week 1, there were some of the activities and exercises which were too long in length and the weight I was lifting was too high by the end of the activity. I would still prefer to do slightly shorter activities as by the end of the session my technique really wasn't very good and if I was to continue I think I could hurt myself.</p>

Task 4 PART C - Make changes to week 3 and week 4 of your client's health and fitness programme, explaining the changes that you make.

Commented [A49]: Learner made excellent observations following the clients weekly analysis, an accurate redesigning of the session programme was developed

<p>Week 3</p> <p><u>Warm up</u> - Dynamic stretches including knees to chest, high kicks and lunges. 20 reps of each including 10 reps on each leg.</p> <p>Cardio warm up of <u>7 minutes</u> on cross trainer starting at an RPE of 3 and working up to RPE 7</p> <p><u>Main activity</u> High Intensity Interval Training for <u>25 minutes</u> at 9-10 RPE. Intervals to consist of 7 Rounds — <u>15 seconds</u> low intensity: <u>15 seconds</u> high intensity — <u>25 Minutes</u> Total</p> <p>Low — Jog High — Mountain Climbers Low — Jog High — Squat press (use a light bar, perhaps 10kg) Low — Jog High — Squat jumps Low — Jog High — Squat thrusts Low — Jog High — Sit ups Low — Jog High — Burpees</p> <p>Rest <u>40 seconds</u> between rounds. "jog" will be jogging on the spot</p> <p><u>Cool down</u> - Cardio cool down - 5 minutes on exercise bike, starting at an RPE of 7 and working down to RPE 3.</p> <p>5-10 minutes of static stretching, including standing quad stretch,</p>	<p><u>Warm up</u> - Dynamic stretches including knees to chest, high kicks and lunges. 20 reps of each including 10 reps on each leg.</p> <p>Cardio warm up of <u>7 minutes</u> on exercise bike starting at an RPE of 3 and working up to RPE 7</p> <p><u>Main activity</u> Resistance training - 20 minutes, 70-80% 1RM</p> <ol style="list-style-type: none"> 5. Leg Press, start at <u>25kg</u> total weight 6. Barbell Squats, start at <u>25kg</u> total weight 7. Deadlifts, start at <u>25kg</u> total weight 8. Front squats, start at <u>20kg</u> total weight <p>Basic sets, 3 sets of 6-8 reps. Weight can increase if Blossom is comfortable.</p> <p>Power training - Plyometrics/Resisted Speed, <u>15 minutes</u>, 9-10RPE.</p> <ol style="list-style-type: none"> 5. Hill/Incline sprints 6. Prowler (push prowler across studio) 7. Broad jumps 8. Box jumps <p>Complete 10 of each activity, with 45 seconds rest between each activity</p> <p><u>Cool down</u> - Cardio cool down - 5 minutes on cross trainer, starting at an RPE of 7 and working down to RPE 3.</p> <p>5-10 minutes of static stretching, including standing quad stretch, standing hamstring stretch, and prone glute stretch. Hold positions for 30 seconds each side.</p>
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Commented [A50]: Good decision to highlight the changes that you made in your programme. This made it clear and easy to understand what had changed.

	<p>standing hamstring stretch, prone glue stretch, biceps and chest stretch. Hold positions for 30 seconds each side.</p>	
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SAMPLE

Week 4	<p><u>Warm up</u> - Dynamic stretches including leg swings, side bends and half squats. 20 reps of each including 10 reps on each side where appropriate.</p> <p>Cardio warm up of <u>8 minutes</u> on exercise bike starting at an RPE of 3 and working up to RPE 7.</p> <p><u>Main activity</u> High Intensity Interval Training for <u>25 minutes</u> at 9-10 RPE. Intervals to consist of 8 Rounds — <u>20 seconds</u> low intensity: <u>20 seconds</u> high intensity — <u>30 Minutes</u> Total</p> <p>Low — Jog High — Mountain Climbers Low — Jog High — Box jumps Low — Jog High — Kettlebell swings Low — Jog High — Farmers walk, 12kg kettlebell on each arm Low — Jog High — Russian twists with 5kg weight Low — Jog High — Burpees on a crash mat</p> <p>Rest <u>45 seconds</u> minute between rounds. "Jog" will be jogging on the spot</p> <p><u>Cool down</u> - Cardio cool down - 5 minutes on cross trainer, starting at RPE 7 and working down to RPE 3.</p> <p>5-10 minutes of static stretching, including prone quad stretch, prone hamstring stretch, prone glute stretch, standing abdominal stretch, biceps and</p>	<p><u>Warm up</u> - Dynamic stretches including knees to chest, high kicks and lunges. 20 reps of each including 10 reps on each leg.</p> <p>Cardio warm up of <u>8 minutes</u> on cross trainer starting at an RPE of 3 and working up to RPE 7</p> <p><u>Main activity</u> Resistance training - 20 minutes, 70-80% 1RM</p> <ol style="list-style-type: none"> 5. Leg Press, start at <u>35kg</u> total weight 6. Barbell Squats, start at <u>35kg</u> total weight 7. Deadlifts, start at <u>35kg</u> total weight 8. Front squats, start at <u>40kg</u> total weight <p>Basic sets, 3 sets of 6-8 reps. Weight can increase if Blossom is comfortable.</p> <p>Power training - Plyometrics/Resisted Speed, <u>20 minutes</u>, 9-10RPE.</p> <ol style="list-style-type: none"> 6. Hill/Incline sprints 7. Prowler (push prowler across studio) 8. Broad jumps 9. Box jumps 10. Squat jumps <p>Complete 10 of each activity, with 45 seconds rest between each activity</p> <p><u>Cool down</u> - Cardio cool down - 5 minutes on exercise bike, starting at an RPE of 7 and working down to RPE 3.</p> <p>5-10 minutes of static stretching, including standing quad stretch, standing hamstring stretch, and prone glute stretch. Hold positions for 30 seconds each side.</p>
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Commented [A51]: Really suitable changes made to the exercise programme. You have taken on board the feedback from Blossom and made some suitable changes throughout.

