Examiners' Report
Lead Examiner Feedback

January 2023

Pearson BTEC Nationals
In Sport (31525H)
Unit 2: Fitness Training and Programming for Health, Sport and Well-being

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Grade Boundaries

What is a grade boundary?

A grade boundary is where we set the level of achievement required to obtain a certain grade for the externally assessed unit. We set grade boundaries for each grade, at Distinction, Merit and Pass.

Setting grade boundaries

When we set grade boundaries, we look at the performance of every learner who took the external assessment. When we can see the full picture of performance, our experts are then able to decide where best to place the grade boundaries – this means that they decide what the lowest possible mark is for a particular grade.

When our experts set the grade boundaries, they make sure that learners receive grades which reflect their ability. Awarding grade boundaries is conducted to ensure learners achieve the grade they deserve to achieve, irrespective of variation in the external assessment.

Variations in external assessments

Each external assessment we set asks different questions and may assess different parts of the unit content outlined in the specification. It would be unfair to learners if we set the same grade boundaries for each assessment, because then it would not take accessibility into account.

Grade boundaries for this, and all other papers, are on the website via this link:
http://qualifications.pearson.com/en/support/support-topics/results-certification/grade-boundaries.html

Introduction

This task-based assessment followed the same format as previous series with the emphasis being around a different scenario. This task-based assessment is split into 6 questions which are open response answers and are awarded different marks. The mark scheme for this task-based assessment remains the same as previous series.

Question 1 identified the different lifestyle factors of the chosen individual within the scenario as well as assessing their health monitoring test results. There was a total of 12 marks for this question. Question 2 covered the different lifestyle modification techniques that were appropriate for the individual and would be awarded a total of 12 marks. Question 3 would ask the learners to propose and justify nutritional guidance for the selected individual and would be awarded a total of 8 marks. Question 4 covered different training methods for the selected individual and would be awarded a total of 8 marks. Question 5 asked the learners to design weeks 1, 3 and 6 of a 6-week training programme taking into account the individuals training needs and would be awarded a total of 6 marks. The final question looked at giving a justification of the design of the training programme that learners completed in the previous question, taking into consideration the principles of training, and this would be awarded a total of 14 marks.

Introduction to the Overall Performance of the Unit

Learners are now performing consistently well across the paper for each exam series. Learners are giving detailed answers that are both taken from the unit specification as well as being made specific to the given scenario and individual. Learners appear to be using their preparation and research time effectively before part B is released and utilising the use of their notes within the controlled assessment period.

The scenario for this exam series was based around a 42-year-old sedentary male. The individual works in an office 2 days a week and at home the other 3 days a week, working 9am – 5pm each weekday. The individual use to take part in regular exercise by attending a gym, however due to an increase in workload and family commitments, he has not exercised for the past 2 years. The individual has decided to work with a personal trainer to get back into exercise and improve their overall fitness levels. Their goal is to

decrease their body fat percentage and improve their overall health and fitness.

Question 1 responses again performed consistently well across the board due to the amount of information that was available for the learners to discuss within Part A and Part B of the scenario. The scenario allowed for all the lifestyle factors from the specification to be discussed and their implications on the health and wellbeing of the individual. All four health monitoring tests were also accessible from the scenario. Majority of the responses performed consistently well as learners had a lot of information that they could use within their answer.

Question 2 responded well with learners giving specific lifestyle modification techniques from the specification for the chosen individual. This series allowed the learners to give lifestyle modification techniques based around stress, exercise and alcohol. A large proportion of learners gave lifestyle modification techniques that were specific to these chosen lifestyle factors. The better responses linked the barriers to change to each lifestyle modification technique for each of the different targeted lifestyle factors for this individual.

Question 3 performed well again this series with learners justifying the type of nutritional guidance that should be proposed from the specification for the individual. Learners that proposed guidance around the recommended daily allowance of calories, macronutrients, micronutrients and hydration would have gained the higher end marks.

Question 4 performed well this series as the scenario allowed for training methods to be proposed from either Aerobic Endurance, flexibility, Core stability, Strength and Muscular Endurance. If learners proposed at least one training method from the specification from at least four different components of fitness, then the response would fall into the higher mark bands.

Question 5 did not perform as well as expected with learners not applying their knowledge and the training plan to the given scenario. If learners applied at least 3 different components of fitness that are relevant to the individual and applied the principles of training, then the response would fall into the higher mark bands. However, there were many training programmes that did not relate their fitness plan to the fact that the individual works from home 3 days a week. Application to the scenario could have been better here when designing their training programme.

Question 6 is consistently performing well each exam series with a high proportion of learners giving responses based around the principles of training that they had implemented into their 6-week training programme. The better responses saw learners justify in detail each of the principles of training, including the FITT principle, while making them relevant to the individual in the scenario. More learners are responding to the question by justifying the design of the programme with its aims and objectives, resources needed, the SMARTER principle and covering periodisation. However, there are still many learners that are not finishing question 6 due to time constraints on the paper.

For this examination series, the mark scheme for unit 2 had the following percentage weighting for the different questions and traits;

Question/Traits	1	2	3
1	35%	35%	30%
2	30%	50%	20%
3	40%	60%	
4	40%	60%	
5	40%	60%	
6	70%	30%	

This was considered when marking the learner work and placing their answers into the relevant mark bands to decide their overall score for each question. This percentage weighting for the mark scheme may change each examination series to come in line with the current scenario being applied.

Individual Questions

The following section considers each question on the paper, providing examples of popular learner responses and a brief commentary of why the responses gained the marks they did. This section should be considered with the live external assessment and corresponding mark scheme.

Question 1 – Interpret the lifestyle factors and screening information for Ben Martin.

Majority of the marks would be awarded if learners could identify the lifestyle factors from the screening information and describe these comprehensively. The lifestyle factors that should be covered are Sleep, Diet, Exercise, Smoking, Alcohol, Stress and a Sedentary Lifestyle.

Learners should also be able to give a detailed analytical approach of the lifestyle factors identified for the chosen individual, leading to an interpretation of their impact on their health and wellbeing. The interpretation should have specific relevance to the health and wellbeing of the individual.

Learners also needed to give a detailed analytical approach and interpretation of the health monitoring test results for the chosen individual. The interpretation should be made specifically relevant to the individual and their health and lifestyle. All 4 health monitoring test results should be covered from Resting Heart Rate, Blood Pressure, Waist to Hip Ratio and Body Mass Index (BMI).

This response gained 10 out of 12 marks.

Taskbook

Please do not write answers outside the spaces provided.

You must complete all activities in this taskbook.

1 Interpret the lifestyle factors and screening information for Ben Martin.

(12)

Having looked at Bens Health Screening test there are several things I advise he change in order to meet his goal.

Ben drinks 18 units of alcohol a week which is more than the government recomendation of only 14 units a week this is not a good thing as if he continues to exceed the recomendations he will be putting himself at risk of CHD, possible kidney damage and weight gain which is the opposite of his goal, if Ben wants to decrease his body fat percentage he should reduce his intake of alcohol a week.

Another factor is Bens life style and active ness if Bens goal is to loose weight then he needs to be participating in exercise however he reports that he doesnt at all this is bad as his sidentary lifestyle can lead to him becoming very unfit with excessive amounts of weight and this

can then cleact do more stress on his body further putting him at risk of heart attack or stroke, Physical exercise will be especially important for Ben as his goal is to loose weight and physical exercises ~~do~~ burns fat from the body so getting active will be a priority for Ben. exercise is also important for ben as his screening test show his waist to hip ratio to be putting him in the at risk zone at 0.98 when it should be closer to 0.9 to be healthy. His BMI is also showing that Ben is unhealthy as anything over 25 is not good for his health and his is reported do be 26 so physical exercise is more important to Ben, he also states that he doesn't do any kind of exercise what so ever which is bad given the government recomends a 150 min a week of moderate activity in order to be healthy.

Another lifestyle factor which can be causing problems for ben is his levels of stress he experiences, he reports to be

Stressed due to family and work commitments, [redacted] levels of increased stress can lead to heart problems [redacted] as well as affecting Bens mental health which can also then affect his physical health through always being physically tired and the lack of motivation can then affect his physical exercise.

