

Grading Guidance

This document contains guidance for teachers in marking the Unit 2 Assessment. Inside, you will find typical Pass, Merit and Distinction level responses for each Assessment criterion.

Work at Pass level is written in black.

Work at Merit level is written in red.

Work at Distinction level is written in blue.

Please note: these examples are to be used as guidance only, and responses indicated are broad suggestions of the type of response that may be given by learners at each level.

Health and Fitness Unit 2

1.1 Describe how each of the main food groups contributes to a healthy lifestyle		
PASS	MERIT	DISTINCTION
‘Learners will describe how each of the main food groups contribute to a healthy lifestyle’	‘Learners will describe in detail how each of the main food groups contribute to a healthy lifestyle’	‘Learners will comprehensively describe how each of the main food groups contribute to a healthy lifestyle’
<p>To achieve a Pass, the learner will describe how each of the main food groups contributes to a healthy lifestyle.</p> <p>Learner’s will mention carbohydrates, fats, proteins, dairy, fruits and vegetables and foods high in fat or sugar and may include examples for each, as well as a brief description of their contribution to a healthy diet.</p> <p>For example:</p> <ul style="list-style-type: none"> • “Starchy foods like bread and pasta are a source of carbohydrates which are great for a healthy lifestyle because they give us energy” • “Fruits and vegetables contribute to a healthy lifestyle because they provide fibre, minerals and vitamins which protect 	<p>To achieve a Merit, learners will cover areas required for a Pass, and will provide specific examples of each mentioned food group, discussing some of their functions, and problems caused by deficiency or excess.</p> <p>For example:</p> <ul style="list-style-type: none"> • “Starchy foods like bread, rice and pasta are a source of carbohydrates, these contribute to a healthy lifestyle because they give us energy and prevent us from feeling tired. However, eating too many starchy foods can lead to weight gain and even obesity, whereas too few can lead to feeling tired and lethargic” • “Fruits and vegetables like apples, spinach and oranges contribute to a healthy lifestyle by providing vitamins like vitamin C and vitamin A. Different 	<p>To achieve a Distinction, learners will cover areas required for a Pass and Merit, and will discuss the problems caused by excess and deficiency for all mentioned food groups. They will also show clear technical knowledge.</p> <p>For example:</p> <ul style="list-style-type: none"> • “Starchy foods like bread, rice, cereals and pasta should make up about a third of the food you eat. They provide a range of nutrients that we need in our diet, including fibre, calcium, iron and B vitamins. Wholegrain varieties of starchy foods, and potatoes when eaten with the skin on, are good sources of fibre. Fibre is indigestible, and helps food and other waste products move through the gut more easily. Fibre helps to keep our