	<p>chest stretch. Hold positions for 30 seconds each side.</p>	
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Explaining the changes I made to the health and fitness programme

Following the feedback that I received from Blossom after she had completed weeks 1 and 2 of the exercise programme, I have amended timings and weights within her exercise programme. She identified that she really enjoyed the different elements of the training programme and enjoyed the variety of exercises that were provided. I have provided my changes in the programme identified on the previous pages and highlighted the changes made.

I have amended the timings of both the warm ups and the main activities. I have done this because she identified that she felt that the warm up was too long and was using up too much of her energy before she had started the main programme. I didn't want to shorten the warm up too much as otherwise it would not have the desired effect. I have shorted the main activities slightly each time. The reason for

Commented [A52]: Excellent justification given
 Band 3 - Learners critically analyse and evaluate selected health and fitness data and information, systematically judging and reaching relevant and valid conclusions

this was when all of these timings are added up, Blossom will still be exercising for a suitable period of time and the intensity of the exercise will help to improve her body composition. Additionally, for the second session of each week, I have amended the timings of warm up and the main activity. This has been done for a similar reason, to allow Blossom long enough to train in order for an improvement to take place.

The second main bit of feedback received from Blossom was that the weights she was lifting felt a bit too much, especially as the session progressed. For each of the weeks, I have lowered the weight that I have suggested she lift. This is still a challenging weight which will have the desired effect to help increase Blossom's power as well as contribute to a range of other fitness benefits.

Commented [A53]: Well-structured response and the rationale provided was very clear. Your reasons for change were suitable and these changes should help to improve the training programme for Blossom.

Task 4 PART D - Re-test, record and assess your client's levels of fitness for body composition and power. Draw conclusions about the effectiveness of the health and fitness programme.

Commented [A54]: Learner set up the tests independently and conducted the tests following the correct protocol. Measuring was accurate and recorded. Results were shared with the client in a professional manner

Post health and fitness programme test results

	Power - Vertical Jump		Body Composition - BMI	
	Test Result	Comparison to normative data	Test Result	Comparison to normative data
Test 1	27 cm	Below average		
Test 2	28 cm	Below average		
Test 3	28 cm	Below average		
Average Result	28 cm	Below average	0.86	High Risk

The health and fitness programme has been very effective at improving the power of my client in such a short period of time. Their overall score on the vertical jump test has increased by 4cm which is very good within a 4 week period. This suggests that the health and fitness programme had a positive impact on the power within legs of my client. This will link back to the activities included in the training programme such as the broad jumps, prowler and the various other activities provided within the power based sessions. I think these will have improved their power because of the reasons identified in Task 1. These activities all involve explosive movements which help to increase the speed and strength of the muscles within the legs.

Commented [A55]: Accurate assessment of the fitness test results and clear links made to the training programme. This demonstrates a very good understanding of fitness components and how these can be improved via a training programme.

The health and fitness programme has also been very effective at improving the body composition of my client. Her waist to hip ratio at the start of the programme was 0.88. Following the 4 week programme, it is now 0.86, showing a reduction of 0.02. Whilst both of these scores remain in the same category, there has been a significant improvement in the 4 week period and I am sure that if the exercise programme would continue, my client would continue to improve her body composition and achieve her SMART target of being a healthy weight. This suggests that the health and fitness programme had a positive impact on her body composition. This will link back to the activities

included in the training programme such as the cardio within each of the warm ups as well as the main activity which focussed on Blossom taking part in high intensity interval training.