However after looking at Bens [redacted] he does have good things going for example he doesn't smoke which is a positive as smoking can lead to cancer and CHD so by not smoking Ben puts himself in a good position to start exercising as he doesn't have an additional barrier stopping him. [redacted]

Another good thing Ben does is gets 8 hours of sleep every night this is good as sleep is used to repair and maintain muscle tissue aswell as aid in the maitance of the whole body so by getting 8 hours of sleep every night when he beguins to exercise his body will be more prepared to look after it and he will

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then not be so Siceptable to injury,
the government also recomends that on average
you sleep 7-8 hours a night so he
meets the recomendation well.

However Bens diet does let him down
as he is eating and drinking excessive
amounts of the wrong things, an example
of this is he isnt drinking any
water but is unstead replacing it with cups
of tea and alcohol which is bad for
him as Government recomendations are
to drink 7-8 glasses a day in order
to get the fluids your body needs, Ben
is also eating excessive amounts of
fatty and unhealthy foods which is
poor for his health as the body
requires a healthy balance of nutrients
and food groups to be properly healthy
but he isnt eating a balanced diet
so he is gaining weight as evidenced
by his Body mass index and
waist to hip ratio being poor. its
recomended that for an adult male
he only consumes 2500 calories a day
with exercise but he appears to

be exceeding his calories whilst not participating in any exercise which is leading to his weight gain and his slightly elevated blood pressure of 130/95 which puts him in the category of extremly high blood pressure and puts him at risk of a heart attack.

(Total for Activity 1 = 12 marks)

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The learner has interpreted and comprehensively described all of the relevant lifestyle factors from the screening information. Alcohol, Physical Activity, Stress, Smoking, Sleep and Diet have all been covered by the learner. This part of the answer has fallen into mark band 4 for trait 1 of the mark scheme.

The learner has also given a detailed analytical approach to the interpretation and impact of each of the lifestyle factors which has been made specifically relevant to the health and wellbeing of the individual. This part of the answer has fallen into mark band 4 for trait 2 of the mark scheme.

There has also been an attempted analytical approach leading to the interpretation of the health monitoring test results with the learner correctly interpreting Waist to Hip ratio and Blood Pressure. Resting Heart rate was not covered by the learner and Body Mass Index was not correctly interpreted and therefore not awarded. The learner needed to state that the individual was overweight according to his BMI reading. This part of the answer has fallen into the bottom of mark band 2 for trait 3 of the mark scheme.

Activity 1

Assessment focus	Band 0	Band 1	Band 2	Band 3	Band 4
Interpret lifestyle factors and screening information for an individual	0	1–4	5–7	8–9	10–12
	No rewardable material.	Lifestyle factors are identified from screening information. An interpretation of the impact of the lifestyle factors might be attempted, however has limited relevance to the health and wellbeing of the individual. An interpretation of health monitoring test results might be attempted, however is generic, lacking relevance to the individual.	Lifestyle factors are identified from screening information, and are described. Attempted analytical approach leads to an interpretation of the impact of the lifestyle factors; interpretation demonstrates general relevance to the health and wellbeing of the individual. Attempted analytical approach leads to an interpretation of health monitoring test results; interpretation is generally relevant to the individual.	Lifestyle factors are identified from screening information, and are described in detail. Analytical approach leads to interpretation of the impact of the lifestyle factors; interpretation demonstrates relevance to the health and wellbeing of the individual. Analytical approach leads to interpretation of health monitoring test results; interpretation is relevant to the individual.	Lifestyle factors are identified from screening information, and are comprehensively described. Detailed analytical approach, leading to an interpretation of the impact of the lifestyle factors; interpretation has specific relevance to the health and wellbeing of the individual. Detailed analytical approach, leading to an interpretation of health monitoring test results; interpretation is specifically relevant to the individual.

The extra two marks could have been awarded if the learner had correctly interpreted body mass index and resting heart rate and applied a brief reason as to why these results may have occurred, linking them to the lifestyle factors identified.

Each scenario for all exam series will always allow for all seven lifestyle factors to be identified and therefore interpreted in the correct manner.

Each scenario will also allow for all four health monitoring test results to be interpreted by the learner.

This response gained 4 out of 12 marks.

Taskbook

Please do not write answers outside the spaces provided.

You must complete all activities in this taskbook.

1 Interpret the lifestyle factors and screening information for Ben Martin.

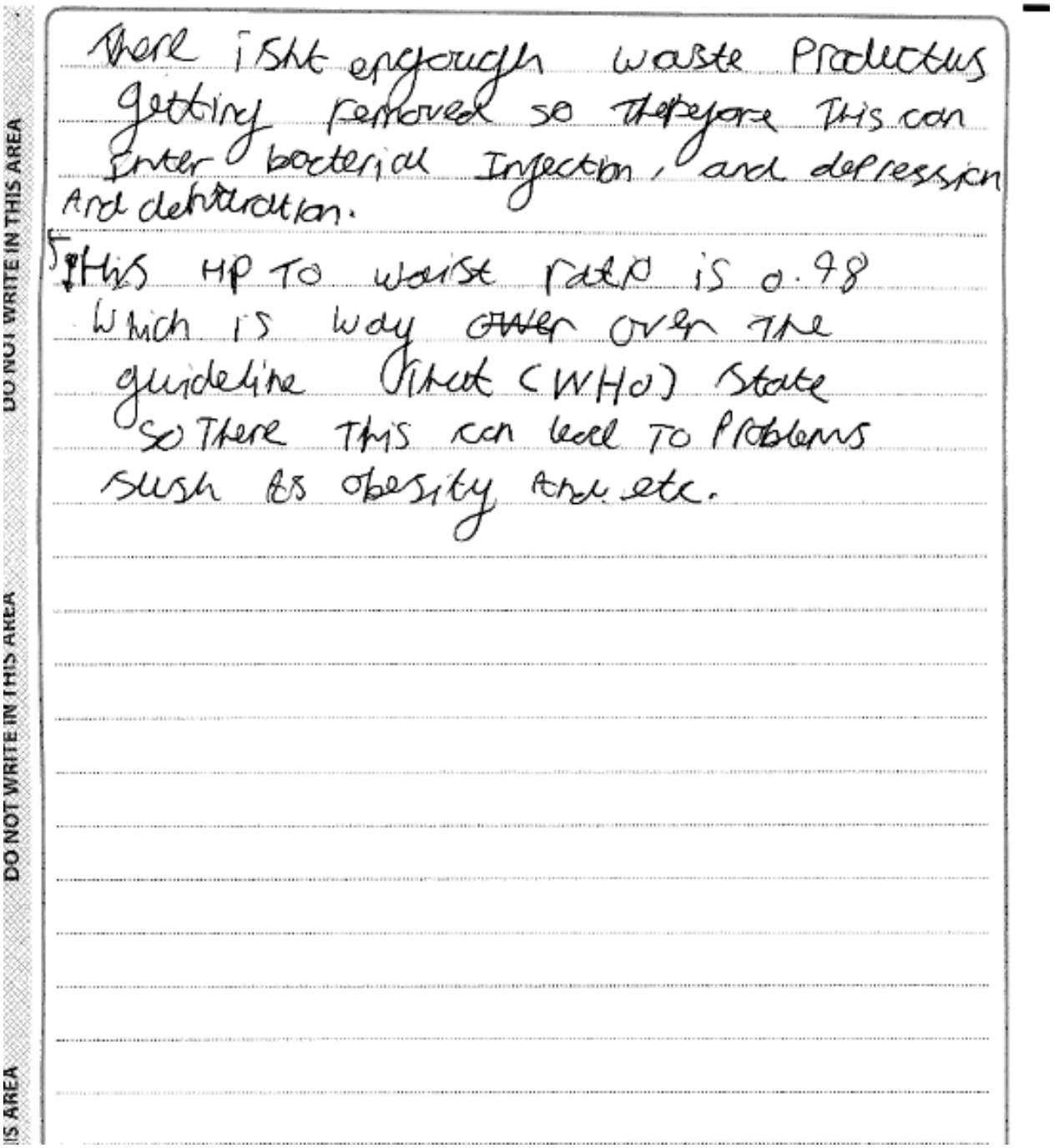
(12)

1: Ben martin drinks A specfic Amount of 18 units A week Whis is Already 4 units over The goverment recommeddtions. drinking This Amount of units can lead To Stroke / liver cirrhosis / hypertension And can Also lead To kidney dissedse.

