Examiners' Report
Lead Examiner Feedback

January 2024

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

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 20-year-old full time student (Anton) who has ambitions to compete in the Olympics as a marathon runner. Anton was competing for his local athletics club as a long-distance runner and had won many different regional and national competitions. Anton decided to compete in his first marathon event in six months' time. Anton's coach had advised him to have a full health screening assessment before he starts to train for the marathon.

Anton demonstrated a mixed lifestyle with both some positives and negatives that could be improved. This sport specific scenario would ask learners to apply their knowledge and understanding to marathon running as well as Anton's lifestyle and wellbeing.

Question 1 responses 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 was slightly less accessible as previous series due to the scenario and that Anton drank 3 units of Alcohol. This series allowed the learners to give lifestyle modification techniques based around stress, smoking and alcohol. Some learners only responded to Stress and Smoking and proposed lifestyle modification techniques for these two lifestyle factors. Some learners did not provide a lifestyle modification technique for alcohol as Anton consumed 3 units per week which is under the 14 units per week recommendation. Alcohol was still an area that needed to be identified for question 2 if the individual wanted to pursue his long term goal of competing in the Olympics.

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, hydration and ergogenic aids would have gained the higher end marks.

Question 4 performed well this series as the scenario allowed for multiple training methods to be proposed from either Aerobic Endurance, flexibility, Core stability, Strength, Muscular Endurance, Power, and Balance. 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 performed as expected with learners applying their knowledge to the training plan and 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.

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.

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 Anton Geere.

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 Anton Geere. (12)

Physical activity.

Anton takes part in 6 hours of physical activity per week, he does 4 hours of running and 2 hours of strength and conditioning. This is a huge positive factor in Anton's life as he is exceeding the goverments recommendations of doing 150 minutes of exercise per week. exercise also strengthans bones, improves posture, improves body shape, reduces the risk of Chronic diseases such as cancer CHD and type 2 diabetes, while controlling weight providing you have a good diet. it also relieves stress, reduces depression and improves mood and concentration. there are also social and economical benefits

Sedetry life style

Anton does not have a sedetry lifestyle however he has stated that his occupation (school) is not very active. if he did have a sedetry life style he would be at risk of CHD, a stroke, type 2 diabetes, cancers and hypertension.

6

Smoking.

Anton smokes one cigerette a day, now this may seem better than others who smoke one pack a day however, The goverment guidelines state that you should not smoke at all! Smoking can have detremental affects on the body. Mostly the lungs and if he wants to run marathons and compete in the olympics he needs to stop completely as it wont be good for his health and areobic endurance. even smoking 1 cigarette a day can lead to many health problems in the future such as CHD, lung/mouth cancer, lung disease, emphysema, Bronchitis and even fertility problems which would be ashame for someone so young.

Sleep.

a positive is that Anton on average sleeps 8.5 hours per night this is really good for his health as it improves concentration, mood and energy levels, it allows your body to restore itself, however lack of sleep can lead to heart disease, depression, overeating, overwhelmness and lack of focus/energy.

Sleep will allow him to recover from exsessive exercise.

Alcohol.

Anton drinks on average 3 units of ~~alchoh~~ alcohol per week now this is not against the goverment guidelines of a maximum of 14 units per week however again if his goal is to compete in the olympics any alcohol is not going to get him there. alcohol can also result in higher risk of Stroke, liver cirrhosis, hypertension and depression.

Stress

Anton states that he experiences stress on a daily basis, due to collage work, exams and competitions. stress is not good for the body and can tiger many physical problems to arise such as hypertension, angina, stroke, heart attack, stomach ulcers and depression. if is school and compeling Anton should focus on his collage work (spend more time revising) and stop competing, running with out competition is just as beneficial and mentally rewarding.

Screening information

Blood pressure
Anton has a blood pressure of 118/77 mmHg which is considered healthy and ideal, as blood pressure problems can lead to risk of heart attacks, risk of strokes and kidney disease. So Antons blood pressure is a positive!.

Heart rate
Antons resting heart rate is 58 which is shown as excellent, however Anton must know that heart rate can be affected by alcohol, caffeine, drugs and exercise, this may demotivate Anton to drink any alcohol

BMI
Antons Body mass index is 17, 18.5 suggests underweight therefore anton needs to consider his diet moving forward.

Waist to hip ratio
Antons WTHR is 0.82 its shown that ~~men~~ women should be at 0.85 and men should be at 1.0 meaning he is under the average.

fluid intake

Anton drinks a decent amount of water 750ml to a litre a day, this is a positive as water helps digestion as well as regulating body temperature

(Total for Activity 1 = 12 marks)

10

The learner has interpreted and comprehensively described 7 of the relevant lifestyle factors from the screening information. Physical activity, sedentary lifestyle, smoking, sleep, alcohol, stress 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 correct interpretation of three of the four health monitoring test results. Resting Heart rate, blood pressure and BMI were all correctly interpreted but waist to hip ration was not. The learner needed to identify that the waist to hip ratio score was low risk or a good score for the individual. This part of the answer has fallen into the top 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 2 marks would have been awarded if the learner had provided more detail on the lifestyle factor of diet and also correctly interpreted the waist to hip ratio score.

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 Anton Geere.

(12)

A lifestyle factor I've identified from Anton is that he smokes. Smokes, drinks and experiences stress.

The government support guideline have given recommendations for alcohol the recommendation are as followed 'You should have atleast 2-3 alcohol-free days of the week. and you should consume no more than 14 units of alcohol in a week. 14 units is an equivelant to 6 pints of beer 6 glasses of wine or 14 single shots of spirit. Lastly 1 unit is equal to 8grams of alcohol

A positive is that anton drinks way under the recommended '14 units' Anton only drinks 3 units in a week which is equivalent to 24grams of alcohol.