I think these will have contributed to improving Blossom's body composition as she was regularly taking part in high intensity exercise which require her body to use a high amount of calories throughout the training sessions. Depending on Blossom's calorie intake, this will lead to a calorie imbalance in which the body then starts to use stored body fat as an energy source, therefore leading to a reduction in body fat. Additionally, these activities will help to tone up different parts of Blossom's body, improving the composition of her body and hopefully replacing some of her body fat with muscle, however this will take a longer period of time for this to occur.

SAMPLE

Task 5

Level 1/2 Technical Award in Health and Fitness

Unit 02: Internal Synoptic Project - Learner Log

This learner log should be completed to record your approach to tasks 1–4 of the synoptic project.

It will be used as part of the overall evaluation in Task 5 of the full synoptic project.

All of the work you submit **must** be your own. Please complete the details below clearly and in BLOCK CAPITALS.

Learner name Candidate A

Centre name NCFE Academy

Centre number Learner number

Learner signature Candidate A

Commented [A56]: Task 5 completed as a learner log throughout the project. Learner completed this well and independently.

Band 3 - Learners manage the project, including preparation and planning of a wide range of project stages, time frames and resources.

Learners evaluate a range of their approaches, skills and accomplishments.

Project Management				
Task Number	Preparation carried out:	Resources required:	Time needed:	Progress Log:
1	Research of different components of fitness	Books, computers, ipads	2 hours	Lots of websites but found some really useful information. Books were my preference, but not enough books in the class to share around.
	Researched the different components of SPORT / FITT	Books, computers, ipads	2 hours	Useful information about SPORT / FITT and what impact they can have on the success of a fitness training programme.
	Participation in different training methods	Various fitness training equipment, gym, sports hall	4 hours	Took part in lots of different training methods. Really enjoyed some of the training methods and found them really interested. Learnt lots of things to take into my health and fitness project.
2	Researched different lifestyle questionnaire and PAR-Q templates	Computers, ipads, visited gyms	4 hours	Realised there were lots of different things included in a lifestyle questionnaire. Found 5 different PAR-Q templates for me to create my own.
	Had to develop my own lifestyle questionnaire and I chose to create my own PAR-Q template	Computers	6 hours	Had lots of problems creating my templates. Lifestyle questionnaire was very fiddly and took a long time to create.
3	Research and participation within different	Books, computers and ipads. Various	5 hours	Fitness testing was really interesting. Got to test the different components of

Commented [A57]: Accurate log of your progress through this assessment. I really like the honest bits and hearing the things that you enjoyed.

Commented [A58]: Nice and honest again – I am sure you will learn from this in future.

	<p>fitness tests for each component of fitness</p> <p>Researched different types of fitness test for body composition and power</p>	<p>fitness testing equipment; cones, stopwatch, chalk, medicine balls</p> <p>ipads, books, fitness equipment</p>	<p>3 hours</p>	<p>fitness and compared my performance with that of others in my class and people in different sports. Researched a range of fitness tests but found 2 which were appropriate for my client to complete.</p>
4	<p>Developing a template for my H&F programme and developed a range of activities for my client to do</p>	<p>Fitness magazines, sports equipment, computer</p>	<p>8 hours</p>	<p>This took a lot longer than I thought but it was really useful in the end. I learnt lots about different exercises and what components of fitness these can test.</p>

Commented [A59]: Good range of materials used to help you with this task. Fitness Magazines are usually the best resource for this bit – they are full of great ideas.

Project Review	
<p>What went well and why?</p>	<p>Within this project, I think a lot of things have gone well. First of all I have really developed and improvement my knowledge of health and fitness. I have learnt a lot more about each component of fitness, how it relates to health and fitness as well as sport and the different ways to test each component. I really enjoyed researching this information on both computers and books.</p> <p>My preference has been to research in books. I prefer this as the internet at times can be quite confusing as there is so much information out there and at times it contradicted each other. When using the textbooks, I found this to be really clear and easy to understand.</p> <p>I really enjoyed working with my client throughout this project. This helped to make the project seem more real and I had to be more prepared as I was working with someone who wasn't my classmate. Because of this, I think that I developed a lot of skills such as my confidence and communication. I had to develop my confidence as I was working with someone I didn't know and I had to ask them questions about their lifestyle. In addition to this, I had to develop a programme and take them through this health and fitness programme. If I didn't have confidence I would not have been able to do this.</p> <p>This is the same for communication, I had to communicate with them throughout the programme and I have noticed that my communication skills have improved. For example, I have improved my ability to communicate both verbally and non-verbally. My verbal communication has improved as I had to speak slower and clearer in order to make sure that my client could understand what I was asking them. When delivering the health and fitness programme, I had to develop my non-verbal communication skills by demonstrating different activities for them to complete.</p> <p>I also think that the programme as a whole went well. I had to plan and deliver a 4 week health and fitness programme to a client that I hadn't worked with before. This went well in a range of ways. Firstly, the fitness test results improved in comparison to before the health and fitness programme. This is really good as it meant that my client had improved both her power and body composition because of the health and fitness programme that I created. I think this worked so well because I did a detailed lifestyle questionnaire which allowed me to understand a lot of information about my client. I then created a plan that I knew she would like because it contained a lot of activities that she told me she wanted to do.</p>