2: Ben martin Also experencies Stress on A daily basis which can cause Hypertension, depression, Stomach ulcers And Angina.

3> he Also live A sedentary lifestyle due To being an office worke Which Therefore can lead (CHD) And Hypertension.

4He does not Intake ~~ero~~ ~~Ay~~ Any water At All So Therefore



The learner has interpreted and briefly described alcohol, stress, sedentary lifestyle and diet from the given scenario. This part of the answer has fallen into the bottom of mark band 2 for trait 1 of the mark scheme.

An interpretation of the impact of the lifestyle factors has been attempted by the learner but demonstrates general relevance to the

health and wellbeing of the individual. This part of the answer has fallen into the bottom of mark band 2 for trait 2 of the mark scheme.

The learner has not covered any of the health monitoring tests and therefore there is no rewardable material for trait 3 of the mark scheme.

Question 2 – Provide and justify lifestyle modification techniques for Ben Martin.

The higher band of marks were awarded here for proposed lifestyle modification techniques that demonstrated specific relevance to Ben's lifestyle and his requirements. A learner should be able to give lifestyle modification techniques based around stress, alcohol and increasing physical activity. If a learner was to propose at least one technique from the specification for all 3 identified lifestyle factors, then their response would fall into the top of mark band 4 for trait 1.

A learner should also be able to give a justification for the proposed modification techniques that are specifically relevant to the individual's lifestyle factors. The specification states different lifestyle modification techniques for stress and alcohol and how to embed physical activity into your lifestyle. Learners should be able to justify in detail one lifestyle modification technique for each of the three lifestyle factors identified making them specifically relevant to the chosen individual in the scenario. Learners should also take into consideration the 'barriers to change' while justifying their proposed lifestyle modification techniques to fall into mark band 4 for trait 2 of the mark scheme.

A learner should also be able to give proposals of lifestyle modifications that systematically link to the lifestyle factor analysis. The proposals given should demonstrate an understanding of significance, i.e., which is the most important lifestyle modification technique and why.

This response gained 11 out of 12 marks.

2 Provide and justify lifestyle modification techniques for Ben Martin.

(12)

Ben currently completes no physical activity within the week. This is a negative aspect of his life. Some modifications ben could use include using exersize as a mode of ~~to~~ transport for example ben could get of the train at an earlier stop ~~in order~~ and walk a further distance to work. Ben could use his lunch breaks to go on a run, if this does not work ben could book a gym membership meaning he has to commit for a month or a personal trainer. By booking a personal trainer it means he is held accountable for the amount of exersize he completes. ~~However barriers to change could appa~~ By making these modifications ben will loose weight, reducing his BMI, his heart will become stronger and be able to work more efficiently, ~~and he will meet his over all goal of decreasing body fat percentage [illegible] as improving his [illegible] general health and fitness~~

and ~~[illegible]~~ ben will loose more calories per day putting him in a calorie deficit meaning over time he will loose weight

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, meeting his goal of reducing body fat % and improving overall health and fitness. However ben may face some barriers to change including time and cost. Ben ~~he~~ travels along way to work and back meaning he has little time in the the morning on days he works in the office however by exercising in his lunch break this can be eliminated. Another barrier to change is cost, as a gym membership can be expensive so ben may be better of completing exercises at home or going on runs which do not require equipment.

Another negative lifestyle factor within bens life which is a negative is his alcohol consumption. Ben currently drinks 18 units per week when the recommended amount is 14 units per week. ~~&~~ Ben could try only drinking at meal times or in social situations or trying alcohol free beer so he can taste it however is not gaining negative effects on his health. If this does not work Ben could try self help groups or even counciling or as a last resort accupuncture. However many of these treatments can be expensive, therefor Ben should start

by cutting down, one money ~~not~~ saved from not purchasing the alchanol can then be put towards counselling and further help which may be needed during the time (barrier to change). By decreasing his alchanol intake Ben's liver will be able to function more efficantly, Ben will be more awake and alert and he will recieve better quality ~~night~~ nights sleep. This is contributing to reaching his goal of improving his overall health and fitness. By decreasing his alchanol intake Ben will also be decreasing the amount of empty calories he is consuming making it easier to be put into a calorie deficit and ~~making it easier~~ ~~contribu~~ contributing to his goal of decreasing body fat %.

Lastly Ben needs to decrease his stress. Currently Ben is stressed about work and family commitments whereas the government recomends for a person to have no stress where possible. Some modification techniques for stress can include goal setting and time managment. If Ben puts in place a goal and manages his time around these commitments correctly he should have enough time to rest and destress each day. He could also try completing in physical activity

as when taking part in physical activity your body releases Serotonin causing the participant to feel happy and relaxed. If these techniques dont work ben can try counselling and reading his work load. However some factors when may affect these desisions include time and cost. As therapy may have a high cost and take time which he does not have therefor ben could talk to a trusted friend or family member in their time together for free. Taking part in activities such as physical activity may take up time therefor by working through the techniques he should learn time managment allowing him to fit it into his day. By reducing the amount of stress ben can reduce he may find it easier to reduce his alcohol consumption and improve his health and well being overall by reducing calories via alcohol and managing stress via physical activity it has a knock on effect of making it easier for ben to reach his goal.

I believe an increase and uptake in physical activity is most important as it has the most health

and lifestyle benefits also leading him to his goal. This is because by increasing his physical activity he will be closer to a calorie deficit and reducing fat whilst decreasing his stress. If bens stress is decreased he may not feel the need to drink to such high volumes - decreasing empty calories and improving his general health and overall fitness. Ben will progress towards his goal.

(Total for Activity 2 = 12 marks)

The learner has proposed lifestyle modification techniques that demonstrate specific relevance to the individual's lifestyle and their requirements from the targeted scenario. Lifestyle modification techniques have been suggested around physical activity, alcohol and stress. The learner has given specific strategies taken from the specification to reduce alcohol and stress. The learner has also suggested strategies to increase the amount of physical activity the individual is getting. This part of the answer has fallen into mark band 4 for trait 1 of the mark scheme as the learner has proposed at least one technique from the specification for at least three identified lifestyle factors.

The learner has also justified the proposed modification techniques making them specifically relevant to the individual's lifestyle factors. The techniques that have been proposed have been justified in terms of the individual's lifestyle and work commitments as well as relating them to the barriers to change. This part of the learners' answer has fallen into mark band 4 for trait 2 of the mark scheme.

The lifestyle modification proposals do systematically and consistently link to the individual's lifestyle factor analysis and the proposals demonstrate an understanding of significance and prioritization. This part of the answer has fallen into mark band 4 for trait 3 of the mark scheme.

Activity 2

Assessment focus	Band 0	Band 1	Band 2	Band 3	Band 4
Proposed lifestyle modification techniques	0	1–3	4–6	7–9	10–12
	No rewardable material.	Proposed lifestyle modification techniques are generic, with limited relevance to the individual's lifestyle or requirements. Justification for proposed modifications might be attempted, however has limited relevance to the individual's lifestyle factors. Linkage between proposals and factor analysis might be present.	Proposed lifestyle modification techniques demonstrate general relevance to the individual's lifestyle and requirements. Justification for proposed modifications are often present and are generally relevant to the individual's lifestyle factors. Proposals link to lifestyle factor analysis, although there may be occasional lapses.	Proposed lifestyle modification techniques demonstrate relevance to the individual's lifestyle and requirements. Justification for proposed modifications are present and are relevant to the individual's lifestyle factors. Proposals systematically link to lifestyle factor analysis; proposals demonstrate an understanding of significance.	Proposed lifestyle modification techniques demonstrate specific relevance to the individual's lifestyle and requirements. Justification for proposed modifications are present and are specifically relevant to the individual's lifestyle factors. Proposals systematically and consistently link to lifestyle factor analysis; proposals are prioritised, demonstrating a thorough understanding of significance.

The extra one mark would have been awarded for the justification around the barriers to change being more specific to the scenario and lifestyle of the chosen individual.

Each scenario for each exam series will always allow for lifestyle modification techniques to be proposed for either stress, alcohol, smoking and/or physical activity. The learner must propose lifestyle modification techniques that are taken from the specification for each of the identified lifestyle factors that need to be addressed for the chosen individual. If the chosen individual does not smoke, then a learner would not need to propose a lifestyle modification technique for this factor.

