



## External Assessment

### NCFE Level 2 Certificate in Health and Fitness (601/4534/1)

Unit 03 Preparing and planning for health and fitness (K/506/5251)

**Paper number:** P000379

**Assessment Date:** 27 March 2017

**Assessment Time:** 9.30am

**Complete your details below:**

**Total Time allowed – 2 hours**

<b>Centre name</b>		<b>Centre number</b>	
<b>Learner name</b>		<b>Learner number</b>	
<b>Learner declaration:</b> I confirm that the work contained in this external assessment is all my own work. I have not copied work from anyone else. I have not copied work directly from handouts/internet/textbooks or any other publication. If I have used a quote, then I have referenced this appropriately. My full name above is my registered name with NCFE.  <b>Learner signature:</b> _____ <b>Date:</b> _____			

**Instructions continue on the next page, please turn over.**

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## Instructions for learners

- Read the paper carefully and check:
  - what you need to do to complete the assessment
  - what evidence you need to submit
  - how much time you need to allow for each Task.
- Write your responses to the Tasks in the spaces provided. If you need more space you may use extra paper. Make sure that any extra paper is labelled clearly with your name, centre name, centre number and learner number and is securely attached to this answer booklet.
- If you write your answers using a word processor, you **must** make sure that any printouts are labelled clearly with your name, centre name, centre number and your learner number and are securely attached to this answer booklet.
- You **MUST** attempt **all parts** of the Tasks to address the assessment criteria fully. You cannot achieve a Pass grade unless you meet the required standard in all parts of the Task.
- Make sure you use the assessment criteria and grading descriptors for this external assessment, these are included at the end of the Tasks in this external assessment paper. If you're aiming for a Merit or Distinction it's particularly important that you're familiar with what these grades require.
- All the work you submit for the external assessment **must** be:
  - your own work
  - clearly identified with your name, your centre name and number, your learner number and the Task number so that the Examiner is able to grade it.
- All work for this external assessment **must** be completed at your centre within the invigilated timed session.

## Resources

- No other resources can be taken into the examination room.
- You **cannot** use the internet in this assessment.

**DO NOT TURN OVER UNTIL YOU ARE INSTRUCTED TO DO SO BY THE INVIGILATOR.**

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## Scenario

You are working as an 'Assistant Personal Trainer' for a university Rugby Club. Your job is to help create Health and Fitness plans for rugby players. You divide your time between the gym and playing fields. The university has a new player named Martin.

Read the information below about Martin:

Martin has been playing rugby all of his life. He has just arrived at university to study and play rugby full time. He has recently recovered from a long term injury and as a result his fitness levels have declined.

Martin is 18 years of age and has just moved into his own apartment. He has always relied on his father to cook for him but now he knows he needs to prepare and cook food for himself. Martin has never been correctly advised on nutrition and has limited knowledge in this area.

Martin has asked you to help him with a Health and Fitness plan.

## External assessment - Task 1

You **must** ensure your work in Task 1 addresses assessment criteria 1.1 and 1.3. You can refer to the assessment criteria at the end of each question.

You are an Assistant Personal Trainer for the university rugby team. Martin, a new player, has arrived for his first gym session. The first thing you need to do is complete a PAR-Q (Physical Activity Readiness Questionnaire) with Martin.

**Answer a. and b.**

**a. Describe the purpose of completing a PAR-Q with Martin.**

Sample

Assessment criteria	Pass	Merit	Distinction
<b>1.1 Describe the purpose of a PAR-Q (Physical Activity Readiness Questionnaire)</b>	Learners will provide a description of the purpose of a PAR-Q (Physical Activity Readiness Questionnaire)	Learners will provide a detailed description of the purpose of a PAR-Q (Physical Activity Readiness Questionnaire)	No Distinction for this AC

### Task 1 (continued)

- b.** Martin starts rugby training in one week's time. He has had a long-term injury and his level of fitness has declined.

Describe the preparation Martin needs before he begins training next week.

Sample



Assessment criteria	Pass	Merit	Distinction
<b>1.3 Describe the preparation needed for a specific purpose</b>	Learners will describe the preparation needed for a specific purpose	Learners will describe in detail the preparation needed for a specific purpose	Learners will comprehensively describe the preparation needed for a specific purpose

Sample

## Task 2

You **must** ensure your work in Task 2 addresses assessment criteria 1.2 and 1.4. You can refer to the assessment criteria at the end of each question.

As part of your work as an Assistant Personal Trainer you are required to test the fitness of all the players in the club. You ask Martin to participate in 5 fitness tests.

These are Martin's test results:

Component of fitness	Test	Score	Comparison with national average
Body composition	BMI	24kg/m <sup>2</sup>	Average
Cardiovascular endurance	Multi Stage Fitness Test/Beep Test	Level 11	Above Average
Flexibility	Sit and Reach Test	4cm	Average
Muscular strength	One Rep Maximum Bench Press	87kg	Average
Muscular endurance	1 Minute Press Up Test	36	Above Average

### Answer a. and b.

- a. Using the information in the scenario on page 5 and the results of the fitness tests above, assess how suitable Martin is to begin training next week.

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Assessment criteria	Pass	Merit	Distinction
<b>1.2 Assess the suitability for an individual to participate in fitness activities</b>	Learners will assess the suitability for an individual to participate in fitness activities	Learners will assess the suitability for an individual to participate in fitness activities showing a critical understanding	Learners will assess the suitability for an individual to participate in fitness activities showing critical judgement

## Task 2 (continued)

- b.** The manager of the university Rugby Club has asked for you to assess Martin's fitness levels. Give your assessment of Martin's base level of fitness.