Commented [A60]: Good honest review throughout. You have identified a range of things that went really well.

Commented [A61]: Good, this is often the part where you can develop a lot of the skills you wouldn't in a classroom and this will help you when you look to progress into a job!

	<p>Secondly, I had to research and develop a lifestyle questionnaire and a PAR-Q. Because of the amount of research I did, I was able to produce a detailed lifestyle questionnaire, which in turn helped me find out a lot of information about my client. If I hadn't done this, I don't think that my health and fitness programme would have been as good and in turn, my client would not have enjoyed the health and fitness programme as much as she did.</p> <p>I felt that I managed to stick to all of my deadlines really well. For each task, I made a spider diagram in which I planned out all of the key elements that needed to be included if I was to hit the deadline on time. This worked well as it helped me to plan out exactly what was needed. I then used this as a tool to check that everything was included when I thought I had finished the task. This worked well as once or twice I had missed bits out, and this flagged those up for me to include in my work.</p>
<p>What changes would you make and how would these changes improve the outcome of the tasks if you were to do the project again?</p>	<p>If I was to do the project again, I would speak to my teachers and try and get some more textbooks / magazines available for me and my classmates at the planning stage. Alternatively, I would try and buy a few magazines to help me if the school couldn't provide any. I would do this so that I had more information available to me to help me know more about fitness training methods and exercises that could be completed. This would then help my programme have more variety and be more interesting for my client.</p> <p>I would also look to develop a health and fitness programme which didn't rely on equipment. This is because my school didn't have too much equipment and other students were doing the same activities at the same time. If I changed my plan, or had a few alternative exercises each time, this would help my client to achieve her goals better. I would also take into consideration the information about timings and intensities to make sure I planned activities that were suitable for my client.</p> <p>The last thing I would improve would be around my time management. As I have mentioned above, I didn't read the full task for LO4 properly and didn't realise all of the different elements that had to be completed. This led to me being a bit disorganised and rushing to complete both this project and some work for some of my other subjects. If I was to complete the project again, I would make sure that I read all tasks in full so that I know what the expectations are. I would also make a plan for my time, taking into consideration the other subjects that I study too. This would help me to be more organised and spend as much time as needed across ALL of my subjects so that I can achieve the best grade possible in each of the subjects that I study.</p>

Commented [A62]: Agree with this – the internet can be a confusing place with lots of contrasting information. Good books/magazines often have the most accurate information in and are the best starting point.

Assessor Feedback to Learner – **Task 1**

Commented [A63]: Band 3

Learner Name	Candidate A	Qualification No & Name	NCFE Level 1/2 Technical Award in Health and Fitness
Assessor Name	Assessor A	Task(s)	Task 1
Please list the tasks and assessment objectives which were achieved			
<p>You are required to:</p> <ul style="list-style-type: none"> demonstrate your understanding of what is meant by body composition and power show how you would apply the principles of overload and tedium to a health and fitness programme explain, with reference to different methods of training and the principles of FITT, how: <ul style="list-style-type: none"> body composition could be improved power could be developed. 			
Feedback from Assessor to Learner			
<p>Well done Candidate A. You have produced an assessment which meets all of the assessment objectives. You have provided a clear explanation of what is meant by body composition and power, providing examples within these.</p> <p>You have produced a very detailed assessment in which you have accurately applied the principles of overload and tedium to a health and fitness programme. You have talked in depth about each of these principles of training and accurately linked these to the health and fitness programme. Throughout all three tasks, you have provided a very detailed response, providing a good range of examples and describing these clearly. Your analysis and evaluation was completed in an insightful and accurate way.</p>			
Comments from Learner			
<p>I really enjoyed this task. Researching the different components of fitness and the training methods that could be applied was something I had never done before. I enjoyed taking part in the different sessions where we looked at the training methods.</p>			
Has the learner achieved or not yet achieved?		Achieved	

Any further actions? (Please initial and date once actions have been completed)

In future assessments, where you use additional sources to help you with your work, you may wish to consider including a bibliography (see me if you want more information) as this will help prepare you for study at Level 3.