This response gained 1 out of 12 marks.

2 Provide and justify lifestyle modification techniques for Ben Martin.

(12)

The first lifestyle factor that needs improving is the amount of exercise / physical activity that Ben is having. Physical activity is the most important factor because it is the foundation for improving overall health and fitness and reducing body fat percentage.

Ben need to improve his diet, this is because ~~they~~ he doesn't eat nutritous food that will aid his goals, His diet is comprised of mostly fatty foods and tea/alohol. This can cause diabetes, heart disease and liver problems. One Strategy he could use to improve his diet is having a Scheduled timesheet ~~to~~ of when and what to eat which ~~can~~ include high protein foods recommended by professionals and minimum 2 litre water intake per day. This is good for Ben because it will help aid his goals. It is also recommended that the average adult male should be consuming 2,500 calories per day, although because Ben wants to reduce his body fat he should be consuming 200-300 calories under the recommended amount. Ben should be consuming mostly Carbohydrates and protein in his meals, the benefits of carbohydrates are that they are the body's main source of fuel and that they are needed for the central nervous System, the kidney, the brain and the muscles. The main benefits of protein is that they are used for building and repairing muscle tissue and preserving lean muscle mass.

Ben needs to improving his alcohol consumption, this is because he drinks eighteen units per week and this cause liver problems, lung disease and mental illnesses such as depression and anxiety. One Strategy he could

use to replacing alcohol with a fruit wine. [redacted] The flavour is similar although the negative effects of alcohol will not be present. This is good for Ben because due to his age he is much more susceptible to illnesses from alcohol.

Ben needs to reduce his resting heart rate, this is because the average of a man is 62 bpm (beeps per minute) this shows that Ben is over the average and could be at more risk of a heart attack.

DO NOT WRITE IN THIS AREA DO NOT WRITE IN THIS AREA DO NOT WRITE IN THIS AREA

The learner has proposed lifestyle modification techniques that are generic, with limited relevance to the individual's lifestyle and their requirements from the targeted scenario. The learner has not proposed any specific lifestyle modification techniques from the specification. They have mentioned exercise and alcohol, but not provided a specific technique.

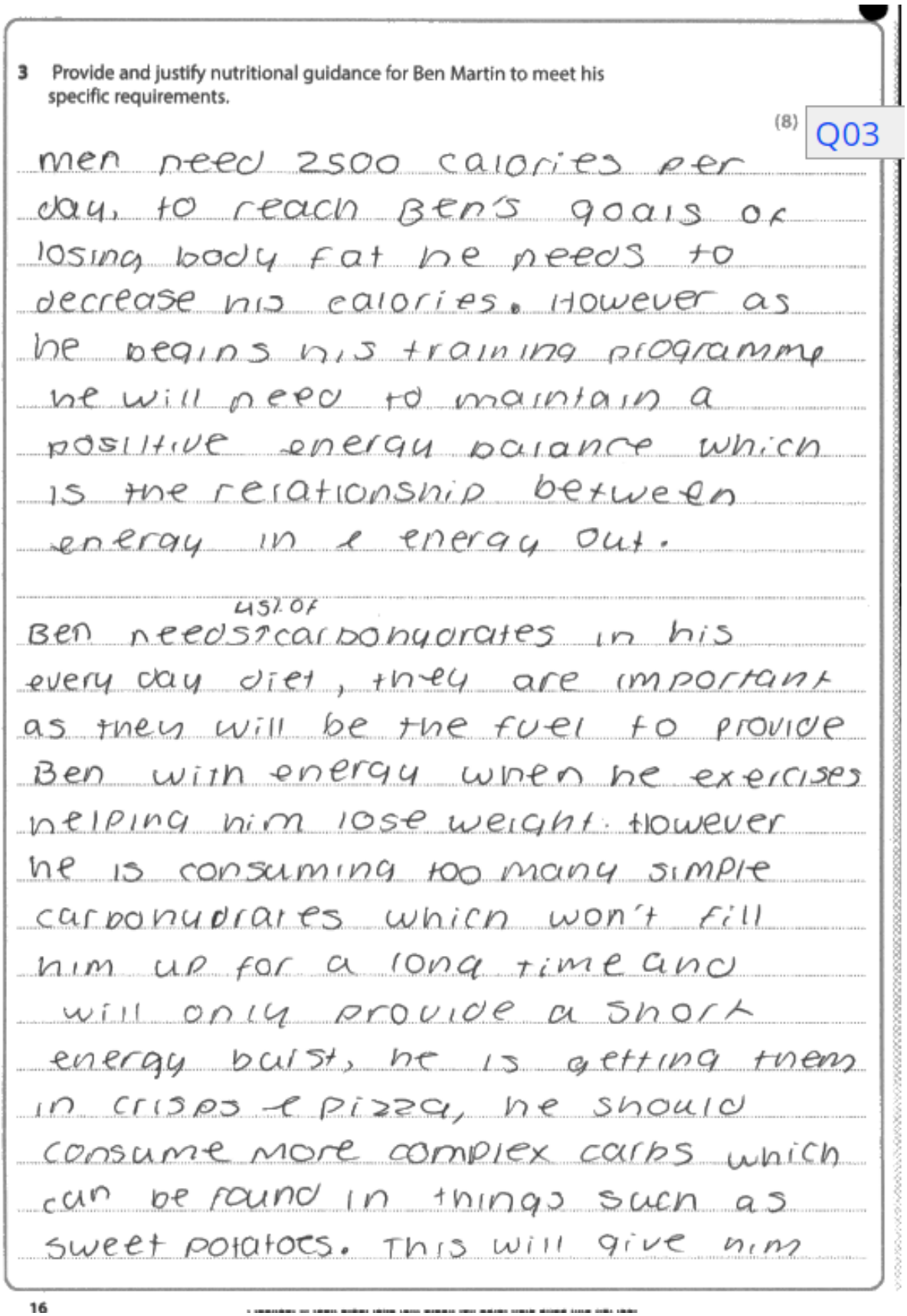
There is therefore no linkage between proposals and factor analysis and there is no evidence of justification as there are no modification techniques present.

Question 3 – Provide and justify nutritional guidance for Ben Martin to meet his specific requirements.

The proposed nutritional guidance should demonstrate specific relevance to the individual's requirements. The recommended daily allowance of calories for the individual should be stated, quantities and sources of food for both macronutrients and micronutrients must be proposed as well as hydration levels that can help improve overall health and fitness. To make the nutritional guidance specifically relevant for Ben, learners should propose a decrease in calorie intake to allow for weight loss. When his training programme starts, calorie intake may want to increase slightly.

The proposed nutritional guidance should be justified making it specifically relevant to the individual's dietary requirements for their health and wellbeing. Ben needs to decrease the number of calories that he consumes per day in a sensible manner to allow him to lose weight initially, this will need to then increase slightly when he starts his fitness training programme.

This response gained 7 out of 8 marks.



3 Provide and justify nutritional guidance for Ben Martin to meet his specific requirements.

(8)

Q03

men need 2500 calories per day, to reach Ben's goals of losing body fat he needs to decrease his calories. However as he begins his training programme he will need to maintain a positive energy balance which is the relationship between energy in & energy out.

lists of
Ben needs carbohydrates in his every day diet, they are important as they will be the fuel to provide Ben with energy when he exercises helping him lose weight. However he is consuming too many simple carbohydrates which won't fill him up for a long time and will only provide a short energy burst, he is getting them in crisps & pizza, he should consume more complex carbs which can be found in things such as sweet potatoes. This will give him

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more energy for longer and mean he won't snack as much meaning he will lose body fat quicker.

fats are important to Ben as they do things like protect vital organs, however since Ben is overweight he is consuming over the recommended 30% of ~~over~~ fats in diet. He is getting it in things such as chocolate or icecream, TO improve this Ben should have less saturated fats and more monosaturated fats for snacks such as nuts. This will help him ~~not lose weight~~ not to gain weight ~~as he will be still consuming~~ gain less weight whilst still having the right amounts of fat in his diet to be balanced