There are not very many positive side effects to ~~smoking~~ drinking. Alcohol is a drink is a drink that is quickly absorbed by the stomach and can cause damage / affect most organs within the body. A: Overtime A: Long term health risk of excessive drinking of alcohol can lead to chronic diseases and other serious problems including high blood pressure, heart diseases Stroke and

liver diseases and digestive problems.

Anton also smokes. Smoking is a debate the government guidelines constantly change yet at the moment it is recommened through the government not to smoke and aims to make England a smoke free place by 2030 project for that started in 2020.

Alongside alcohol there aren't many positives to smoking. cigerattes are mainly smoked to 'destress/calm down'. the consumer the way it does that is by slowing down the heart rate. ~~Anton many smoke~~ Anton is not a heavy smoker a seems to only smoke 1 cigerette a day and I believe the reason he smokes ~~is to handle his stress~~ is to reduce his stress. Nicotine is ~~it~~ extremely addictive and most cigerette/ tobacco user only continue to smoke because they are addicted to the nicotine.

~~A part of~~ Addiction is only step 1 for ~~all the~~ some of the negatives that come along with smoking, Smoking causes cancer, heart diseases, strokes, lung diseases, diabetes and chronic obstructive pulmonary diseases. Another serious negative effect of smoking is that majority of ~~long~~ life term smokers ~~die on average to~~ lose on average 10 years, meaning they are most likely to

die 10 years before their time.

Stress is another lifestyle factor that I've identified, stress is a state of worry or mental tension caused by a tense situation. Stress affects sleep in this case it does not affect the hours of sleep Anton is getting but it could affect the quality this could leave him tired throughout the day and if he's tired he cannot train as hard for the marathon and he will not be in the best shape or form. Stress may be a mental thing yet can cause many dangerous ~~negative~~ damage such as Lack of sleep, high blood pressure, heart disease stroke and obesity.

Short term stress has its benefits such as keeping you alert and ready yet long term chronic stress leads to depression

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The learner has identified the lifestyle factors from the scenario and described alcohol, smoking and stress. This part of the answer has fallen into the 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 and demonstrates general relevance to the health and wellbeing of the individual. This part of the answer has fallen into 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.

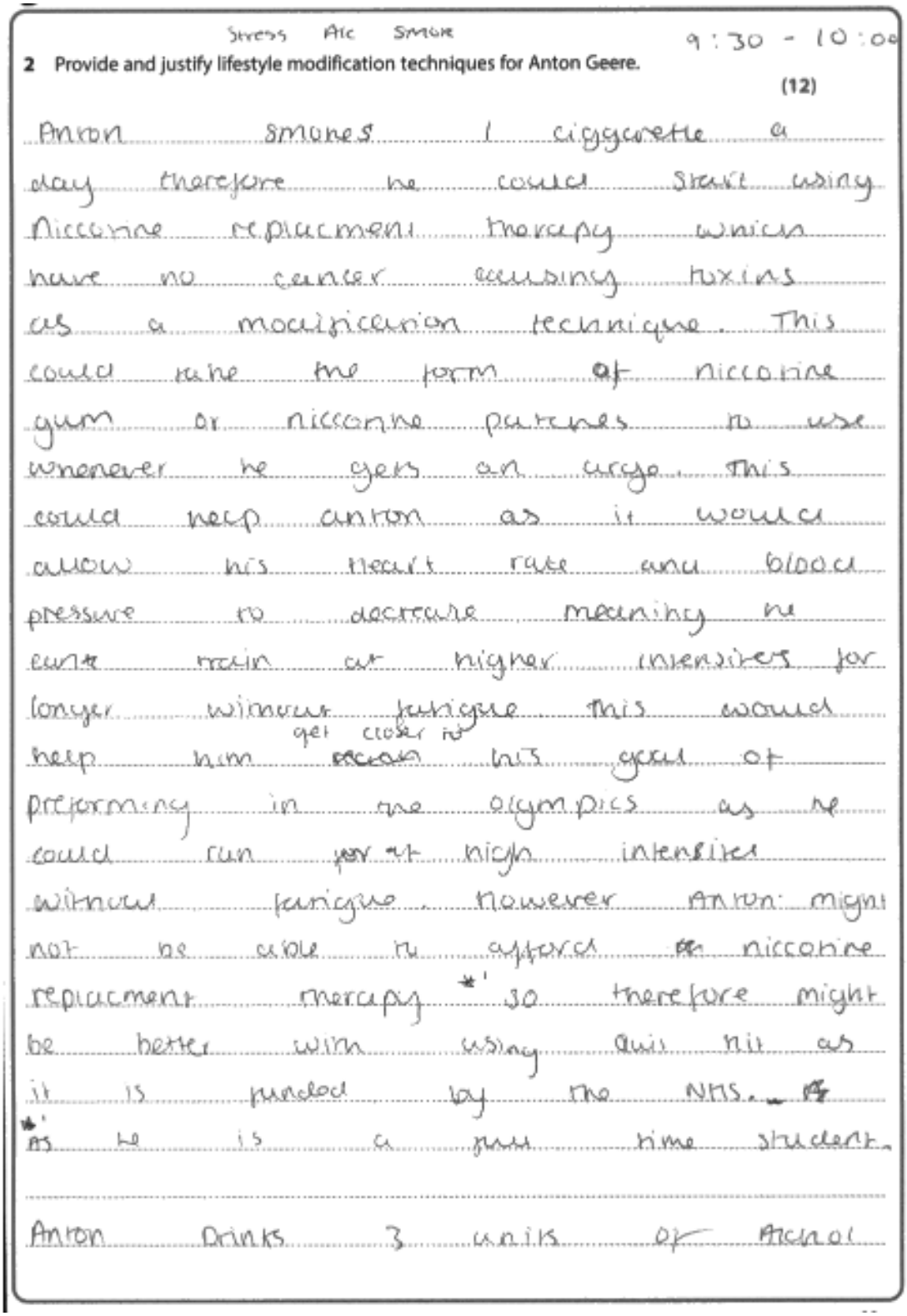
Question 2 – Provide and justify lifestyle modification techniques for Anton Geere.