Learner Signature	<i>Candidate A</i>	Date	May 2018
Assessor Signature	<i>Assessor A</i>	Date	May 2018

SAMPLE

External Quality Assurer commentary**Task 1****Band awarded for this assessment criterion – Band 3****Justification for the awarded grade:**

The learner has produced a written report in which there is a clear definition of both components of fitness. Each component has been explained thoroughly and accurately. Examples of how each component relates to participation within sport are provided and these are accurate. Information provided as to how principles of overload and tedium could be applied to a health and fitness programme were wholly accurate and detailed throughout. The learner then provided a detailed explanation of how body composition and power could be developed via a health and fitness programme.

Clear examples were provided throughout and examples were described clearly.

Explain what would be 'missing' for this work to have been a:**Level 2 Pass**

For a Pass to be awarded, the work from the learner would have been missing some of the more in-depth information. Descriptions of components of fitness would have been lacking in specific detail and the sporting example would have been less developed.

When looking at the principles of tedium and overload these descriptions would have been accurate, however they would have lacked some of the specific detail and understanding. Descriptions would have been quite vague and some limited examples would have been provided.

OR**Level 1 Merit**

For a Level 1 Merit to be awarded, the work from the learner would have been briefer throughout. When defining the components of fitness, the response would have been very brief and not extended upon. Sporting example would have been more basic.

The learner would have provided an understanding of what is meant by the principles of tedium and overload, however the application to a health and fitness programme would have been very basic.

The learner would have identified some training methods which would help to train/improve body composition and power, however these would have been relatively brief and little reasoning would have been provided.

Assessor Feedback to Learner – Task 2

Commented [A64]: Band 3

Learner Name	Candidate A	Qualification No & Name	NCFE Level 1/2 Technical Award in Health and Fitness
Assessor Name	Assessor A	Task(s)	Task 2
Please list the tasks and assessment objectives which were achieved			
<p>You are required to:</p> <ul style="list-style-type: none"> • create, administer and analyse a lifestyle questionnaire to suggest ways in which your client's lifestyle could be improved • administer and analyse a PAR-Q to evaluate your client's readiness to perform health and fitness activities. The PAR-Q could be one that you have been given or one that you have sourced. • set SMART goals for your client. 			
Feedback from Assessor to Learner			
<p>Well done Candidate A. You have developed some really useful documents in the form of a lifestyle questionnaire and a PAR-Q and administered these appropriately with your client.</p> <p>You have accurately reviewed the responses of your client and suggested a range of appropriate ways in which their lifestyle could be improved. In addition to this, your have accurately reviewed the PAR-Q and appropriately evaluated your clients readiness to participate in health and fitness activities. You demonstrated a clear understanding of what you would do if some of the responses were identified as 'YES'.</p> <p>Finally, you have used all of the information you gathered to set 2 completely appropriate and highly detailed SMART targets for your client.</p>			
Comments from Learner			
<p>At first, I was really nervous when I was going to work with my client, however I grew in confidence as soon as I met her. I enjoyed making my own lifestyle questionnaire but I found it hard to not ask too many questions. The answers that I got from my client were really good and these made the analysis bit really easy.</p>			
Has the learner achieved or not yet achieved?		Achieved	

Any further actions? (Please initial and date once actions have been completed)

In future assessments, where you use additional sources to help you with your work, you may wish to consider including a bibliography (see me if you want more information) as this will help prepare you for study at Level 3.

Learner Signature	<i>Candidate A</i>	Date	May 2018
Assessor Signature	<i>Assessor A</i>	Date	May 2018

SAMPLE

External Quality Assurer commentary**Assessment Task 2****Band awarded for this assessment criterion – Band 3****Justification for the awarded grade:**

The learner provided a wide range of evidence to meet this assessment objective. The learner has developed a fully functional lifestyle questionnaire which has provided information about all components of their client's lifestyle (diet, physical activity, stress, occupation, likes and dislikes and goals). This has been completed fully by their client and the results have been thoroughly analysed to identify 2 appropriate suggestions to improve the lifestyle of their client. These were described fully and the suggestions made were completely appropriate as these were realistic and tied in with the responses across a range of the different questions in the lifestyle questionnaire.

A PAR-Q has been developed following research of different forms/templates currently used within the industry. The client has completed the document appropriately and this has been thoroughly evaluated by the learner. The learner has described the rationale for this clearly and also identified what they would do if some concerns were present from the PAR-Q.

The learner has developed some appropriate SMART targets based on the information provided by the client in the lifestyle questionnaire, taking into consideration any elements in the PAR-Q which could have influenced these. Targets have been set using the SMART principles and the targets that have been set are realistic and appropriate for the client. The learner has also provided detailed and accurate reasoning as to why the SMART targets are appropriate for their client.