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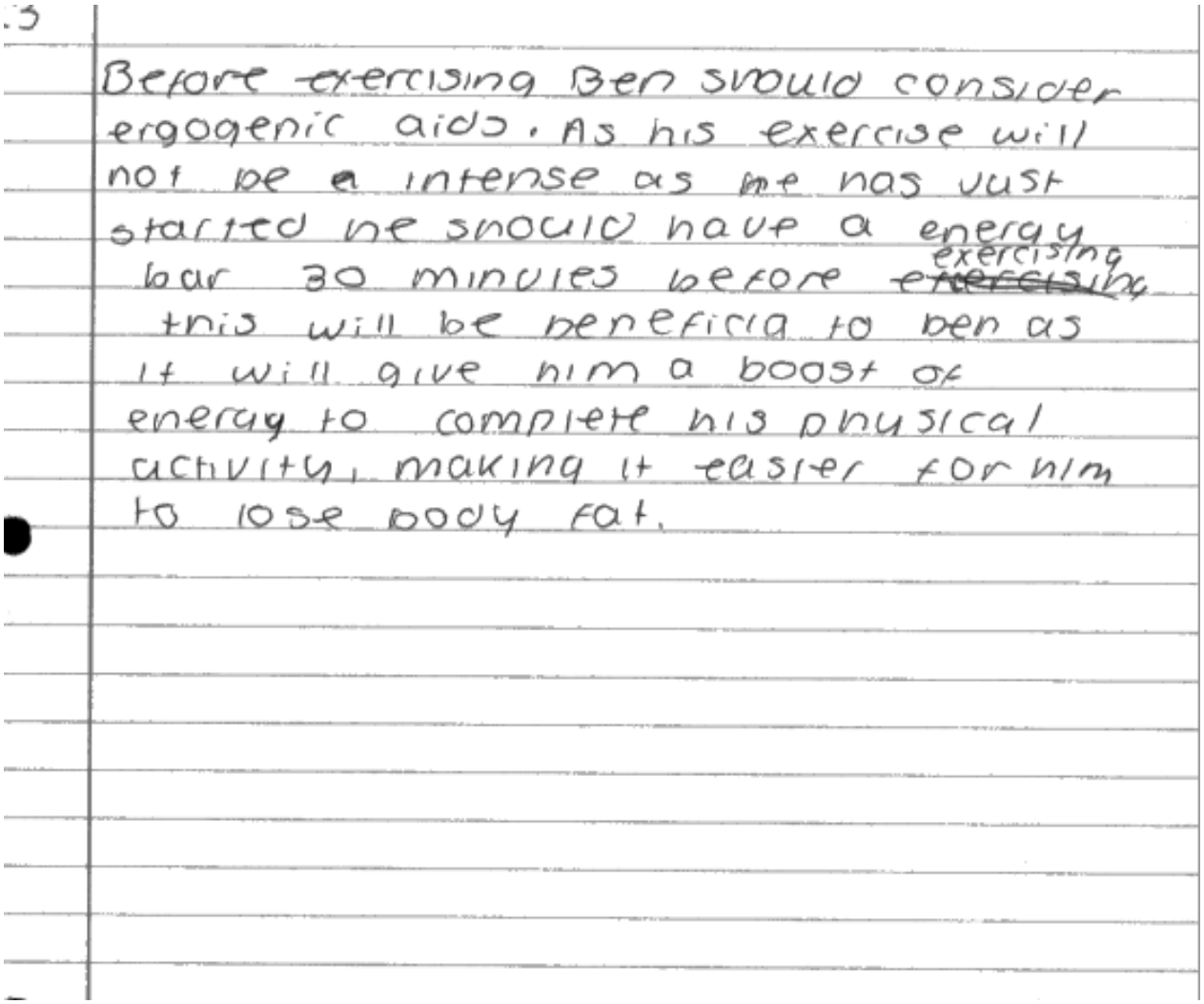
Ben should be consuming more protein & less carbs in his diet in order to reach his goal of losing body fat. He should be eating 15% protein in his diet ~~which he can find~~ specifically complete proteins as they contain all 8 amino acids, he can find these in fish, eggs & dairy. Protein will be especially important for Ben when he starts exercising as it will help with growth & repair of his muscles, reducing his risk of injury. ~~In this~~ More protein will mean Ben is more full for longer & will need to snack less, this will help him reach his goal of losing body fat.

Ben is ~~be~~ going to start ~~exer~~ exercising which his body is not used to meaning micronutrients such as vitamin C will be very important to Ben as it is needed for growth & repair of body tissue, vitamin C will help his body repair faster and so he can reach his goal of improved health & fitness faster. He can find vitamin C in ~~&~~ bell peppers, tomatoes & citrus.

Ben isn't drinking enough water which is important as it will lubricate his joints ~~with~~ when he begins to exercise, it will also regulate his body temperature making his goal of improving his health & fitness a little bit easier for Ben. He should consume ~~to~~ 300 - 500ml before exercise & 150ml in between. This will also prevent Ben from becoming dehydrated.

(Total for Activity 3 = 8 marks) Q03_T


Before exercising Ben should consider ergogenic aids. As his exercise will not be a intense as he has just started he should have a energy bar 30 minutes before exercising this will be beneficial to Ben as it will give him a boost of energy to complete his physical activity, making it easier for him to lose body fat.

The learner has proposed nutritional guidance that demonstrates specific relevance to the individual's requirements. The nutritional guidance is specific to the individual as they have covered the recommended daily allowance of calories and that they should be consuming less to lose weight but then may need to increase the calorie intake during their training programme. The three macronutrients, their quantities and sources of food, micronutrients and sources of food and hydration have all been recommended. This part of the answer has fallen into the top of mark band 4 for trait 1 of the mark scheme.

The learner has also justified the proposed nutritional guidance in detail and made it relevant to the individual's dietary requirements and overall fitness goals. The justification has linked the nutritional guidance to the

individual's goal's and the individuals training. This part of the answer has fallen into mark band 4 for trait 2 of the mark scheme.

Activity 3

Assessment focus	Band 0	Band 1	Band 2	Band 3	Band 4
Nutritional guidance	0	1–2	3–4	5–6	7–8
	No rewardable material	Proposed nutritional guidance is generic, with limited relevance to the individual's dietary requirements. Justification for proposed nutritional guidance has been attempted, however shows limited relevance to individual's dietary requirements.	Proposed nutritional guidance demonstrates general relevance to the individual's requirements. Justification for proposed nutritional guidance is generally relevant to the individual's dietary requirements.	Proposed nutritional guidance demonstrates relevance to the individual's requirements. Justification for proposed nutritional guidance is relevant to the individual's dietary requirements.	Proposed nutritional guidance demonstrates specific relevance to the individual's requirements. Justification for proposed nutritional guidance is specifically relevant to the individual's dietary requirements.

The extra one mark would have been awarded if the learner was able to justify in greater detail the nutritional guidance that has been recommended making it more specific to the scenario. Why have specific micronutrients been recommended here and how will they aid the individual in the scenario to meet their overall fitness goal?

This response gained 2 out of 8 marks.

3 Provide and justify nutritional guidance for Ben Martin to meet his specific requirements.

(8)

For Ben's breakfast, he could have a large bowl of cereal with ~~a~~ 500ml of skimmed milk, ~~or~~ porridge with 500ml skimmed milk or wholegrain bread with sardines with a glass of fruit juice or 1litre squash. If he is going to the gym or about to workout, he should have a 1 litre isotonic sports drink. ~~during training~~ For Ben's post workout meal, he could have a protein shake with a banana, an oatmeal with yoghurt and berries, a chicken burrito with cheese and salad included, or an egg omlet with avocado on wholegrain toast. The beverages that ~~could be~~ Ben could have with this meal is water, fruit juice ~~/squash or~~ squash. When he goes for his other workout, he should have a 1 litre isotonic sports drink during the training he undergoes and a 500ml protein shake immediatly after his workout. For Ben's lunch, he could have pasta with grilled chicken breast with greenside salad or a piece of fruit with 1 litre fruit squash. If Ben decides to do another workout or go gym, he should have a 1 litre isotonic sports drink during his training and for his post workout meal he could have a piece of fruit, 500ml of water or a large bowl of oatmeal with 500ml of skimmed milk. And finally for Ben's dinner, he could choose to have a grilled lean meat or fish, 6-8 new potatoes ~~or~~ or 1 cup of boiled rice, a large portion of steamed vegetables, 1 low-fat

DO NOT WRITE IN THIS AREA

yoghurt ~~, a p~~ or a piece of fruit with 750ml of fruit squash. ~~For a snacks~~

~~he could For snacks that Ben~~

Some snacks that Ben could have ~~incorp~~ had throughout his day are a protein bar, a cereal bar, a wholegrain cookie or a chocolate bar.