Sample

Assessment criteria	Pass	Merit	Distinction
<b>1.4 Assess an individual's base level of fitness</b>	Learners will assess an individual's base level of fitness	Learners will clearly assess an individual's base level of fitness	Learners will comprehensively assess an individual's base level of fitness

Sample

### Task 3

You **must** ensure your work in Task 3 addresses assessment criteria 2.2 and 3.3. You can refer to the assessment criteria at the end of each question.

A Health and Fitness plan is made up of a **nutrition plan** and an **exercise programme**.

**Answer a. and b.**

- a. You are now ready to design a Health and Fitness Plan for Martin. In the table on the following page, complete the first three days of a **nutrition plan** for Martin.

Nutrition plan for Martin

	Monday	Tuesday	Wednesday
Breakfast			
Midday meal			
Evening meal			
Snacks			
Drinks			

Assessment criteria	Pass	Merit	Distinction
<b>2.2 Produce a nutrition plan for the period of the personal exercise programme</b>	Learners will produce a nutrition plan for the period of the personal exercise programme	Learners will produce a detailed nutrition plan for the period of the personal exercise programme	Learners will produce a comprehensive nutrition plan for the period of the personal exercise programme



### Task 3 (continued)

- b.** In your experience, the players get bored of eating the same foods every week.

Describe how to improve the **nutrition plan** to keep Martin interested over a long period of time.

Sample

Assessment criteria	Pass	Merit	Distinction
<b>3.3 Describe how to improve the nutrition plan</b>	Learners will describe how to improve the nutrition plan	Learners will clearly describe how to improve the nutrition plan showing a critical understanding	Learners will clearly describe how to improve the nutrition plan showing critical judgement

#### Task 4

You **must** ensure your work in Task 4 addresses assessment criterion 2.1. You can refer to the assessment criterion at the end of the questions.

#### Answer a. and b.

- a. You have designed a nutrition plan for Martin. You are now required to create an **exercise programme** for him lasting 6 weeks. The exercise programme aims to improve **muscular strength** and **cardiovascular endurance**. Each day must include appropriate warm ups, main activities and cool downs. Plan the first three days of week 1.

Day	Exercise session
Monday	
Tuesday	
Wednesday	

**b.** Martin's exercise programme **lasts 6 weeks**. After 4 weeks Martin is doing well with the exercise programme. He now wants to work harder and increase his fitness levels faster. You decide to adjust his programme for weeks 5 and 6. Complete the table below showing one exercise session in **week 5**. You must include appropriate warm ups, main activities and cool downs.

Day	Exercise Session
Monday	

Assessment criteria	Pass	Merit	Distinction
<b>2.1 Produce an individual exercise programme for a specific purpose</b>	Learners will produce an individual exercise programme for a specific purpose	Learners will produce an individual exercise programme for a specific purpose showing a critical understanding	Learners will produce an individual exercise programme for a specific purpose showing critical judgement

## Task 5

You **must** ensure your work in Task 5 addresses assessment criteria 3.1 and 3.2. You can refer to the assessment criteria at the end of each question.

Martin has completed his 6 week exercise programme and played his first game of rugby for the university. He completes the fitness tests again. The table below shows his results from before and after the exercise programme.

Component of Fitness	Test	Before exercise programme		After 6 weeks	
		Score	Comparison with national average	Score	Comparison with national average
Body composition	BMI	24kg/m <sup>2</sup>	Average	24kg/m <sup>2</sup>	Average
Cardiovascular endurance	Multi Stage Fitness Test/ Beep Test	Level 11	Above average	Level 12.5	Well Above Average
Flexibility	Sit and Reach Test	4cm	Average	4cm	Average
Muscular strength	One Rep Maximum Bench Press	87kg	Average	98kg	Above Average
Muscular endurance	1 minute Press Up Test	36	Above average	38	Above Average

### Answer a. b. and c.

- a. Use the fitness test results from the table above to assess the effectiveness of the exercise programme on Martin's **muscular strength**.

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Assessment criteria	Pass	Merit	Distinction
<b>3.1 Assess the effectiveness of the exercise programme</b>	Learners will assess the effectiveness of the exercise programme	Learners will clearly assess the effectiveness of the exercise programme	Learners will comprehensively assess the effectiveness of the exercise programme

### Task 5 (continued)

- c.** Martin has completed your 6 week exercise programme and his fitness tests. He has asked if he could have a new exercise programme as he is getting bored and feeling unmotivated.

Describe how to improve Martin's exercise programme to keep him interested.

Sample

Assessment criteria	Pass	Merit	Distinction
<b>3.2 Describe how to improve the exercise programme</b>	Learners will describe how to improve the exercise programme	Learners will clearly describe how to improve the exercise programme showing a critical understanding	Learners will clearly describe how to improve the exercise programme showing critical judgement



### **What you need to hand in after your external assessment**

At the end of the timed external assessment you'll hand in the following work to your Invigilator:

- this external assessment paper
- any extra paper you have used and securely attached.

Make sure that:

- all your work, including any extra paper, is clearly identified with the Task number, your name, centre name, centre number and your learner number.
- you've signed the learner declaration on the front page of this external assessment paper.

Any remaining time can be spent checking your responses to the Tasks.

**This is the end of the external assessment.**