Please then explain what would be 'missing' for this work to have been a:**Level 2 Pass**

When developing the lifestyle questionnaire, some elements provided for the Distinction would have been missing. The questionnaire may not have targeted all elements of lifestyle, or questions may have only gathered some more of the basic information about an individual's lifestyle.

When reviewing the lifestyle questionnaire, the learner may have picked up on some of the information provided but may have missed other areas which could have been explored further. Suggestions to improve lifestyle have been identified, however detail would have been lacking in the reasoning.

PAR-Q data has been analysed reasonably well, in which the learner accurately identified whether the client is appropriate for exercise. However, some elements in the PAR-Q have not been identified by the learner and descriptions are lacking some of the specific detail.

SMART goals have been set and these are mostly accurate, meaning that the targets are relatively realistic for the client to try and achieve. Detailed reasoning for the SMART goals was lacking.

OR

Level 1 Merit

The learner would have developed a lifestyle questionnaire which would ask questions around some elements of an individual's lifestyle. Not all elements of a healthy lifestyle would be included. The learner would have reviewed the questionnaire and highlighted some very brief areas which the client should focus on. Not all aspects in the questionnaire would have been analysed and included. Descriptions provided would be very brief.

The learner would have provided a very brief analysis of the information in the PAR-Q and provided a brief evaluation of the client's readiness to exercise. No reasoning was provided.

The learner has developed some SMART goals which are appropriate and relevant to the client, however these are lacking specific detail when setting the goals eg to increase power in the legs. No reasoning has been provided for the selection of each SMART goal.

SAMPLE

Assessor Feedback to Learner – Task 3

Commented [A65]: Band 3

Learner Name	<i>Candidate A</i>	Qualification No & Name	<i>NCFE Level 1/2 Technical Award in Health and Fitness</i>
Assessor Name	<i>Assessor A</i>	Task(s)	<i>Task 3</i>
Please list the tasks and assessment objectives which were achieved			
<p>You are required to:</p> <ul style="list-style-type: none"> • explore the different ways that body composition and power can be appropriately tested • carry out and record results for one fitness test for body composition and one fitness test for power with your client • assess your client's results. 			
Feedback from Assessor to Learner			
<p>Well done Candidate A. You have provided a really good assessment which has achieved a L2 Distinction. Your descriptions of how the two components could be tested were very clear. You talked in depth about each test, outlining how it should be done. You have identified and completed some appropriate fitness tests to determine a clear starting point for your client.</p> <p>Upon completion of the tests, you have accurately assessed the results of your client, linked these to normative data well and make some appropriate conclusions and links to the lifestyle questionnaire.</p>			
Comments from Learner			
<p>I enjoyed taking part in the different fitness tests and found this part really interesting. This helped me to reflect on my own sports performance and look at how different components of fitness could be tested accurately.</p>			
Has the learner achieved or not yet achieved?	Achieved		
Any further actions? (Please initial and date once actions have been completed)			
<p>In future assessments, where you use additional sources to help you with your work, you may wish to consider including a bibliography (see me if you want more information) as this will help prepare you for study at Level 3.</p>			
Learner Signature	<i>Candidate A</i>	Date	<i>May 2018</i>
Assessor Signature	<i>Assessor A</i>	Date	<i>May 2018</i>

External Quality Assurer commentary

Task 3

Band awarded for this assessment criterion – Band 3

Justification for the awarded grade:

The learner has provided two different fitness tests for each component of fitness and described the process for these thoroughly. The learner has provided a clear explanation as to the purpose of each test and how it relates to the relevant component of fitness.

The learner has selected an appropriate fitness test for each component of fitness and tested the client appropriately. All results have been accurately recorded and interpreted in relation to normative data. A thorough understanding has been provided when assessing the results and clear links have been made to information in the lifestyle questionnaire.

Please then explain what would be 'missing' for this work to have been a:

Level 2 Pass

2 x fitness tests for each component would have been identified, however, the description of the method and purpose of each test would have been in less detail.

The learner has selected an appropriate fitness test for each component of fitness and tested the client appropriately. All results have been accurately recorded and interpreted in relation to normative data. When assessing the results, clear links have been made to information in the lifestyle questionnaire and some accurate conclusions have been drawn.

OR

Level 1 Merit

Fitness tests would have been outlined as opposed to described, where learners would have identified an appropriate test and some limited information about this test.

The learner has selected an appropriate fitness test for each component of fitness and tested the client appropriately. All results have been accurately recorded and interpreted in relation to normative data. Very little link has been made to the information gathered within the lifestyle questionnaire.