The higher band of marks were awarded for proposed lifestyle modification techniques that demonstrated specific relevance to Anton's lifestyle and his requirements. A learner should be able to give at least one lifestyle modification technique for stress, alcohol and smoking. If a learner was to propose at least one technique from the specification for at least 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, smoking and alcohol. Learners should be able to justify in detail one lifestyle modification technique for at least 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 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.



Stress AIC SMOKE 9:30 - 10:00

2 Provide and justify lifestyle modification techniques for Anton Geere. (12)

Anton smokes 1 cigarette a day therefore he could start using Nicotine replacment therapy which have no cancer causing toxins as a modification technique. This could take the form of nicotine gum or nicotine patches to use whenever he gets an urge. This could help anton as it would allow his heart rate and blood pressure to decrease meaning he can train at higher intensities for longer without fatigue this would help him get closer to achieve his goal of performing in the olympics as he could run for at high intensities without fatigue. However Anton might not be able to afford the nicotine replacment therapy * so therefore might be better using gum as it is funded by the NHS. As he is a full time student.

Anton Drinks 3 units of Alcohol

per week and although he is very
far under the maximum of 14
units per week it would be
beneficial to stop all together. Anton
could use self help groups
and step by step recovery programmes
as a lifestyle modification technique.
This would be helpful for anton
as he could replace him drinking
with doing college work so
he has one less thing to stress
about. This would also help
Antons blood pressure increase since
would help in his training
towards the olympics. However anton
goes to university and is
by his friends who might influence
him to go out and have a drink
which will make it harder to stop.
Anton could just go out and have
a soft drink so he is still having
the social aspect of his friends
without drinking. Time could also be
a barrier as he has to train
and go to college 3-9 hours a
day.

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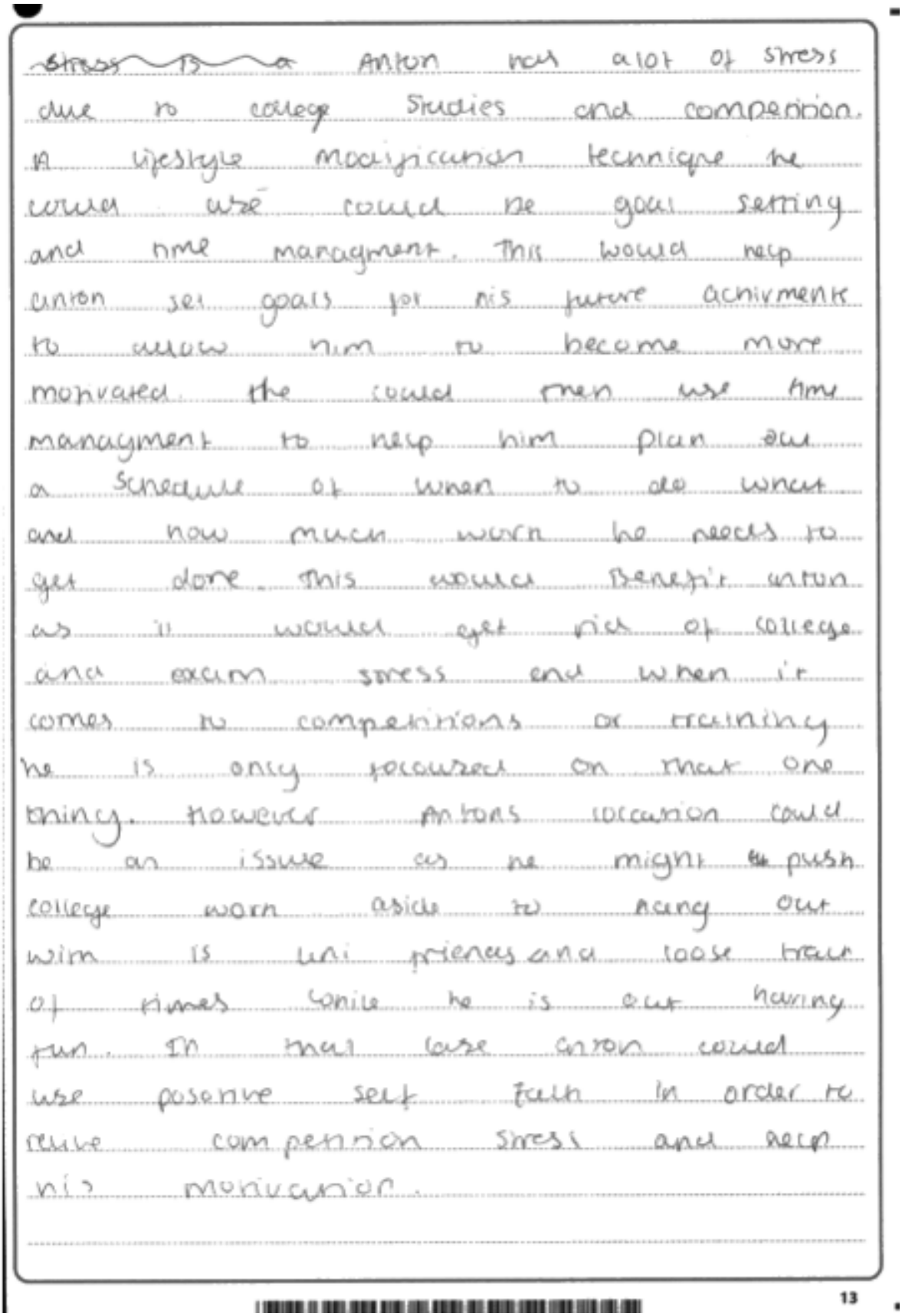

~~Stress is a~~ Anton has a lot of stress due to college studies and competition. A lifestyle modification technique he could use could be goal setting and time managment. This would help anton set goals for his future achivments to allow him to become more motivated. He could then use time managment to help him plan out a schedule of when to do what and how much work he needs to get done. This would benefit anton as it would get rid of college and exam stress and when it comes to competitions or training he is only focused on that one thing. However Antons location could be an issue as he might ~~be~~ push college work aside to hang out with is uni friends and loose track of times while he is out having fun. In that case anton could use positive self faith in order to relive competition stress and help his motivation.