<p>the body against disease”</p> <ul style="list-style-type: none"> • “Proteins, like meat or eggs contribute to a healthy lifestyle because they are needed for growth and repair” • “Dairy foods like milk are good sources of protein and also calcium” • “Fats and sugars provide a lot of energy, but should not be eaten in large amounts” 	<p>vitamins fulfil different functions, and they contribute towards normal immune function, which is vital to avoid getting ill”</p> <ul style="list-style-type: none"> • “Proteins, like meat, fish, pulses and eggs contribute to a healthy lifestyle because they are vital for growth and repair. Without enough proteins, you would be unable to recover after injury” • “Dairy foods like milk are good sources of protein, which is vital for growth and repair, and calcium, which helps with bone growth and repair. If you do not gain enough calcium your bones can become fragile and easily breakable” • “Saturated fats and refined sugars, such as those found in store-made cakes and biscuits, and processed meats like salami provide lots of energy and calories, but are very unhealthy, and can increase your risk of heart disease and obesity when eaten in large amounts.” 	<p>bowels healthy, and reduces the risk of colorectal cancer. It also makes us feel full, and so we are less likely to eat too much. These foods are very calorie-dense, and so it is important not to eat too many of them, as this can lead to weight gain”</p> <ul style="list-style-type: none"> • “Fruits and vegetables contain vitamins which protect against a range of diseases. Different vitamins protect against different diseases, so it is important to incorporate a big range into your diet. All vegetables provide vitamin C, folate, and potassium, however green leafy vegetables like spinach, kale and broccoli are particularly high in vitamin C. Fruits and vegetables are also a good source of fibre, which is vital for healthy digestion and helps to reduce your risk of colorectal cancer” • “Proteins like meat, fish, eggs, beans and other non-dairy sources like nuts, seeds and beans contain a diverse range of proteins. Eating a range of proteins is important because your body needs different proteins for different functions. For example hair, nails and outer layers of skin are made up of the protein keratin, and muscle tissue is made up of myosin, actin, myoglobin and a number of other proteins. Maintaining these structures is
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		<p>vital for a healthy lifestyle as without them we couldn't move!"</p> <ul style="list-style-type: none">• Milk, cheese and dairy foods are important in order to gain enough calcium, which is vital to build strong bones, and also for muscle contraction, including the heartbeat. Calcium also plays an important role in normal blood clotting. A lack of calcium can therefore lead to heart problems, and a condition called osteoporosis, where the bones are weak and fracture easily"• "Fats and sugars should be eaten in small amounts, however some can contribute to a healthy lifestyle. Unsaturated fats from vegetables, rapeseed, and olive oil and sunflower oil help to decrease 'bad' cholesterol, and reduce your risk of heart disease. On the other hand, saturated fats like those found in processed meats increase your 'bad' cholesterol, and can increase your risk of heart disease."
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1.2 Describe what is meant by a balanced diet		
PASS 'Learners will describe what is meant by a balanced diet'	MERIT 'Learners will describe in detail what is meant by a balanced diet'	DISTINCTION There is no Distinction criteria for this A.C.
<p>To achieve a Pass, the learner will describe what is meant by a balanced diet.</p> <p>For example:</p> <ul style="list-style-type: none"> • "A balanced diet is a diet that contains the Recommended Intake (RI) of different food groups" • "A balanced diet will contain all the nutrients, water and fibre that you need to be healthy, this will include carbohydrates (55%), fats (30%), proteins (15%)." 	<p>To achieve a Merit, the learner will cover areas required for a Pass, with more detailed comments about each food groups, and the consequences of not consuming a balanced diet.</p> <p>For example:</p> <ul style="list-style-type: none"> • "The Eatwell Plate indicates the RIs for carbohydrates (around 30%), fruits and vegetables (around 35%), dairy (around 10%), fats and oils (around 5%), as well as proteins (around 15%)" • "The Eatwell Plate also indicates how much water you should drink" • "Controlling your portions of each of these food groups helps ensure you don't gain or lose too much weight, and that you get all of the nutrients you need" • "Energy balance is the relationship between energy in, and energy out. If you 	N/A

	<p>consume more energy than you need, you will gain weight. Similarly, if you consume less energy than you use, you will lose weight”</p> <ul style="list-style-type: none">• “In humans, eating 3500 more calories than you need = 1 pound in weight gain”• “Overall, a balanced diet contains everything that you need to live a healthy and active life.”	
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Please note: the Eatwell Plate replaced the Eatwell Guide in 2016.