Assessor Feedback to Learner – Task 4

Commented [A66]: Band 3

Learner Name	Candidate A	Qualification No & Name	NCFE Level 1/2 Technical Award in Health and Fitness
Assessor Name	Assessor A	Task(s)	Task 4
Please list the tasks and assessment objectives which were achieved			
<p>You are required to:</p> <ul style="list-style-type: none"> design a 4-week health and fitness programme for your client, explaining the choices that you make give your client the health and fitness programme and ask them to complete week 1 and week 2 carry out and record a progress review with your client at the end of week 2 make changes to week 3 and week 4 of your clients health and fitness programme, explaining the changes that you make give your client the updated version of the health and fitness programme and ask them to complete week 3 and week 4. <p>You will not be assessed on your client's ability to complete the programme or be required to attend the training sessions that you have planned.</p> <p>At the end of the 4-week health and fitness programme, you are required to:</p> <ul style="list-style-type: none"> re-test, record and assess your client's levels of fitness for body composition and power draw conclusions about the effectiveness of the health and fitness programme. 			
Feedback from Assessor to Learner			
<p>Well done Candidate A. You have produced another really good assessment which has met the L2 Distinction criteria. Throughout this assessment, you have demonstrated and applied technical skills to complete a range of tasks relating to a health and fitness programme very effectively.</p> <p>You have worked very well with your client right through this unit and this has culminated in you developing an appropriate health and fitness programme which has had a positive impact on the health and fitness of your client.</p> <p>The health and fitness programme that you developed was very suitable for your client and you used the information in the lifestyle questionnaire to develop this. You then made appropriate changes based on the feedback from weeks 1 and 2.</p> <p>Finally, upon completion of the programme, you have reviewed the effectiveness of the programme accurately and gave clear reasoning as to why the improvements had occurred from the training programme that you had developed.</p>			

Comments from Learner	
This was the hardest assessment so far, however I have learnt so much when creating the fitness programme and then reviewing it again based on the feedback from Blossom. This part was really rewarding and I am not really interested in progressing to a career in this industry and I loved the feeling of helping someone, and seeing the results after the programme.	
Has the learner achieved or not yet achieved?	Achieved

Any further actions? (Please initial and date once actions have been completed)			
None			
Learner Signature	<i>Candidate A</i>	Date	May 2018
Assessor Signature	<i>Assessor A</i>	Date	May 2018

External Quality Assurer commentary**Task 4****Band awarded for this assessment criterion – Band 3****Justification for the awarded grade:**

A level 2 Distinction has been awarded for this assessment objective due to the high quality work produced by the learner. In order to achieve this grade, the learner had to undertake fitness tests before and after the health and fitness programme. Following completion of the initial fitness tests, the learner produced an appropriate 4 week health and fitness programme. They worked with the client to complete 2 weeks of the programme and completed an in depth review of the programme. Necessary amendments were made to the programme and then the client completed weeks 3 and 4 of the programme. Upon completion of the programme, the learner re-tested the client to determine if any progress had been made.

Following all of the above, the learner then provided a summative report, outlining the start and end points of the client and provided a clear rationale as to why the relevant improvements had been made in relation to the health and fitness programme.

When conducting the fitness tests, the learner carried these out with accuracy throughout. The results were recorded appropriately in a tabular format using the correct measurements. The learner also identified that it was appropriate to conduct the vertical jump test 3 times to gain an average. The learner then accurately reviewed the results against normative data (taking into consideration the client's age/gender), referencing the source of the normative data.

The learner has produced a highly detailed and appropriate health and fitness programme for their client, taking into consideration all of the information obtained so far within the unit. This took into consideration information from the PAR-Q, lifestyle questionnaire and SMART targets and was highly appropriate for their client. A detailed summative explanation of the selected training methods was provided, and these were clearly linked to improving the body composition and power of the client.

The success of weeks 1 and 2 was reviewed in a detailed manner, documenting this on an appropriate template. The learner used the information provided by the client to improve the programme appropriately by reducing the intensity of the sessions and changing some of the activities.

Upon completion of the health and fitness programme and the post programme fitness tests, the learner has provided an accurate and detailed conclusion to summarise the effectiveness of the health and fitness programme. They have also identified future areas of focus for the client and ways in which the SMART targets could be achieved.

Please then explain what would be 'missing' for this work to have been a:

Level 2 Pass

When developing the health and fitness programme, some elements provided for the distinction would have been missing. The learner would not have been consistent in their application of the FITT principles and detail was lacking throughout the plan. All activities would be suitable, however information such as intensities and timings may not have been as accurate. The description provided for the suitability of the training methods would have lacked the necessary specific detail and depth would be lacking. The programme would still have focussed on improving body composition and power.

