

## 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:** P000430

**Assessment Date:** 17 October 2017

**Assessment Time:** 1.30pm

**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> _____			

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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 with 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 a Gym Instructor at your local health and fitness club. Your job is to help create health and fitness plans for the members. The health and fitness club has a new member named Harriet.

Read the information below about Harriet:

Harriet is a teacher and leads a very busy lifestyle. She is 25 and has joined the health and fitness club because she wants to lose weight. She is getting married in one year and wants to feel fitter and healthier.

Harriet used to play netball and hockey a few times a week when she was at school and university. However, in the last two years she has rarely exercised and often eats food that is high in fat and sugar. Harriet is pre-obese.

Harriet has asked you to help her to create a health and fitness plan.

**Task 1**

You **must** ensure that your work in Task 1 addresses assessment criterion 1.3. You can refer to the assessment criterion at the end of the task.

Harriet has her first gym session and induction at the health and fitness club in one week. She has not exercised for two years. Her fitness levels are low and she is feeling unhealthy.

Describe the preparation Harriet needs to complete before her first gym session.

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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





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 3

You **must** ensure that your work in Task 3a and 3b addresses assessment criteria 1.4 and 1.2. You can refer to the assessment criteria at the end of each Task.

After completing the PAR-Q with Harriet, you need to assess her current levels of fitness. You ask Harriet to participate in 5 fitness tests.

These are Harriet's test results:

Component of fitness	Test	Score	Comparison with national average
Body composition	BMI	26kg/m <sup>2</sup>	Pre-obese
Cardiovascular endurance	Multi Stage Fitness Test/ Beep Test	Level 5	Well below average
Flexibility	Sit and Reach Test	5cm	Average
Muscular strength	Hand Grip Test	22kg	Average
Muscular endurance	1 Minute Press Up Test	10	Below Average

#### Complete parts a and b.

- a. After the fitness tests are completed Harriet has asked you to give her feedback on her current fitness levels. Using her test results, give your assessment of Harriet's base level of fitness.

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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

This image shows a full page of white paper with horizontal dotted lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting practice. There are no margins, text, or other markings on the page.

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

## Task 4

You **must** ensure that your work in Task 4a and 4b addresses assessment criteria 2.2 and 3.3. You can refer to the assessment criteria at the end of each Task.

When she starts her gym sessions, Harriet asks you to create a health and fitness plan to help her lose weight for her wedding. A health and fitness plan is made up of a **nutrition plan** and an **exercise programme**.

**Complete parts a and b.**

**a.** Using the table below design a **nutrition plan** for 3 days for Harriet to follow.

	Tuesday	Wednesday	Thursday
<b>Breakfast</b>			
<b>Midday meal</b>			
<b>Evening meal</b>			
<b>Drinks</b>			
<b>Snacks</b>			

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





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## Task 5

You **must** ensure that your work in Task 5a and 5b addresses assessment criteria 2.1 and 3.2. You can refer to the assessment criteria at the end of each Task.

The second part of the health and fitness plan is the **exercise programme**. This will last for 5 weeks. It will aim to improve Harriet's **muscular endurance** and **cardiovascular endurance**.

**Complete parts a and b.**

- a. Design an exercise session for the Tuesday of weeks 1, 3 and 5 to improve Harriet's muscular endurance and cardiovascular endurance.

Each day must include a **warm up**, **main activity** and **cool down**.

*Be as specific as possible with your exercises and timings.*

Day	Exercise programme
Tuesday WEEK 1	

<p><b>Tuesday</b> <b>WEEK 3</b></p>	
<p><b>Tuesday</b> <b>WEEK 5</b></p>	

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



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

## Task 6

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

Harriet has completed her health and fitness plan. You ask Harriet to complete the same fitness tests as before to see if her fitness has improved. The table below shows her results before and after the exercise programme.

Component of Fitness	Test	Before exercise programme		After 5 weeks	
		Score	Comparison with National Average	Score	Comparison with National Average
Body composition	BMI	26kg/m <sup>2</sup>	Pre-obese	25kg/m <sup>2</sup>	Pre-obese
Cardiovascular endurance	Multi Stage Fitness Test/ Beep Test	Level 5	Well below average	Level 8	Average
Flexibility	Sit and Reach Test	5cm	Average	6cm	Average
Muscular strength	Hand Grip Test	22kg	Average	24kg	Average
Muscular endurance	1 Minute Press Up Test	10	Below Average	17	Average

Harriet has asked for your feedback following her completion of the fitness tests. Using the template on the following page, send Harriet an email **assessing the effectiveness** of the exercise programme for both **muscular endurance** and **cardiovascular endurance**.

**To:** Harriet@school.ac.uk

**Subject:** Assessing the effectiveness of your health and fitness plan

Dear Harriet

**Assessment of Muscular Endurance**

**Assessment of Cardiovascular Endurance**

I will look forward to seeing you in the gym soon.

Thanks

Gym Instructor



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

**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.**