1.3 Describe how non-nutrients contribute to a healthy diet		
PASS	MERIT	DISTINCTION
'Learners will describe how non-nutrients contribute to a healthy diet'	'Learners will describe in detail how non-nutrients contribute to a healthy diet'	'Learners will comprehensively describe how non-nutrients contribute to a healthy diet'
<p>To achieve a Pass, learners will describe how non-nutrients contribute to a healthy diet.</p> <p>For example:</p> <ul style="list-style-type: none"> • "Non-nutrients are elements that are absorbed from food and have no specific nutritional value, but are required for a healthy diet" • "Water and fibre are important non-nutrients, and are needed for normal body functions including digestion." 	<p>To achieve a Merit, learners will cover areas required for a Pass, and will give specific examples of sources for each non-nutrient, as well as discussing their function. Some learners may also mention problems caused by deficiency or excess.</p> <p>For example:</p> <ul style="list-style-type: none"> • "Water is found in lots of foods, particularly in fruits and vegetables. Water is important to keep the body hydrated, as well as helping the body to absorb nutrients from food. Not getting enough water can leave you feeling dehydrated, and can also cause headaches and tiredness" • "Fibre is also found in lots of foods, including fruits and vegetables, and carbohydrates. Wholemeal carbohydrates such as brown bread or pasta contain more fibre. Fibre is really important for 	<p>To achieve a Distinction, learners will cover areas required for a Pass and Merit, and will discuss problems caused by excess and deficiency, and show clear technical knowledge.</p> <p>For example:</p> <ul style="list-style-type: none"> • "Water plays a critical role in your body, it allows digestion to take place in your intestines, and helps to regulate body temperature. Without water, we would be unable to absorb all of the nutrients that we need from our food, and so regardless of how healthy our diet was, we wouldn't be able to see the benefits. There is also evidence that drinking too much water can be quite damaging, as it can lead to low levels of certain nutrients in your blood, which can in turn lead to 'water intoxication'. It is recommended that we drink around 8 glasses of water per day"

	<p>healthy digestion, as it helps our body to digest food and remove waste. Not getting enough fibre can lead to constipation, and is a risk factor in some forms of cancer.”</p>	<ul style="list-style-type: none">• “Fibre is made up of the indigestible parts of plants, and plays a really important role in the body. As it is indigestible, it therefore helps to bulk out waste in the intestine, and decrease the transit time within the gut. This helps to reduce problems such as constipation, and even reduces your risk of colorectal cancer. Fibre also helps to slow the absorption of sugar from food into the bloodstream, which helps you to feel full and prevents you from eating too many snacks between meals. However, eating too much fibre can lead to bloating, abdominal pain, and even diarrhoea, which decreases your nutrient absorption.”• “Overall, getting the right amount of non-nutrients like water and fibre is very important in achieving a healthy diet.”
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2.1 Describe lifestyle disease related to lack of physical activity and poor diets		
PASS	MERIT	DISTINCTION
'Learners will describe lifestyle diseases related to lack of physical activity and poor diet'	'Learners will describe in detail lifestyle diseases related to lack of physical activity and poor diet'	'Learners will comprehensively describe lifestyle diseases related to lack of physical activity and poor diet'
<p>To achieve a Pass, the learner will discuss what is meant by 'lifestyle disease', and will provide an example of one caused by both lack of physical activity and poor diet.</p> <p>For example:</p> <ul style="list-style-type: none"> • "A lifestyle disease is one that can be reduced or prevented by living a healthier lifestyle, while if you lead an unhealthy lifestyle, you're more likely to suffer from the disease" • "For example, if you have a poor diet and consume too much saturated fat this could increase your risk of heart disease" • "If you do not do enough physical activity you may become obese, because you do not burn enough calories" 	<p>To achieve a Merit, the learner will do all that is required for a Pass, and will also include a clear explanation of HOW different factors contribute to a particular lifestyle disease.</p> <p>For example:</p> <ul style="list-style-type: none"> • "A lack of physical activity can contribute to the risk of obesity. This is because people are consuming too many calories but not doing enough exercise, leading to a positive energy balance and weight gain in large amounts" • "A poor diet can also contribute to developing heart disease such as high cholesterol and even heart attacks or strokes. This is because eating too much saturated fat can lead to blockages in arteries" • "Eating too much sugar can also 	<p>To achieve a Distinction, the learner will do all that is required for a Pass and Merit, and will also demonstrate a clear technical knowledge in their explanations of HOW and WHY a lack of activity or poor diet contributes to a particular lifestyle disease.</p> <p>For example:</p> <ul style="list-style-type: none"> • "Obesity is a problem caused by a positive energy balance, where too many calories are consumed, and too few are used. The body mass index (BMI) measure is used to measure whether a person is obese, and you are classed as such if your BMI is over 30. This is a big problem in western countries like the UK, where increasing consumption of sugary and processed food, and the replacement of activities like walking with driving, and playing sports with watching TV, has led