When reviewing the success of weeks 1 and 2 of the health and fitness programme, this would have been recorded in a similar fashion, however more specific detail would have been missing. The learner would have accurately adapted the health and fitness programme based on the feedback provided, however elements of the FITT principles would be lacking. The explanation of these changes would be accurate, however more detailed reasoning would be lacking.

Upon completion of the health and fitness programme, the learner would have provided a suitable review of the programme as a whole. They would have summarised the progress made based on the fitness test results, and drawn some conclusions on the effectiveness of the health and fitness programme. Descriptions would be suitable, however these would be lacking in depth. These would link to the SMART targets and suggestions for future training would be provided.

OR

Level 1 Merit

Fitness tests would be completed and results recorded. The learner may have only completed each test once and the accuracy of the results would be limited.

The learner would have provided an outline health and fitness plan, with appropriate activities. However, detail would be lacking throughout the training programme and descriptions of activities would be brief. Some elements of the programme may be more appropriate than others, however learners will have produced an appropriate outline plan. A brief rationale would have been provided to give reasons for the choice of activities and their timings. Some activities would have a clear link to improving body composition and power.

Following the first 2 weeks of the programme, the learner would have reviewed the health and fitness programme and some elements which were appropriate. The review would be documented and some appropriate changes would have been made to the health and fitness programme with a brief explanation.

Upon completion of the health and fitness programme, the learner would have drawn some basic conclusions about the effectiveness of the health and fitness programme, with links made to the health and fitness tests and the SMART targets.

Assessor Feedback to Learner – Task 5

Commented [A67]: Band 3

Learner Name	<i>Candidate A</i>	Qualification No & Name	<i>NCFE Level 1/2 Technical Award in Health and Fitness</i>
Assessor Name	<i>Assessor A</i>	Task(s)	<i>Task 5</i>
Please list the tasks and assessment objectives which were achieved			
<p><i>For your own personal development it is important to be able to evaluate your own performance.</i></p> <p><i>using your completed learner log from tasks 1-4, carry out an evaluation of the project.</i></p> <p><i>You should make reference to the learner log where appropriate.</i></p>			
Feedback from Assessor to Learner			
<p><i>Well done Joe, you have provided a detailed and thorough review of your own performance throughout this project. You have accurately reflected on what you think went well and what you feel you could improve if you were to complete the project again. You have shown real maturity throughout the process and have developed a whole host of skills when working with your client. I have noticed a difference in your attitude towards others and it appears that the project has really helped to improve your confidence - well done!!</i></p>			
Comments from Learner			
<p><i>This part surprised me the most. I enjoyed reflecting on all of the things I have done to complete this unit and this has helped me to reflect on my own skills and think about what I would change if I was to do something like this again. I have lots of ideas now and can't wait to continue to study this subject further.</i></p>			
Has the learner achieved or not yet achieved?		Achieved	

Any further actions? (Please initial and date once actions have been completed)			
None			
Learner Signature	<i>Candidate A</i>	Date	<i>May 2018</i>
Assessor Signature	<i>Assessor A</i>	Date	<i>May 2018</i>

Marking Guide

/\ word missing	sp spelling	p punctuation	gr grammar
ex poor expression	T wrong tense	? meaning unclear	
Cp capital letter	// new paragraph	! not sure what this is—incoherent	

SAMPLE

External Quality Assurer commentary**Task 5****Band awarded for this assessment criterion – Band 3****Justification for the awarded grade:**

The learner has provided a thorough log which demonstrates what has been completed throughout the whole of the project. The project log was completed in detail and was accurate throughout.

The subsequent reflection provided a clear insight into what learner A felt went well and what learner A feels could be improved further. These elements were completed well; they were well structured, appropriate reasoning has been provided and it appears that a lot of thought has gone into completing this task. When reflecting on what could be improved further, learner A has provided some suitable suggestions and articulated these clearly.

Please then explain what would be 'missing' for this work to have been a:**Level 2 Pass**

The log and reflection would have been completed in full, however, some of the descriptions and reasoning would have been lacking in detail. There would have been elements the learner could have expanded upon further and areas which had some inaccuracies.

The reflection would have suggested a range of accurate elements that went well and some that could have been improved further, however some of the detailed reasoning would have been lacking.

OR**Level 1 Merit**

The log and reflection would have been completed in more of a brief manner with some errors throughout. The log would have been more of a bullet point list and would be lacking significant detail.

The reflection would have been more of an identification of what had worked well and what could be improved, however these would have been more vague and descriptions as to the reasons for these would have been lacking.

Overall Grade

Using the grading calculator on NCFE's website and the grades allocated the overall grade is below:

AO1 – Band 3

AO2 – Band 3

AO3 – Band 3

AO4 – Band 3

AO5 – Band 3

Overall grade = Level 2 Distinction