This new diet meal for ~~be~~ Ben includes many things that Ben had been missing in his ~~previous~~ diet, such as protein, diary, fruits and vegetables, Carbohydrates, micronutrients and macro nutrients, Micronutriens (vitamins and minerals) are required in small amounts, whereas marronutrients (carbohydrates, fats and protein) are required in large amounts in order to maintain a healthy well being.

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The learner has only proposed limited nutritional guidance around macronutrients and hydration. The learner has not recommended micronutrients or the amount of recommended daily allowance of calories for the individual. Therefore, the nutritional guidance shows general relevance to the individual's dietary requirements. This part of the learner's response has fallen into mark band 2 for trait 1 of the mark scheme.

The justification for the proposed nutritional guidance has been attempted, however shows limited relevance to the individual's dietary requirements as only macronutrients and hydration have been covered by the learner in limited detail. This part of the learner's response has fallen into mark band 1 for trait 2 of the mark scheme.

Question 4 – Propose and justify different training methods that meet Ben Martin's training needs.

To gain maximum marks for this question learners should be able to propose training methods that demonstrate specific relevance to the individuals training requirements. A learner should be able to propose at least one training method from 4 different components of fitness, based around either Aerobic Endurance, flexibility, Core stability, Strength and Muscular Endurance. If a learner proposes at least one training method from the specification for four different components of fitness identified above, then they would fall into the top of mark band 4 for trait 1.

A learner should be able to justify their proposed training methods identified making them specifically relevant to the individual's training needs. Learners should be able to state which method of training would be most appropriate and why for the components of fitness highlighted in this scenario.

This response gained 7 out of 8 marks.

4 Propose and justify different training methods that meet Ben Martin's training needs. (8)

In order to meet Ben's training needs, he should aim to improve aerobic endurance, muscular endurance, flexibility, and core stability as components of fitness.

To improve aerobic endurance, Ben could engage in continuous, or fartlek training. For example, he could cycle the distance to the train station and back before and after work as an active commute. He should aim for 70-80% of his maximum heart rate (MHR) during continuous training activities, in order to ensure that he is targetting his aerobic training zone specifically. This will improve ~~the~~ his cardiovascular efficiency, and increase his overall fitness levels, making every day tasks easier and more comfortable. Moreover, an example of fartlek training may be a 30 minute ~~run~~ run, working at altering speeds in the aerobic training zone. Again, this will help Ben to reach his goal of improving his overall health and fitness.

Moreover, in order to improve muscular

endurance, Ben could engage in circuit training or gym-based exercises. Gym-based exercises would be specifically good for Ben because he could do this with his individual personal trainer (PT). During these sessions he could use free-weights, under 70% of his 1 rep max to ensure that he is training muscular endurance specifically. The repetitions should be high for each exercise; for example, 30 x 5 sets of weighted squats. This type of training would be beneficial for Ben because using lower mass weights (start at 50% 1RM and build up to 70%) reduces the risk of injury for someone who hasn't done exercise for a long time. Furthermore, it will help to reduce his body fat content and increase muscle tone, which will be good for Ben's confidence and improve his mental health.

In order to improve flexibility, Ben could use different variations of stretching such as dynamic or PNF stretching. Increasing range of movement around a joint will reduce Bens' risk of muscular strain when undertaking more intense exercise, as well as improving overall fitness by making everyday tasks more

comfortable. Another method of training for improving flexibility is yoga or pilates. Again, this will reduce injury risk for Ben, especially because being overweight increases this risk anyway.

Pilates and yoga can also be used to improve core stability. These are quick and easy sessions for someone with a high workload and family comitments. Pilates is beneficial for Ben's core stability because the exercises activate and engage core muscles in order to stabalise them over a prolonged period. Again, this will help Ben to meet his goal of improving overall health and fitness, by making necessary everyday activity, as well as the more intense PT exercise, far more comfortable and therefore enjoyable.

The learner has proposed at least one training method for Aerobic Endurance, Muscular Endurance, Flexibility and Core Stability from the specification showing specific relevance to the individuals training requirements and the scenario. The learner has proposed at least four training methods from different components of fitness that are specifically relevant to Ben and his sport. This part of the answer has fallen into mark band 4 for trait 1 of the mark scheme.

The learner has also justified the proposed training methods making them relevant to the individuals training needs. The learner has justified each training method for each of the main components of fitness highlighted that could be used for the chosen individual and their training needs. The learner has also mentioned training methods that would not be suitable for Ben considering that he use to take part in regular exercise. This part of the answer has fallen into the top of mark band 3 for trait 2 of the mark scheme.

Activity 4

Assessment focus	Band 0	Band 1	Band 2	Band 3	Band 4
Training methods	0	1–2	3–4	5–6	7–8
	No rewardable material	The proposed training methods are generic, with limited relevance to the individual's training requirements. Justification for proposed methods is attempted however, is not always relevant to the individual's training needs.	The proposed training methods demonstrate general relevance to the individual's training requirements. Justification for proposed training methods is generally relevant to the individual's training needs.	The proposed training methods demonstrate relevance to the individual's training requirements. Justification for proposed training methods is relevant to the individual's training needs.	The proposed training methods demonstrate specific relevance to the individual's training requirements. Justification for proposed training methods is specifically relevant to the individual's training needs.

The extra one mark would have been awarded if the learner had justified more the training methods that were proposed for aerobic endurance and flexibility. These needed to be made more specific to the individual in the scenario and their specific requirements.

Learners must ensure that they state a training method taken from the specification for the selected components of fitness that are relevant to the individual within the scenario. If strength and/or muscular endurance is highlighted in each scenario, then the term 'weight training' would not be acceptable here as this is not a specific training method taken from the

specification. Training methods such as free weights, fixed resistance machines and circuit training would be acceptable.

This response gained 2 out of 8 marks.

4 Propose and justify different training methods that meet Ben Martin's training needs. (8)

The first training method I would Suggest is Continues training. Continious training is low intensity and long duration training aimed at burning fat that aims to improve Cardiovascular endurance. This is Suitable for Ben as the low intensity training aims at keeping their heart rate between 50-65% of their maximum heart rate. This will allow Ben to ease into training and reduce the risk of putting pressure on his cardiac system. This training method is more Suitable than interval to begin with as interval is higher intensity, Sprint training method with the focus of getting heart rates up to around 85% of their maximum heart rate, Something which is a risk to bens health Continuous training ~~is~~ will help Ben to achieve his targets of improving fitness aswell as losing weight

The Second training method I would Suggest is Fartlek. Fartlek is a varying intensity long duration training method aimed at increasing Stamina and burning fat. This is Suitable for

Ben as the continous training will have got him used to training and I can now begin to up the intensity and MHR to 80-90%. This will allow Ben to push himself in training and reduce the risk eg Ben not training to his full ability. This training method is again more suitable than interval as interval is too high intensity and to high risk to ben. Fartlek training will help Ben achieve his target of improving his fitness levels as well as losing weight

The learner has proposed two training methods for one component of fitness, Aerobic Endurance. The learner has proposed continuous and fartlek training which is taken from the specification. The learner has covered one component of fitness and therefore this part of the learner response has fallen into mark band 1 for trait 1 of the mark scheme.

The justification for the proposed training methods is generic, with limited relevance to Ben's training requirements. This part of the learner response has also fallen into mark band 1 for trait 2 of the mark scheme.

Question 5 – Design weeks 1, 3 and 6 of a 6-week fitness training programme for Ben Martin.

Majority of the marks for question 5 would be awarded if candidates could design a training programme that demonstrated specific relevance to the fitness requirements for the chosen individual within the scenario. Candidates could choose from Aerobic Endurance, Flexibility, Muscular Endurance, Strength and Core Stability activities within the programme design. If a learner identified at least three different components of fitness within the programme design, then their response would fall into mark band 3 for trait 1.