	<p>contribute to the development of Type 2 diabetes, because it can stop your body from regulating insulin properly”</p> <ul style="list-style-type: none"> • “A lack of fibre in your diet can contribute to particular kinds of cancer, for example not eating enough fibre is a risk factor in colorectal cancer.” 	<p>to more and more people developing this lifestyle disease”</p> <ul style="list-style-type: none"> • “Eating too much sugar in your diet can contribute to Type 2 diabetes, which takes place when a persons cells are not reacting to insulin, and so your blood sugar becomes far higher than it should be. Being diabetic is also a risk factor for other diseases, for example people with diabetes are five times more likely to suffer from disease or stroke” • “A lack of physical activity and a poor diet can also contribute to developing heart disease. If you consume too much saturated fat, this leads to the build up of fatty ‘plaques’ within arteries, which can block blood vessels and lead to strokes or heart attacks. A lack of physical activity can make this problem worse, as doing regular physical activity reduces your blood pressure and improves blood circulation” • “Overall, both physical activity and poor diet contribute to a range of lifestyle diseases, and often make one another worse.”
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Please note: there are a range of different lifestyle diseases that learners could discuss, including cancers, heart disease, stoke, diabetes and obesity. Here, we have provided a range of responses to illustrate the TYPES of answers that learners might give at each level.

2.2 Explain the effects of a long-term sedentary lifestyle on health and well-being		
PASS	MERIT	DISTINCTION
<p>'Learners will explain the effects of a long-term sedentary lifestyle on health and well-being'</p>	<p>'Learners will explain in detail the effects of a long-term sedentary lifestyle on health and well-being'</p>	<p>'Learners will comprehensively explain the effects of a long-term sedentary lifestyle on health and well-being'</p>
<p>To achieve a Pass, learners will explain what is meant by 'long-term sedentary lifestyle' and will give some examples of its impact on health and wellbeing.</p> <p>For example:</p> <ul style="list-style-type: none"> • "A sedentary lifestyle is a type of lifestyle where an individual doesn't receive regular amounts of physical activity" • "If you spend lots of time sitting or lying down, then you are at greater risk of lots of negative health impacts including weight gain and heart disease." 	<p>To achieve a Merit, learners will do all that is required for Pass, and will also provide more detail about HOW a long-term sedentary lifestyle affects health and wellbeing.</p> <p>For example:</p> <ul style="list-style-type: none"> • "One of the main effects of a sedentary lifestyle includes an increased risk of weight gain, because although people consume enough food, they do not burn off the energy they consume, and so gain weight" • "A sedentary lifestyle can also affect cardiovascular health and blood pressure, as a lack of exercise leads to poor circulation which is a contributing factor in heart disease, and can increase your risk of heart attack and stroke" • "Another affect of a sedentary lifestyle is 	<p>To achieve a Distinction, learners will do all that is required for a Pass and Merit, and will also provide clear detail about HOW and WHY a long-term sedentary lifestyle affects health and wellbeing, and will show clear technical knowledge. Learners will also discuss some social and psychological affects.</p> <p>For example:</p> <ul style="list-style-type: none"> • "One of the main effects of a sedentary lifestyle includes an increased risk of weight gain and obesity, due to the creation of a positive energy balance whereby people consume enough food, but do not burn enough energy off through exercise. Over long periods of time, eating just 3500 over the recommended daily amount will lead to 1 pound in weight gain, so it is clear how a

