Examiners' Report
Lead Examiner Feedback

June 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 52-year-old female (Sadie). Sadie works in an office 5 days a week from 9am till 5pm each day and does not take part in any exercise at all. This series introduced a new element into the scenario for the first time which was the individual having a medical condition that prevented them from taking part in any high intensity exercise. This meant learners had to apply this factor into the training programme, training methods and principles of training.

Sadie's lifestyle choices have resulted in her gaining a lot of weight and this has had a negative impact on her general health and wellbeing. Sadie wishes to improve her lifestyle and lose a significant amount of weight.

This scenario was typical of what learners have seen before with many negative lifestyle factors to choose from. Sadie drank too much alcohol, smoked,

experienced stress daily, consumed a poor diet and led a sedentary lifestyle. This gave the learners plenty to work with when constructing their answers.

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 performed well this series due to the scenario and that Sadie had many negative lifestyle factors to choose from. This series allowed the learners to give lifestyle modification techniques based around stress, smoking, exercise, and alcohol. Learners performed well with this question, and many provided lifestyle modification techniques for at least 3 of the 4 negative lifestyle factors, resulting in them gaining high end marks.

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 multiple 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 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 Sadie Shepherd.

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 12 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 Sadie Shepherd.

(12)

Q01

The first health monitoring test that I'll be interpreting is Sadie's BMI, it's 41. This classified as very obese by the NHS and so it's negative. To add, it's most likely caused by ~~or~~ eating excessive sugary/fatty foods, insufficient exercise and not ~~the~~ eating the daily RDA of fruit & veg. To specify, the RDA of exercise is 150 mins of ~~vigorous~~ moderate exercise or 75 mins of intense exercise weekly. Furthermore, the RDA of fruit and veg daily is 5 portions combined. ~~Consequently,~~ Moreover, if Sadie consumes 5 portions of fruit and veg daily, avoids sugary/fatty foods and exercises for 75 mins weekly, she'll be on course to achieve her ambitions. Those ambitions are losing weight and improving her general lifestyle.

The second health monitoring test that I'll be interpreting is Sadie's waist-to-hip ratio, it's 0.97. This is classified towards the higher end of the moderate scale according to the government guidelines. As a result, it increases her risk of heart disease, type 2 diabetes, strokes and cancer. To decrease these risks, Sadie needs too avoid fatty/sugary foods, exercise for 75 mins vigorously or 150 mins moderately every week and eat 5 portions

of fruit and veg daily. Doing these things will help her reach her goals of losing weight and improving her general lifestyle.

First paragraph

Since Sadie has a BMI of 41, she is much more ~~likely to~~ at risk of osteoarthritis, strokes, CHD, joint pain and shortness of breath.

The third health monitoring test that I'll be interpreting is blood pressure, Sadie's blood pressure is 150/98 mm Hg. This ~~means~~ is classified as having high blood pressure (hypertension) according to the British Heart Foundation. Consequently, it increases her risk of heart failure, strokes, kidney disease and dizziness. To decrease those risks, Sadie needs to stop smoking, significantly reduce her alcohol and salt intake, whilst also reduce her stress levels. That last problem can be combatted by sleeping for 7-9 hours (RDA) and exercising more. If Sadie applies this advice to her life, it will help her lose weight and improve her general lifestyle.

The fourth health monitoring test that I'll be interpreting is resting heart rate, Sadie's is 82 bpm which is on the higher end of the normal category. That is according to the British Heart Foundation. Consequently, it increases

her risk of heart failure, fainting, chest pain & high blood pressure. To combat this, Sadie needs to get 7-9 hours of sleep daily (RDA according to the NHS) & aim to decrease her stress levels. Stress can be decreased by getting the RDA of sleep & exercise. If Sadie applies this advice to her life, it will help her lose lots of weight & improve her general lifestyle.