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Time management and goal setting will have the biggest impact on Antons life as it can help him with all these negative lifestyle factors. Goal setting will motivate anton to reach that goal therefore he would do anything to achive it. He could do this by cutting out all the negative things in his life as it will get him a step closer to becoming an olympic athlete.

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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 smoking, alcohol, and stress. The learner has given specific strategies taken from the specification to reduce smoking, alcohol, and stress. This part of the answer has fallen into the top of 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 some of 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 link to the individual's lifestyle factor analysis and the proposals demonstrate an understanding of significance. This part of the answer has fallen into the top of mark band 3 for trait 3 of the mark scheme.

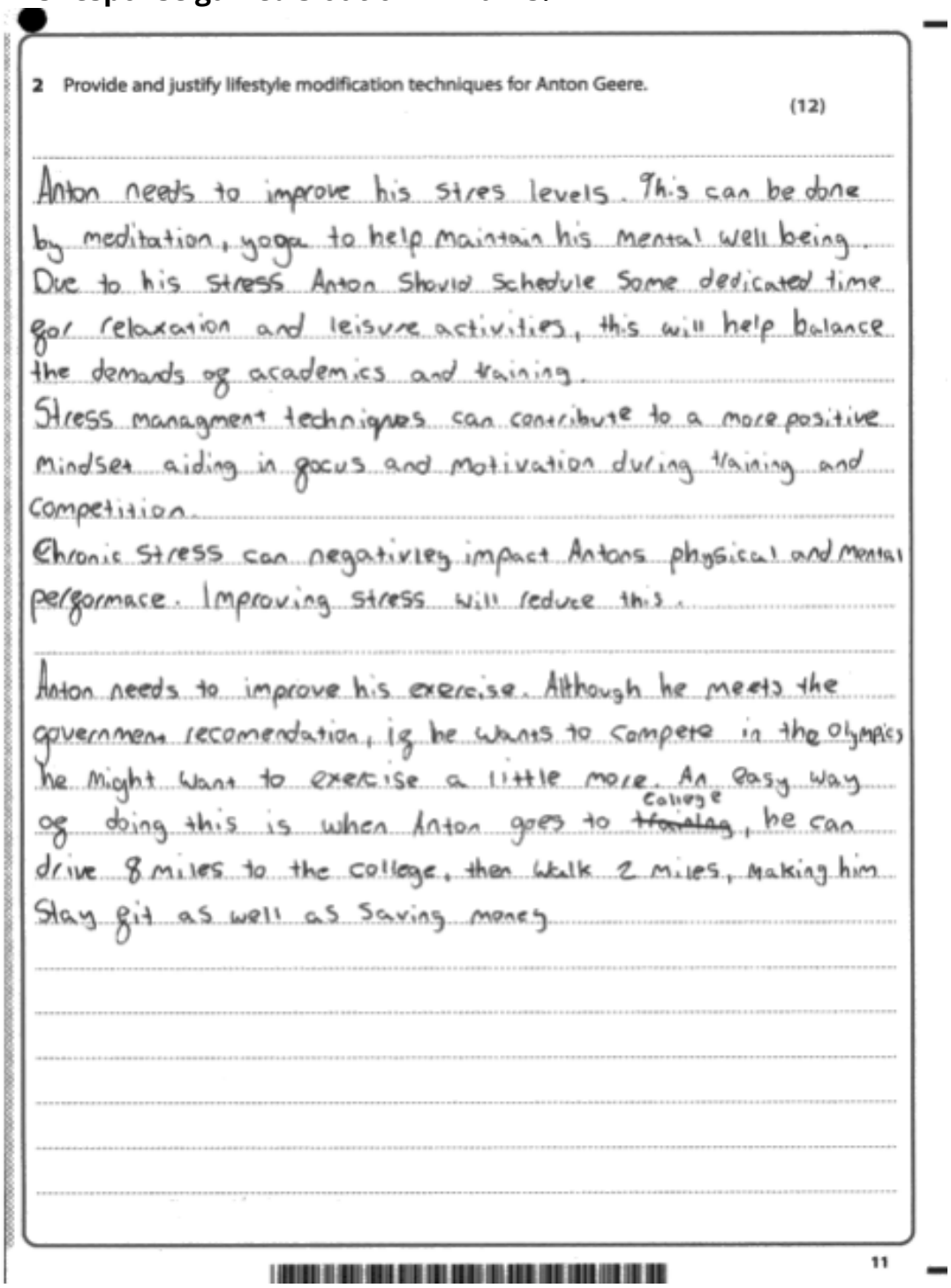
Activity 2

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 could have been awarded if the learner had given a prioritisation of the lifestyle modification techniques considering which one is the most important and why.

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 3 out of 12 marks.



2 Provide and justify lifestyle modification techniques for Anton Geere. (12)

Anton needs to improve his stres levels. This can be done by meditation, yoga to help maintain his mental well being. Due to his stress Anton Shovld Schedule Some dedicated time for relaxation and leisure activities, this will help balance the demands of academics and training.