	<p>muscle degeneration, because muscles are not being used. This can lead to muscular pain and aches, particularly neck and joint pain.”</p>	<p>sedentary lifestyle could contribute to a significant weight gain over fairly short periods of time”</p> <ul style="list-style-type: none"> • “A sedentary lifestyle can decrease cardiovascular health in a number of ways. Firstly, not getting enough cardiovascular exercise leads to high blood pressure, and can also affect circulation which can increase the risks of arterial plaques forming which can block arteries into the heart of brain or heart, leading to a stroke or heart attack” • “A sedentary lifestyle can also have an impact on your mental health, and lots of studies have shown that your risk of depression increases significantly when you do very little physical activity. This may be because people can feel isolated and may spend less time doing social activities if they are not involved in exercise, and may feel insecure about themselves, so choosing to avoid social gatherings” • “Overall, it is clear that a long-term sedentary lifestyle can have a range of different impacts on your health, from obesity to depression.”
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Please note: there are a range of different lifestyle diseases that learners could discuss, including cancers, heart disease, stroke, diabetes and obesity. Here, we have provided a range of responses to illustrate the TYPES of answers that learners might give at each level.

2.3 Explain reasons why people do not take part in physical activity		
PASS	MERIT	DISTINCTION
'Learners will explain reasons why people do not take part in physical activity'	'Learners will explain in detail reasons why people do not take part in physical activity'	'Learners will comprehensively explain reasons why people do not take part in physical activity'
<p>To achieve a Pass, the learner will explain reasons why people do not take part in physical activity.</p> <p>For example:</p> <ul style="list-style-type: none"> • "There are lots of reasons why someone may not take part in physical activity, for example people may not have time, or be able to afford kit or equipment" • "Adult men and women might find it particularly difficult to take part in physical activity if they have work, or have to look after children" • "Being unable to afford transport and equipment to and from sporting activity might be another reason why people do not take part in physical activity." 	<p>To achieve a Merit, learners will do all that is required for a Pass, and will include more detailed comments about each reason.</p> <p>For example:</p> <ul style="list-style-type: none"> • LEISURE TIME: "people often use their leisure time to take part in physical activity, but if a person doesn't have very much leisure time because they have lots of work or chores to do, they might find it difficult to participate in physical activity" • AGE: "as we get older our bodies change, and this can prevent people doing physical activity. In particular, our strength and flexibility decrease, and it takes us longer to recover from injury. This might discourage people from taking part in physical activity" • DISABILITY: "having a disability affects 	<p>To achieve a Distinction, learners will do all that is required for a Pass and Merit, and will include demonstration of sound technical knowledge, particularly when discussing some of the ways that the barriers to physical activity could be overcome. Responses will also contain a concluding statement.</p> <p>For example:</p> <ul style="list-style-type: none"> • AGE: "lots of biological changes occur as people get older that may make them less likely to participate in physical activity. Firstly, lung capacity and heart efficiency decreases, as well as our muscle mass and flexibility decreasing. The body may also suffer from general 'aches and pains' which might discourage a person from taking part in physical activity. When you get older, it is good to take part in less intensive physical