The training programme should also demonstrate a thorough understanding of the principles of fitness training, in the context of the individual's lifestyle or training requirements. The FITT principle must be applied in full detail to the programme, being specific with the intensity of the activities. Additional principles of fitness training must also be applied such as specificity, overload, progression, reversibility, rest and recovery, adaptation, variation, and individual needs. Not all the additional principles of fitness training need to be applied here but the programme must demonstrate a thorough understanding of these and that they have been taken into account when designing the 3 weeks of the 6-week programme.

This response has gained 5 out of 6 marks.

5 Design weeks 1, 3 and 6 of a six-week fitness training programme for Ben Martin.

(6) Q05

Week 1

	Physical activity: morning	Physical activity: afternoon
Monday	in office. ~~work~~ Aerobic endurance in form of continuous training walk at lunch 1 hour at 50% MHR	in office ↓ after work core stability in the form of yoga for 20 minutes
Tuesday 80% of 1 rep max	personal trainor ↓ muscular strength in the form of fixed resistance machine. ~~1 rep 5 sets~~ ~~before~~ work	~~[illegible]~~ flexability training in the form of active stretching 3 stretches for 30 seconds after work
Wednesday	~~aerobic endurance in the form of~~ core stability in form of yoga for ~~30 min~~ 20 minutes before work	aerobic endurance in the form of continuous training. ~~run~~ vog after work 10 minutes at 50% MHR after work
Thursday	in office aerobic endurance in form of continuous training. walk at lunch for 1 hour at 50% MHR	in office ↓ after work flexability in the form of active stretching 3 stretches 30 seconds
Friday	Rest Day	Rest day
Saturday	personal trainor ↓ muscular strength in form of ~~fixed resistance~~ free weights ~~1 rep~~ 5 ~~sets~~. 80% of 1 rep max	~~personal trainor~~ core stability in form of yoga for 20 minutes
Sunday	Rest Day	Rest Day

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Week 3

	Physical activity morning	Physical activity afternoon
Monday	in office aerobic endurance in form of continuous training. walk at lunch 1 hour at 60% mHR	in office after work core stability in form of yoga for 25 minutes
Tuesday 85% of 1 rep max	PT ↓ muscular strength in form of fixed resistance machines ~~2 reps 5 sets~~ before work	flexability training. passive stretching, 4 stretches for 30 seconds after work
Wednesday	core stability in the form of yoga for 25 minutes before work	aerobic endurance in form of continuous training. vog after work for 15 minutes at 60% mHR after work
Thursday	in office aerobic endurance in form of continuous training walk at lunch for 1 hour at 60% mHR	in office after work, flexability in form of passive stretching. 4 stretches for 30 seconds
Friday	strength training in form of free weights 85% of 1 rep max ~~2 reps 5 sets~~ before work	aerobic endurance in form of continuous training ~~work~~ with family vog for 15 mins at 60% mHR after work
Saturday 85% of 1 rep max	PT ↓ muscular strength in form of fixed resistance machine ~~2 reps 5 sets~~	core stability in form of yoga for 25 minutes
Sunday	Rest	Rest

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Week 6

	Physical activity	
	morning	afternoon
Monday	in office aerobic endurance in form of continuous training walk at lunch for 1 hour at 70% MHR	after work core stability in form of yoga for 30 mins
Tuesday	PT muscular strength in form of fixed resistance machine 90% of 1 rep max ~~3 sets 8 reps~~ before work	flexability training in the form of PNF. 5 stretches 30 seconds after work
Wednesday switch round	in office aerobic endurance in form of continuous training. walk at lunch for 1 hour at 70% MHR	aerobic endurance in form of continuous training. yoga after work 20 minutes 70% MHR none
Thursday	core stability in the form of yoga for 30 minutes before work	after work ~~flexa~~ flexability training in form of PNF stretching 5 stretches for 30 secs
Friday	strength training in form of free weights 90% of ~~3 sets 8 reps~~ 1 rep max before work	aerobic endurance in form of continuous training yoga with family for 20 mins at 70% MHR
Saturday	PT muscular strength in form of fixed resistance machine 90% of 1 rep max ~~3 sets 8 reps~~	core stability in the form of yoga for 30 mins
Sunday	Rest	rest

(Total for Activity 5 = 6 marks) Q05_T

The learner has designed a training programme that demonstrates specific relevance to the fitness requirements of the individual as they have included at least one training method and/or training session for Flexibility, Muscular Strength, Aerobic Endurance and Core Stability. The learner has included at least one training method or training session for three different components of fitness that are specifically relevant to Ben and his fitness goal. This part of the answer has fallen into the top of mark band 3 for trait 1 of the mark scheme.

The training programme that has been designed has also demonstrated a thorough understanding of the principles of fitness training, in the context of the individual's lifestyle or training requirements. The learner has implemented the FITT principle each week and clearly stated the intensity for majority of the sessions. The programme progresses each week, has included rest and recovery days, has variation included with a variety of different training methods being used and the programme is specific to Ben as it considers his overall fitness goal. The training programme has also considered embedding exercise into Ben's work pattern and lifestyle. This part of the answer has fallen into mark band 3 for trait 2 of the mark scheme.

Activity 5

Assessment focus	Band 0	Band 1	Band 2	Band 3
Six-week training programme	0	1–2	3–4	5–6
	No rewardable material	The training programme is generic, with limited relevance to the fitness requirements of the individual. Certain requirements may be omitted. The training programme demonstrates a limited understanding of the principles of fitness training, in the context of the individual's lifestyle or training requirements.	The training programme demonstrates relevance to the fitness requirements of the individual, although not all requirements are covered. The training programme demonstrates an understanding of the principles of fitness training, in the context of the individual's lifestyle or training requirements.	The training programme demonstrates specific relevance to all fitness requirements of the individual. The training programme demonstrates a thorough understanding of the principles of fitness training, in the context of the individual's lifestyle or training requirements.

The extra one mark would have been awarded if the learner had considered Ben's individual needs more throughout the plan. The programme has many exercise sessions included throughout and does not consider the fact that Ben has a full time job and family commitments.

Many learners did not state an intensity value for majority of the sessions for the individual or include the bpm (beats per minute) or MHR (Maximal Heart Rate) where relevant. 1RM or RPE would also be acceptable for intensity values.

This response has gained 2 out of 6 marks.

5 Design weeks 1, 3 and 6 of a six-week fitness training programme for Ben Martin. (6)

Week 1

	Physical activity	
Monday	AM 45 minute continuous jog before work 50% MHR	PM 45 minute continuous swim after work 50% MHR
Tuesday	rest	10 minutes HIIT session after work 70% MHR
Wednesday	Continuous jog before work 45 minute 50% MHR	30 minutes Circuit training session after work 60% MHR
Thursday	rest	20 mins Rowing machine session in the gym after work 60% MHR
Friday	45 minutes Continuous cycle before work 50% MHR	20 mins Fartlek session 65% MHR
Saturday	rest	45 mins continuous swim 50% MHR
Sunday	1 hour muscular endurance weight training 50% MHR	rest

Week 3

	Physical activity	
Monday	AM 45 min Jog continuous 55% MHR	PM 45 min continuous Swim 55% MHR
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Week 6

	Physical activity	
	AM	PM
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

(Total for Activity 5 = 6 marks)

The training programme that has been designed demonstrates relevance to the fitness requirements of the individual, as muscular endurance and aerobic endurance have been covered. This part of the learner response has fallen into the bottom of mark band 2 for trait 1 of the mark scheme.

The training programme demonstrates a limited understanding of the principles of fitness training, in the context of the individual's lifestyle or training requirements. The learner has only completed one week of the three-week plan and therefore it is very hard to demonstrate specific principles of fitness training such as progression, overload, and adaptation. This part of the learner response has fallen into mark band 1 for trait 2 of the mark scheme.

Question 6 – Justify the fitness training programme that you have designed for Ben Martin, considering the principles of fitness training.

A learner should be able to give a justification that demonstrates a thorough understanding of the principles of fitness training applied to their training programme. The FITT principle must be justified in relation to their training programme and again majority of the additional principles of fitness training should be justified such as specificity, overload, progression, reversibility, rest and recovery, adaptation, variation, and individual needs in terms of the training programme that has been designed. If learners justify correctly and in detail the FITT principle plus at least 6 additional principles of training, then their response would fall into mark band 4 for trait 1 of the mark scheme.