Stress managment techniques can contribute to a more positive mindset aiding in focus and motivation during training and competition.

Chronic stress can negativley impact Antons physical and mental perfomace. Improving stress will reduce this.

Anton needs to improve his exercise. Although he meets the government recomendation, if he wants to compete in the olympics he might want to exercise a little more. An easy way of doing this is when Anton goes to ~~training~~ college, he can drive 8 miles to the college, then walk 2 miles, making him stay fit as well as saving money

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The learner has proposed lifestyle modification techniques that demonstrate general relevance to the individual's lifestyle and their requirements from the targeted scenario. The learner has only proposed lifestyle modification techniques for stress that are relevant to this specific scenario.

This has been very briefly justified with the response needing to focus on more about why the technique has been chosen.

Question 3 – Provide and justify nutritional guidance for Anton Geere 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 and ergogenic aids that can help improve overall health and fitness. To make the nutritional guidance specifically relevant for Anton, learners should propose an increase in calorie intake to ensure Anton is consuming enough to meet the demands of his training and sport.

The proposed nutritional guidance should be justified making it specifically relevant to the individual's dietary requirements for their health and wellbeing. Anton needs to increase his calorie intake to ensure he has enough energy to meet the demands of his training and sport. He will also need to consume more water to improve his hydration levels.

This response gained 8 out of 8 marks.

3 Provide and justify nutritional guidance for Anton Geere to meet his specific requirements.

(8)

Q03

Antons daily recommended calorie intake should be 2500 calories. If he wants to compete in the olympics Anton will need a healthy diet to help prepare his body for the demands of training and to reach his goals.

Anton needs all macronutrients in his diet. To specifically carbohydrates, 70% of his calories should be complex carbs which he does not eat enough of. You can get these from rice, bread and pasta so I would recommend he added ate bread with his soup to increase his carb intake. He already eats cereal which is a good source of carbs. Anton has too much simple carbs in his diet, these are the quick release of energy and come from foods like jam and sugar. He should replace his cheeseburger and chips for for a some pasta to replace his simple carbs for complex carbs which are more beneficial to his aa goal of running long distance.

as they are a slow release of energy. Protein should also make 20% of Anton's calories as they help with muscle recovery and general ~~recovery~~ growth. To Anton eats chicken for ~~dinner~~ lunch meaning he does have protein in his diet but to ~~in~~ increase his protein intake he could eat fish for dinner instead of pizza on day one. He can also get protein from other foods like meat, poultry, eggs. Fats should be included in his diet, specifically he needs 10% unsaturated fats from foods like butter, natural oils and meat. This acts as a secondary energy source during his long distance races as well as normal growth and development.

Anton will need carbohydrates also during his race in the form of a drink like lucozade or gels, as it is longer than after an hour to the ~~longevity~~ long duration of his sport. So

Anton should also ensure micronutrients are included in his diet, specifically Vitamin A, which he can get from

carrots or greens, these help improve his immune health so he's less likely to get ills. He could include this by having broccoli with his one of his meals for example for dinner he could have fish and broccoli rather then pizza. Vitamin B is should be in his diet, these come from eggs or ceral therefore are already apart of his diet, these help release energy and help maintain healthy eyes and skin.

vitamin C comes from fruit, these help protect cells and can help a stronger immune system meaning he can fight infection better and decreases chances of having to have time off training due to illness. He could swap his snack of a chocolate ~~pp~~ bar to an apple. Vitamin D is important in his diet as it helps keep bones healthy. this comes from sunlight. Calcium should be part of his diet as it helps build strong bones and teeth, this is beneficial as it means it's good for weight bearing causing less chances of broken bones. Iron is also an important micron-

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utrient to include in his diet as it will help Antons formation heamoglobin, so his rbc can carry oxygen efficiently this will benefit his performance as his muscles and lungs will recieve oxygen more efficiently

Hydration is important to have in Anton's diet this is because it regulates temperature, transports nutrients and helps digestion. ~~Hydration replacement~~ It helps replace 1.5l of water after exercise. Water makes up 45 - 65% of body weight therefore maintaining water intake is important, Anton should drink at least 4-8 glasses of water a day however as he trains he will need more to displace that lost in sweat. ~~He needs isotonic~~ He should have 20% of his diet be fluids, isotonic provides sodium and glucose and ions recovery due to electrolytes this is during exercise. Hypertonic is before exercise, it provide, high energy through carbohydrate release and includes salt. Hypotonic is low carb, encourage fluid

(Total for Activity 3 = 8 marks) Q03_T

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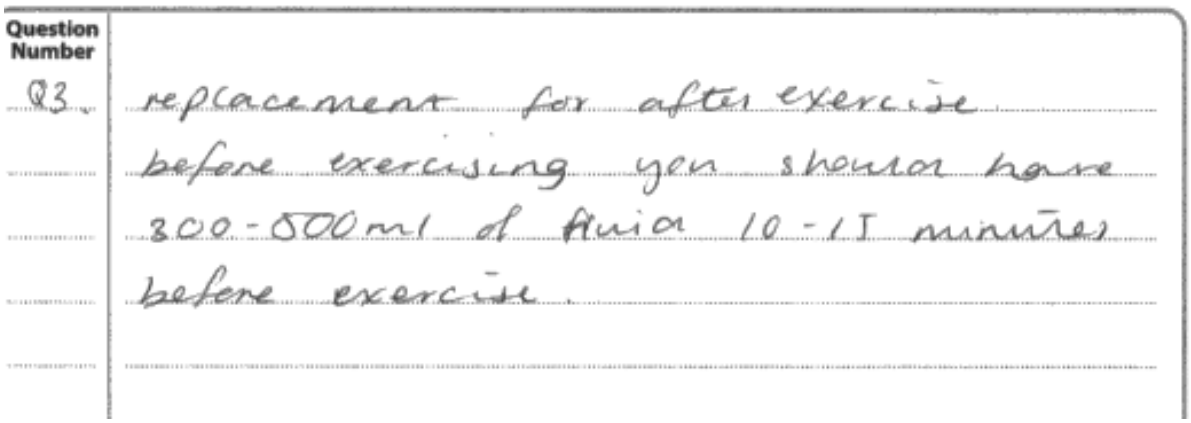

The learner has proposed nutritional guidance that demonstrates specific relevance to the individual's requirements. The nutritional guidance is specific to the individual as they have covered the recommended daily allowance of calories, the three macronutrients, their quantities and sources of food, micronutrients and sources of food, and hydration. 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 goals 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.