	<p>an individual's ability to participate in traditional physical activities, particularly if the disability relates to movement"</p> <ul style="list-style-type: none"> • GENDER: "physical differences between men and women can affect their ability to take part in some physical activities. For example, men generally have larger bodies with more muscle, and so can generally participate in more intense activities. As well as this, sometimes sports are considered as being 'for boys' or 'for girls' and this could lead to discrimination, and boys not participating in sports like netball or hockey" • HEALTH: "health can affect a person's ability to participate in physical activity, for example if you feel unwell, or are injured or tired, you may be less likely to participate in physical activity" • SOCIAL: "a range of social factors can prevent someone from participating in physical activity, for example if you cannot afford to participate in a sport because it takes place far from your home, or due to cultural reasons such as religious clothing norms, which might prevent you from wearing the clothes that are required for sports, this could make you less likely to participate." 	<p>activities, such as walking or yoga. There are many fitness groups across the country which cater for older people, such as walking and aerobics exercise classes"</p> <ul style="list-style-type: none"> • DISABILITY: "there are lots of policies in place now that enable people with a range of disabilities to take part in sports. For example, sports can be adapted in order to make them more accessible to everyone. This may include adapting the rules, techniques and equipment used, like in wheelchair basketball" • GENDER: "although some sports have been traditionally viewed as 'male' or 'female', these boundaries are increasingly breaking down. For example, women's football is now a very popular and successful sport, and mixed sports like hockey and tag rugby are gaining in prevalence" • HEALTH: "injuries can prevent lots of people from taking part in physical activity, and so it is important to always try and avoid injuries wherever it is possible. Taking precautions such as checking equipment, always warming up and cooling down, and following rules and regulations can all help minimize the risk of injury" • SOCIAL: "if you do not have very much
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		<p>money to engage in physical activities, there are many different, cheap activities that you can take part in. For example, joining an outdoor running or walking club will probably be free, as will organising to play football in the park with your friends one night a week.”</p> <ul style="list-style-type: none">• “Overall, there are lots of different factors that might affect a persons ability to participate in physical activities, but there are ways to work around these barriers so that as many people as possible can take part.”
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3.1 Explain reasons why people are motivated to take part in physical activity		
PASS	MERIT	DISTINCTION
'Learners will explain reasons why people are motivated to take part in physical activity'	'Learners will explain in detail reasons why people are motivated to take part in physical activity'	'Learners will comprehensively explain reasons why people are motivated to take part in physical activity'
<p>To achieve a Pass, the learner will explain reasons why people are motivated to take part in physical activity.</p> <p>For example:</p> <ul style="list-style-type: none"> • "People are motivated to do physical activity in order to achieve goals. This goal could be to lose weight, make new friends, or to improve your health" • "Different factors might motivate people to take part in physical activity, these might be physical, psychological, social or health based" • "For example, a person might want to lose weight or make friends." 	<p>To achieve a Merit, the learner will do all that is required for a Pass, and will also include more detailed comments about each reason.</p> <p>For example:</p> <ul style="list-style-type: none"> • PHYSICAL MOTIVATION: "people can be motivated to take part in physical activity because they want to achieve a physical goal such as losing weight, building muscle, training for an event, or recovering from an injury or surgery, all of which could involve a range of different types of exercise including strengthening and cardiovascular exercise" • PSYCHOLOGICAL MOTIVATION: "people may also take part in physical exercise for psychological reasons, such as improving their self-esteem. Exercise can help people to feel happier with their appearance, and also to help people to 	<p>To achieve a Distinction, learners will do all that is required for a Pass and Merit, and will include demonstration of sound technical knowledge. Responses will also contain a concluding statement.</p> <ul style="list-style-type: none"> • PHYSICAL MOTIVATION: "for example, if an athlete was training for an event, such as running a marathon, they may try to improve their general cardiovascular fitness by gradually increasing the distance that the run, before working on endurance and posture to ensure that they avoid injury during the event" • PSYCHOLOGICAL MOTIVATION: "participating in exercise leads to the release of endorphins like serotonin and dopamine, which help you to feel more relaxed and happy. As a result of this, many people may be motivated to