A learner should be able to give a justification that demonstrates relevance to the design of the training programme and the training requirements of the individual. Learners should be able to justify the aims and objectives of the training programme for the chosen individual as well as any personal goals (SMARTER) and resources required. Periodisation should also be mentioned in the context of the design of the 6-week fitness training programme. If a learner justifies the client's aims of the programme, their goals using the SMARTER acronym, Periodisation and resources required then their answer would fall into mark band 4 for trait 2 of the mark scheme.

This response gained 11 out of 14 marks.

6 Justify the fitness training programme that you have designed for Ben Martin, considering the principles of fitness training.

(14)

Bens goals are to lose weight and get back to the same fitness he was in 2 years ago so I have ensured the programme follows the Smarter, Sporvair, FITT, periodisation and resources principles.

I made sure the programme followed SMARTER principles: I made it Specific to Bens goals of losing weight by using interval training so during rest periods when hes walking he would be working at 50% MHR which is the fat burning zone and helps with his weight loss. It was measurable as I did testing days on the first and last day so that I can track his progress and see how much he has improved. It was achievable for Ben as I gave him a suitable amount of rest days so that I didn't push him too hard that he wanted to give up. I made it realistic especially on week 1 like in interval training for example as he only works for 27 minutes as he is starting from doing nothing from his sedentary lifestyle. The programme is Time phased over 6 weeks which is a long enough period for his body to adapt and get stronger.

The program is exciting as I changed activities in week 3 and 6 to make it more enjoyable and not boring so that Ben has the motivation to complete all 6 weeks. Finally I recorded using a diary his reps, sets, times and distances to compare them and prove the progress he has made.

I followed the Sportair principles by making it specific to Bens goal of reaching the same fitness he was in 2 years ago by making him use resistance machines which gets him back into the regular routine of going to the gym. The program clearly shows progression for example week 1 Ben does interval training of 1 min running, 2 mins walking for 27mins and by week 6 he runs for 1 and walks for 1 for 39 mins clearly showing that his aerobic system has adapted. I overloaded in week 3 by increasing his reps and sets on the resistance machines from 15 reps 4 sets to 20 reps 5 sets. I made sure I didn't give Ben too many rest days so that his body doesn't revert back to its resting state. I used variation as I change activities like interval running to interval on the bike to make the program more exciting and Ben enjoys it which can positively impact his motivation. I didn't change anything in week 1 to give Bens body enough time to adapt to the exercise. I focused on his individual needs as I know he is busy with work

and family commitments so he trains in the morning and during his lunch break so that he has time in the evening to relax. I gave him suitable rest days after days of intense training and ~~increased~~ decreased the amount of rest as the program progresses to encourage his fitness improvements. In week 1 and 3 he has 5 rest periods, in week 6 he has 4 and he doesn't have a whole day off.

I also followed the FITT principles. I got Ben to do each activity 3 times a week so that he stayed consistent and his body can adapt to the training. I gradually increased the intensity of the training. For example over the 6 weeks the resistance machines started at 15 reps 4 sets 50% 1RM at week 1 and finished at 20 reps 6 sets 60% 1RM in week 6 to push his body further and increase his fitness. I gradually increased the duration of the sessions as well as the intensity like in interval training increasing from 27 mins to 39 mins. This means he is working harder for longer and will benefit by getting fitter and losing weight. I chose specific types of training. For example interval and resistance machines involve taking breaks between sets which is helpful to Ben as he is starting from a sedentary lifestyle and will find it tough.

~~Tough~~. Periodisation is a factor of a fitness training program. My program is a weekly microcycle forming a 6 week mesocycle. which is a starting point and a reasonable amount of time for Ben to adapt and work hard. Periodisation gives structure to the program which allows Ben to focus on new challenges to prevent boredom and make resting. If Ben decides to continue training and push himself further with new goals it will then be known as a macrocycle.

Finally the resources Ben will need to complete the training program is a gym membership, Yoga mat, Stop watch, Suitable clothing like tracksuits and running shoes.

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The learner's justification has demonstrated an understanding of the principles of fitness training that have been applied to the training programme. The learner has justified the FITT principle in relation to the training programme and they have also justified 5 of the additional principles of fitness training from the specification. They have commented on specificity, progression, variation, individual needs and rest and recovery. The learner has correctly justified five principles of fitness training plus the FITT principle to allow this response to fall into the top of mark band 3 for trait 1 of the mark scheme.

The justification demonstrates specific relevance to the design of the training programme and the training requirements of the individual. The learner has included the resources required, aims of the programme, periodisation and the SMARTER acronym. This part of the answer has fallen into mark band 4 for trait 2 of the mark scheme.

Activity 6

Assessment focus	Band 0	Band 1	Band 2	Band 3	Band 4
Provide a justification for the training programme that has been produced for an individual	0	1–4	5–7	8–10	11–14
	No rewardable material	The justification demonstrates a limited understanding of the principles of fitness training. The justification is generic with limited relevance to the design of the training programme, or the training requirements of the individual.	The justification demonstrates a limited understanding of the principles of fitness training applied to the training programme. The justification is generally relevant to the design of the training programme and the training requirements of the individual.	The justification demonstrates an understanding of the principles of fitness training applied to the training programme. The justification demonstrates relevance to the design of the training programme and the training requirements of the individual.	The justification demonstrates a thorough understanding of the principles of fitness training applied to the training programme. The justification demonstrates specific relevance to the design of the training programme and the training requirements of the individual.

The extra three marks would have been awarded if the learner had justified further and in greater detail the other principles of fitness training such as reversibility, adaptation, and overload.

There are still learners that do not include any principles of fitness training when it comes to their justification. Learners spoke about their fitness training programme but only in terms of what they had included for each of the 3 weeks, making their justification show a limited understanding of the principles of fitness training.

This response gained 1 out of 14 marks.

6 Justify the fitness training programme that you have designed for Ben Martin, considering the principles of fitness training.

(14)

For my, fitness training program i used the principle of training FITT, ~~[illegible]~~ sprouai and smarter targets.

~~[illegible]~~

~~[illegible]~~

specific. I made it specific to ben to focus on the 3 main thing aerobic endurance, muscular endurance and flexibility. My training sessions were made with the fact that Ben wanted to loos his extra weight

27

The learner has only justified one of the principles of fitness training in relation to the training programme (Specificity). The learner has commented on the FITT principle, but this has not been justified in accordance with the mark scheme. This part of the learner's response falls into mark band 1 for trait 1 of the mark scheme.

The learner has not included any rewardable material that justifies the design of the training programme. This part of the learner's response has also fallen into mark band 0 for trait 2 of the mark scheme.

Summary

- The scenario will always allow for all seven lifestyle factors to be commented on from the specification in question 1. These are diet, exercise, smoking, alcohol, stress, exercise, sleep and sedentary lifestyle. All four health monitoring tests can also be interpreted by the learner on each exam series. Learners should ensure that they interpret these correctly and in line with normative data.
- Question 2 should see learners giving lifestyle modification techniques that are taken from the unit specification and that are relevant to the chosen individual within the scenario. These lifestyle modification techniques should be justified in terms of the individual within the scenario as well as commenting on the common barriers to change.
- Question 3 responses should see learners propose nutritional guidance that is based around the recommended daily allowance of calories, macronutrients, micronutrients, and hydration and justify these accordingly. If the scenario is sport specific, then including ergogenic aids would also be rewardable material here.
- Question 4 should see learner responses that give specific training methods that are taken from the specification and are relevant to the individual within the scenario. The chosen training methods should then be justified in relation to the scenario and lifestyle of the individual.
- For question 5, ensure the FITT principle is fully applied to the training programme including the intensity. For any aerobic based activity, the intensity values must include either MHR (Maximal Heart Rate) or BPM (Beats per Minute). For any strength or muscular endurance-based activities, the intensity must be in %1RM (One Rep Max). RPE would also be acceptable here for an intensity value.
- For question 6, ensure that the learners are justifying the design of their training programme through the application of the principles of fitness training. Some learners are only commenting on what they have planned for on specific days and weeks instead of demonstrating their knowledge around all the principles of fitness training.
- Centre's should not be submitting the learner's notes with the booklet as these must be retained and stored by the Centre.

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