This response gained 1 out of 8 marks.

3 Provide and justify nutritional guidance for Anton Geere to meet his specific requirements.

(8)

With Anton's diet he easily chance many things what can help the body improve, for example, he could change his Snack from packet of crisps and chocolate to healthy Snacks like fruit or lentil crisps.

He could also change the dinner meals as one is Pizza and the other being cheese burger and chips. This could be changed to a meal what is based off the diet plate. So a meal what contains meat, vegetables, carbs etc. So it's a healthy and nutritional meal.

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The learner has not proposed or recommended specific nutritional guidance from the unit specification. There is no rewardable material for trait one 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 there is no nutritional recommendations taken from the unit specification. 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 Anton Geere'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 at least 4 different components of fitness, based around either Aerobic Endurance, flexibility, Core stability, Strength, Muscular Endurance, Power, and Balance. 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 8 out of 8 marks.

4 Propose and justify different training methods that meet Anton Geere's training needs.

(8)

Anton has the goals of competing in the Olympics as a marathon therefore to ~~[illegible]~~ achieve this he should look to improve his aerobic endurance, muscular endurance, flexibility, core stability and power.

To improve aerobic endurance, I recommend Anton completes continuous training (constant exercise for longer than 30 mins without rest) and he should work at 60-85% MHR to feel the benefits. An advantage of this type of training is that it replicates the movements and nature of Anton's sport therefore it trains muscle memory as well as AE. A disadvantage however is that it can become tedius which may decrease Anton's motivation causing him to stop which won't help him reach his goal.

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To improve musculor endurance I recommend that Anton completes free weights weight training. This is the movement of pressing resistance that isn't connected to the wall or floor and he should work at 70% 1RM. An advantage of this is that it targets and isolates specific muscle groups therefore it can be adapted to target a weakness e.g. weak hamstrings. A disadvantage however is that there is increased injury risk. This would set Anton back in reaching his goal because he wouldn't be able to train so progression wouldn't occur.

I recommend that Anton completes dynamic stretching (movements that take a muscle/joint past it's normal range of motion) to improve flexibility. A positive of this is that there is no equipment needed & therefore Anton won't have

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to necessarily go anywhere to complete however a disadvantage is once again there is injury risk if the muscle is put under too much strain.

To improve core stability, I recommend that Anton completes pilates and yoga These are exercises combined with breathing techniques An advantage of this is it will also work to reduce stress which will be beneficial to Anton as he experiences it. A disadvantage of this technique is specialist knowledge is required therefore Anton may need to join a class or watch a video to learn.

Power is defined by the ability to produce maximal force in shortest period possible and I recommend Anton works to improve this because it will benefit his performance e.g. each stride

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he will produce more power which ultimateley translates to speed. To improve this, I recommend he completes plyometrics (cause the muscle to lengthen (eccentric) before maximal shortening (concentric). He should work at 60 - 80% MHR to feel the benefits. An advantage of this training is that it can be directly translated over to running which shall help him reach his goal. A disadvantage is that equipment such as boxes and medicine balls are required therefore he may need to join a gym to complete this.

(Total for Activity 4 = 8 marks)

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The learner has proposed at least one training method for Aerobic Endurance, Muscular Endurance, Flexibility, Core Stability and Power 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 Anton 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 justified the training method in relation to his sport and individual circumstances. This part of the answer has fallen into mark band 4 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.

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 1 out of 8 marks.

4 Propose and justify different training methods that meet Anton Geere's training needs.

(8)

I have decided on 4 training methods that suit Antons training needs. They are, cardiovascular endurance training, muscular endurance training, flexibility training and core stability training.

To begin, [redacted] the importance of muscular endurance is higher than any other for a marathon runner. Muscular endurance is the ability to repeatedly exert force and remain active over extended periods of time, and is based on long term measurements of energy. A large majority of muscular endurance comes down to mental toughness and sometimes it's more mentally training than strength based. The reason muscular endurance training is so important to Antons specifically is because it reduces risk of injury, builds stronger muscle and improves balance. All of these three things are vital to a marathon runner.

Secondly, cardiovascular endurance is very important, it's how well your heart and lungs can provide the oxygen you need while you exercise at medium to high intensity, especially aerobically. This means prolonged exercise that is constant this usually means more then 8 minutes. This is vital for Anton as he is a marathon runner and requires the ability to run at a steady pace for a prolonge perion of time, orginally this is the most important type of training he needs to complete. Overall this will reduce his probability of experiencing fatigue during a competition Cardiovascular endurance lays hand in hand with muscular endurance because if you dont have both, you dont have either.

flexibility training is also vital for a long distance runner as it reduces risk of injury whilst taking part in a run. its the ability to move muscles and joints through a full range of motion. Its very important for a runner to be flexible as it reduces the risk of strain injuries

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and even hairline fractures. This is because [redacted] have stretchier stronger joints allows you to be able to have a larger range of motion.