	<p>have fun, especially when exercising with friends”</p> <ul style="list-style-type: none"> • SOCIAL MOTIVATION: “people can also be motivated to take part in physical activity in order to meet new people and make new friends” • HEALTH MOTIVATION: “people may also be motivated for health reasons, such as losing weight, reducing blood pressure etc.” 	<p>participate in physical activity to help improve their mood, alleviate symptoms of depression, or just generally relax and relieve tension”</p> <ul style="list-style-type: none"> • SOCIAL MOTIVATION: “aside from meeting new people, people might be motivated to take part in physical activities for other reasons, such as developing skills like teamwork and communication, which is especially important in team sports like football, netball or rugby” • HEALTH MOTIVATION: “physical exercise is often recommended by doctors for health reasons, for example to help to reduce blood pressure or the risk of heart disease. Increasing the amount of cardiovascular exercise that you do can reduce your risk of heart attack or stroke by lowering your blood pressure and reducing the chance of arterial plaques forming” • “Overall, there are a number of reasons why someone might feel motivation to take part in physical activity.”
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Please note: learners could provide a range of reasons why people may be motivated to take part in physical activity. To achieve a Distinction, learners will provide examples of physical, psychological, social and health motivation, with clear examples for each reason demonstrating sound technical knowledge.

3.2 Describe ways to improve individual motivation		
PASS	MERIT	DISTINCTION
'Learners will describe ways to improve individual motivation'	'Learners will describe in detail ways to improve individual motivation'	'Learners will thoroughly describe ways to improve individual motivation'
<p>To achieve a Pass, learners will describe ways to improve individual motivation.</p> <p>For example:</p> <ul style="list-style-type: none"> • "There are lots of ways to improve individual motivation, including setting SMART goals, using visualization to help imagine yourself achieving your goals, and giving yourself incentives and rewards for achieving different stages of your plans" • "SMART stands for 'specific', 'measurable', 'attainable', 'realistic', and 'time'. If you follow these principles, then it more likely that you will be successful in achieving your goals" 	<p>To achieve a Merit, learners will do all that is required for a Pass, and will also include more detailed comments about each way to improve individual motivation.</p> <p>For example:</p> <ul style="list-style-type: none"> • "SMART goals can be used to improve individual motivation for physical activity as it is useful to focus on one goal, and then decide on the smaller goals and steps that you need to take in order to achieve it. Breaking tasks down into SMART goals can also help to prevent the activity from feeling unmanageable" • "Visualisation, or giving yourself visual motivation to achieve a goal, can be really helpful. For example, a picture of an inspirational athlete in your locker could motivate you to train harder" • "An incentive is a reward in return for the 	<p>To achieve a Distinction, learners will do all that is required for a Pass and Merit, and will include demonstration of sound technical knowledge. Responses will also contain a concluding statement.</p> <p>For example:</p> <ul style="list-style-type: none"> • "SMART goals are also really useful for improving individual motivation because they can be easily reviewed if circumstances change. For example if a person has a set a goal to lose 10 pounds a week, but actually loses 1 and a half, then they may revise their goal to 2 pounds a week to make it more achievable. Adjusting goals as you progress is a great way to stay motivated" • "Visualisation can be a great way of improving motivation, via looking at a picture of an athlete that you admire, or yourself at a lower weight. However, it is

	<p>effort that you put in, which can provide extra encouragement to help you to reach your goals.”</p>	<p>important that if you are going to use these types of cues, you recognise that these final images will take lots of work. Many people could become de-motivated by visualisations such as this, and in this case it can be more useful to imagine what you would like to think or feel in the short-term. For example if you don't want to get up early to go running, it can be helpful to image yourself when you have finished your run, and focus on this in order to motivate yourself”</p> <ul style="list-style-type: none">• “Incentives can be a really useful way to improve individual motivation. However, it is important to make sure that the rewards you choose are appropriate. Rewarding yourself for losing 1 pound with a huge Sunday dinner could be counterproductive!”• “Overall, there are lots of different ways to improve individual motivation, and all of them can be used in conjunction with one another for the best results.”
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3.3 Demonstrate ways to improve individual motivation		
PASS 'Learners will demonstrate ways to improve individual motivation'	MERIT 'Learners will confidently demonstrate ways to improve individual motivation'	DISTINCTION 'Learners will skilfully demonstrate ways to improve individual motivation'
<p>This A.C. relates to practical work.</p> <p>To achieve a Pass, learners will demonstrate ways to improve individual motivation.</p> <p>This may include:</p> <ul style="list-style-type: none"> • Setting SMART goals • Goals set with less confidence • Poor organisation • Need for support from the teacher • Poor time keeping • Evidence suggests awareness of how to improve motivation, but lacking in awareness of more technical aspects • Basic presentation. 	<p>This A.C. relates to practical work.</p> <p>To achieve a Merit, the learner will show:</p> <p>This may include:</p> <ul style="list-style-type: none"> • Setting SMART goals • Visualization techniques and / or • Incentives • Confidence when demonstrating techniques • Organisational skills • Independence, needing no help from teacher • Good health and safety • Minor mistakes in demonstrations • Good presentation. 	<p>This A.C. relates to practical work.</p> <p>To achieve a Distinction, the learner will show:</p> <ul style="list-style-type: none"> • Setting SMART goals • Visualization techniques • Incentives • Confidence when demonstrating techniques • Independence, needing no help from teacher • Good health and safety • Technical knowledge and mastery • More advanced skills • Professional presentation.

Learners will demonstrate ways to improve individual motivation through role-play, a presentation, a poster, statement or leaflet.

3.4 Review ways to improve individual motivation		
PASS	MERIT	DISTINCTION
'Learners will review ways to improve individual motivation'	'Learners will review ways to improve individual motivation showing critical understanding'	'Learners will review ways to improve individual motivation showing critical judgement'
<p>To achieve a Pass, learners will review ways to improve individual motivation.</p> <p>Learners will:</p> <ul style="list-style-type: none"> Discuss positives and negatives of SMART goals Comments may be brief, and focus on HOW methods could be improved. <p>For example:</p> <p>"One of the strengths of SMART goals includes setting realistic targets, which helps people to feel in control of what they are doing and more likely to stick to their goals, however if goals set are not realistic, then this can make people feel as if they cant be bothered."</p>	<p>To achieve a Merit, the learner will do all that is required for a Pass, and will also:</p> <ul style="list-style-type: none"> Discuss WHY methods for improving individual motivation are strong or weak Discuss more than one method, including SMART goals Comments will be critical and learners will clearly highlight the strengths and weaknesses of their plan, suggesting improvements accordingly. <p>For example:</p> <p>"One strength of visualisation is that it provides a very clear visual reminder of your goal. However, using images of athletes to motivate yourself to train could also be quite demoralizing, as they are usually very successful people, and an individual might feel that they have achieved very little in</p>	<p>To achieve a Distinction, learners will do all that is required for a Pass and Merit, and will also:</p> <ul style="list-style-type: none"> Suggest improvements backed by sound technical knowledge / explanations Discuss SMART goals, visualisation AND incentives Include an overall assessment about methods to improve individual motivation before and after any changes Include a conclusion about the methods to improve motivation, perhaps commenting on which is the most effective. <p>For example:</p> <p>"Incentives can be a really useful, short-term motivation for athletes, especially if they relate to milestones such as running a faster</p>

	<p>comparison because they are striving for an unrealistic standard over a fairly short period of time. Perhaps when using visualisation, it might be useful to break visual cues into 'short-term' and 'long-term' categories to help prevent this unrealistic short-term expectation."</p>	<p>time, or losing a realistic amount of weight. However, in some instances, incentives can be counter-productive. For example, when 'treats' such as chocolate are used as a reward for losing weight, this undermines a persons attempt to become healthier, as these treats should be incorporated into a normal diet in small amounts, rather than as a 'reward'. When used as a reward, people can see food as something that they cannot have if they have not achieved a goal, and so they may be more likely to 'binge' on bad foods if they have failed to reach a goal. When using rewards, it is often better to reward yourself with things that will make you feel more confident about achieving your goals, such as new work-out clothing or shoes, or a particular exercise class that you enjoy. In this way, incentives can be a tool to support goal-setting and achievement, rather than as a detriment to a persons final goal."</p>
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