Last is core stability, its explained as the ability to control the position and motion of the trunk over the pelvis to allow optimum production, transfer and control of force and motion to the terminal segment in integrated athletic activities. It allows the pelvis hips and lower back to work together more smoothly to expend less energy. Core strength also significantly improves balance, meaning you recover quickly from mistakes whether small or large. Core strength for distance runners is especially important.

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The learner has not proposed any specific training methods from the specification. The learner has described the different components of fitness that are required for Anton and Marathon running, but there are no training methods proposed. Therefore, there is no rewardable material for trait one of the mark scheme.

The justification for the proposed training methods has been attempted with limited relevance to Anton'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 Anton Geere.

Majority of the marks for question 5 would be awarded if learners could design a training programme that demonstrated specific relevance to the fitness requirements for the chosen individual within the scenario. Learners could choose from Aerobic Endurance, flexibility, Core stability, Strength, Muscular Endurance, Power, and Balance 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 the top of 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 considered 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 Anton Geere. (6)

Week 1

	Physical activity
Monday	AM 8:30am Work:Rest 60 40 Small jog 5k (30 mins) 65% ~~inte~~ RPE PM 3pm Static stretches (15mins) 50% RPE Evening 6pm yoga (~~30~~ 15 mins) 30% RPE Max heart Rate 100 BPM
Tuesday	AM 9am Work:Rest 60 40 Continuous training (30 mins) 65% RPE PM 3pm small ~~jog~~ jog (5k timed) 70% RPE Evening 6pm PNF (15 mins) 60% Max heart rate RPE 100 Bpm
Wednesday	AM 9am Work : Rest 50 50 Hallow sprints (~~5~~ 20mins) 80% RPE PM 3pm yoga (20 mins) 50% RPE Max BPM 120 Evening 6pm Small jog 5k~~s~~ (up hill) 30mins (70% RPE)
Thursday	AM jog (35mins) (up hill) 5k 70% RPE Work to rest 60 : 40 PM 3pm Fartlek 35 mins RPE 70% Evening 6pm Stretches (15 mins) 50% RPE max BPM 115
Friday	Am 8am Work : Rest 60 40 Jog 5k 30mins (65% RPE) pm 3pm weight traing Less press max 60kg (80% RPE) Evening 6pm Rest BPM 120
Saturday	AM 8am Work : Rest 60 : 40 Rest pm 3pm Hallow sprints (80% RPE) 30 mins Evening yoga 20 mns 55% RPE BPM 110
Sunday	AM 8am Work:rest 60 : 40 Circuits (30mins ~~RPE~~) 65% RPE pm 3pm Jog 5k (30mins) 60% RPE BPM 115 Evening 6pm Pilates (20 mins) 60% RPE

Week 3

	Physical activity
Monday	AM 8:30am Jog 7K (35mins) 70% RPE Work : Rest PM 3pm 65 35 Bymanic Stretches 50% RPE Evening 6pm gym Based workouts (Dumbells) Max 5sets 12 reps BPM 110
Tuesday	AM continuous traing 35 min 70% RPE PM Jog 7K (35min) RPE 65% Work: Rest 65 : 35 BPM 120 Evening PNF 20mins 60% RPE
Wednesday	AM Hollow sprints 25 min 85% RPE pm ~~yoga~~ yoga 25 min 55% RPE Work: Rest 65 35 120 Bpm Evening Jog 7K timed 35 min (up hill) 75% RPE
Thursday	AM Jog 35 min 7K (up hill) 70% RPE PM Fartlek traing 40 min RPE 70% Work : Rest 65 35 BPM 120 Evening Stretches (20min) 50% RPE
Friday	AM Jog 7K 35 min 70 RPE Pm weights Leg press max 70kg Work : Rest 65 35 129 Bmp Evenin yoga 50% RPE 20mins.
Saturday	AM Jog 7K (35 min) 70% RPE pm Hollow sprints (80% RPE) 35mins Work : Rest 65 35 Bpm 120 Evening yoga 30 M'n 60 RPE
Sunday	Am 8am Circuits (35 mins) 70% RPE PM Jog 7K (35mins) 70% RPE Work : Rest 65 : 35 Bpm 120 Evening pilates (25 min) 65% rpe

Week 6

	Physical activity
Monday	AM Jog 10k (40mins) Work : Rest 70 30 80% RPE pm Dynamic Stretches 50% RPE (25min) Evening gym work out 6 sets 14 reps
Tuesday	AM Continuous training 40 min 75% RPE PM Jog 10k (40 mins) 80% RPE Work : Rest 70 30 PNF Stretches (20 mins) 65%
Wednesday	AM Hallow sprints 30 min 90% RPE pm Yoga 25 min 50% RPE Work : Rest 70 30 Evening Jog 10k (up hill) 50 mins 80% RPE
Thursday	AM Jog 10k 40 mins 80% RPE pm fartlek 45 min 80% RPE Work : Rest 70 30 Evening Stretches 60% RPE 25 mins
Friday	AM Jog 10k 40mins 75% RPE pm weight leg press max 75kg Work : Rest 70 30 Evening Yoga 25 min 60% RPE
Saturday	AM Jog 7k (30mins) 80% RPE pm Hallow sprints 45 mins 85% RPE Work : Rest 70 30 Evening Yoga 30 mins 65% RPE
Sunday	AM ~~Fri~~ Circuits 45 mins 70% RPE pm Jog 10k (40mins 80)RPE Work : Rest 70 30 Evening pilates (20mins) 65% RPE.

(Total for Activity 5 = 6 marks)

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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 Aerobic Endurance, Muscular Endurance, Flexibility 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 Anton 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 variation included with a variety of different training methods being used and the programme is specific to Anton as it considers his overall fitness goal and sport. 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 implemented the principle of rest and recovery better and considered the duration of Anton's aerobic endurance training. By week 6, Anton was only running for 30-40 minutes which is not enough to compete in a marathon event.

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 Anton Geere. (6)

Week 1

	Physical activity
Monday	40 minute run
Tuesday	run. 5 mins at 2.5mph, 5 mins 3 mph, 5 mins 5mph, 3 mins 9 mph then step 4 and 5 x 3 times, 5 mins 2.5, 60 sec rest in between.
Wednesday	40 minute run
Thursday	4x6 minutes hill run, 90 sec rest between set.
Friday	rest day.
Saturday	tuesday training.
Sunday	90 minute run.

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Week 3

	Physical activity
Monday	45 minute run.
Tuesday	run 5:30 min at 2.5mph, 5:30min 3mph, 5:30min 3mph, 3:30min 3mph, step 4 and 5 x4 times 5 mins 2.5 mph, 30 sec rest inbetween.
Wednesday	45 minute run.
Thursday	4x7 minutes hill run, 80 sec rest between set.
Friday	Flexibility. 10 side reaches 10 toe taches. static and moving stretches 10 lunges, 10 squats, 10 arm circles, 10 sec quad stretch, 10 sec calf stretch
Saturday	tuesday training
Sunday	95 minute run.

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Week 6

	Physical activity
Monday	50 minute run
Tuesday	run 6 mins 2.5 mph; 6 mins 3mph; 6 mins 5mph; 4 mins 9mph; step 4 and 5 x5 times; 5 mins 2.5mph. 45 sec rest in between.
Wednesday	50 minute run
Thursday	4x3 minute hill run 75 second rest between set
Friday	Flexibility 10 lunges, 10 squats, 10 arm circles, 10 sec quad stretch, 10 sec calf stretch. 10 side reaches 10 toe touches
Saturday	tuesday training
Sunday	100 minute run.

(Total for Activity 5 = 6 marks)

The training programme that has been designed demonstrates relevance to the fitness requirements of the individual, as aerobic endurance and flexibility have been covered. This part of the learner response has fallen into the top 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 not included the FITT principle as there are no intensity values stated on any of the sessions. This part of the learner response has fallen into the bottom of mark band 1 for trait 2 of the mark scheme.

Question 6 – Justify the fitness training programme that you have designed for Anton Geere, 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. 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 the top of mark band 4 for trait 2 of the mark scheme.

This response gained 9 out of 14 marks.

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

(14)

I have included the FITT principles in Antons training programme

Frequency

how many times a week you train in order to see progress I have included more days through out the weeks and multiple times a day

Intensity

how hard you train each session to see improvement i have increased the 1RM and MHR through week 1 - 6 from 50% MHR - 70% and 30% 1RM - 45% 1RM

Type

the type OF training you have chosen to do I have stated what each method of training is and what the component OF fitness is

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Time

how long each session is to see improvement, I have increased the length of sessions in order to progress the training as he progresses

I have also included the Sport rami principals

Specificity

The training needs to be specific to what the clients wants/ needs to improve I have only included training methods that are relevent to the 4 components of fitness

Progression

gradually increasing duration and intensity of sessions to see progression I have increased each session from weeks 1- 6 from 20 - 60 mins and the intensity from 50% MHR - 70% MHR

Over load

increasing how often you train / adding extra training days I have decreased

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the rest days from 2 to 1 and have also added more sessions a day

Reversibility

progression can be reversed through injury / demotivation. I ensured to keep a variety throwout the sessions in order to avoid demotivation

Tedium

athletes need variety in their training to prevent boredom/ regression in order to prevent regression i have included multiple methods of training for each component

rest + recovery

athletes need ~~[illegible]~~ adequate time in order to allow their body to recover from training I have included multiple rest days and sessions throughout.

Adaptations

the bodys physiological response to the training and ability to perform

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a range OF Skills: anton will see his body responding to the training I have composed as there is progression

Variety

Changes in intensity, Frequency and type each session. I have included lots of variety in the training programme in order to ensure he does not become bored or demotivated.

Individual needs

basing each training session on the clients age, goals and fitness level. I have considered antons goals as I have made all the training relevent to improving his long distance running and I have made it suitable to his fitness level.

resources used

resistance bands will be used for resistance drills and streaming and ~~marking~~ dumbells, kettle bell Free weights

30

Periodization

macro - 6 week programme all together

meso - macro cycle split up in to week by week

micro - each session

Specific - all goals are specific to clients needs

measurable - the training is measurable in order to monitor progress

Achievable - the targets are achievable in order to prevent loss of motivation

realistic - the training is realistic for the client to achieve

time bound - there is a 6 week time frame for the training to be completed in.

(Total for Activity 6 = 14 marks)

TOTAL FOR TASK = 60 MARKS

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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 correctly justified 5 of the additional principles of fitness training from the specification. They have commented on specificity, progression, reversibility, rest and recovery, and variation. The learner has correctly justified 5 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 general relevance to the design of the training programme and the training requirements of the individual. The learner has included the SMART acronym and the resources required. This part of the answer has fallen into the top of mark band 2 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 marks would have been awarded if the learner had justified correctly more of the principles of training. Individual needs, adaptation and overload could have all been justified in greater depth and more accurately using examples. The aims and objectives of the training programme could have been included by the learner and they could have also given a more accurate response to periodisation.

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 Anton Geere, considering the principles of fitness training.

(14)

In the fitness training programme I ~~Please~~ Fregrently made sure that Anton was training towards his end goal by increasing the time ~~of~~ of the training session or increasing his MHR so each week it was more challenging leading up to his main goal. I also made sure that Anton had enough rest to prevent injury and bordem over time, ~~Also I created~~

27

The learner has only justified one of the principles of fitness training in relation to the training programme (Rest). This part of the learner's response falls into the bottom of 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 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.
- Centres 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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