The fifth lifestyle factor that I'll be interpreting is stress. Sadie currently experiences stress on a daily basis. This is due to the pressure of meeting work deadlines. Consequently, it increases ~~her~~ the risk of heart disease, anxiety, sleeping problems & eating disorders. To combat this, Sadie should aim to ~~improve her diet (eat 5 portions of fr~~ get more sleep and try to prioritize her responsibilities from most to least important. That way, she won't feel as stressed and overwhelmed. Furthermore, she should only focus on things that are in her control and try to avoid constantly worrying as it's detrimental to her health. If Sadie takes this advice on board, she will lose a lot of weight and improve her general lifestyle. Also, her daily stress is a negative according to the NHS & mental health foundation.

The sixth lifestyle factor that I'll be interpreting is smoking, Sadie currently smokes 6 times a daily. This is significantly above the RDA which is 0. Consequently, it

increases her risk of lung cancer, heart disease, nausea, headaches and shortness of breath. Moreover, her smoking levels are classified as a negative according to government guidelines. Sadie is most likely using smoking as an outlet to relieve her of her stress. However, she should aim to use exercise as a stress reliever since it is very beneficial for her health and wellbeing. Ultimately, it will also help her achieve her goals; losing weight and improving her general lifestyle.

The seventh lifestyle factor that I'll be interpreting is Sadie's sleep. She currently sleeps for 6 hours daily. This is below the RDA of 7-9 hours according to the National Sleep foundation. Therefore, it increases the risk of obesity, depression, cardiovascular disease, slowed thinking and a reduced attention span. Moreover, due to her lack of sleep, she most likely isn't feeling rejuvenated at the start of the day and perhaps slightly sluggish. This ~~may~~ will affect her work output and effectivity which in turn places stress on her to meet deadlines. To conclude, if Sadie sleeps for 7-9 hours and does sufficient exercise, she'll lose weight and improve her general lifestyle.

The eigth lifestyle factor that I'll be interpreting is Sadie's diet. Currently, she doesn't consume any fruit &

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veg, ~~strength trainer~~ (5 portions daily - RDA), water (2-2.5L daily - RDA), eats too much fatty / sugary foods and consumes unhealthy snacks far too regularly. This is classified as an unbalanced diet according to the British Nutrition foundation. It also increases her risk of cancer, type 2 diabetes, heart disease, obesity and sleeping problems. To achieve her ambitions of losing weight and improving her general lifestyle, Sadie needs to eat 5 portions of fruit and veg daily, drink 2-2.5L of water daily, ~~reduce~~ replace fatty / sugary snacks with fruit / veg, ~~have a minimum of~~ eat 2 portions of protein weekly & eat wholemeal carbs.

The ninth lifestyle factor that I'll be interpreting is Sadie's exercise levels. Currently, she doesn't partake in any exercise, this is very bad according to the NHS. This is because the RDA is 150 mins moderate / 75 mins vigorous weekly. Also, Sadie is at an increased risk of obesity, high blood pressure, heart disease, weakened immune system and weakened bone / muscle strength. To combat this, Sadie should aim to walk / cycle the 1.5 miles to work and aim to go for a walk during her lunch breaks. This will help relive some stress and improve her general wellbeing. Also, she will lose weight doing so aswell.

(Total for Activity 1 = 12 marks) Q01_T

Question Number	
1	The ~~ninth~~ tenth lifestyle factor that I'll be interpreting is her alcohol consumption. Currently, she drinks 28 units weekly, this is double the weekly RDA. Consequently, it's classified as really bad according to government guidelines. Also, it increases the risk of high blood pressure, strokes, heart disease, cirrhosis of the liver and digestive problems. Sadie should aim to drastically decrease her weekly consumption from 28 to 6-7. This will help her improve her general lifestyle and lose weight. Also, drinking that much alcohol will affect her mood and energy the next day which will decrease her output at work. Consequently, she'll be more stressed and likely make bad food options and smoke to relive stress. It's an endless unhealthy spiral.

Turn over ▶

The learner has interpreted and comprehensively described 6 of the relevant lifestyle factors from the screening information. Stress, Smoking, Sleep, Diet, Exercise and Alcohol 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 a detailed analytical approach of the four health monitoring test results. BMI, Waist to Hip ratio, Blood Pressure and Resting Heart Rate were all correctly interpreted while also giving reasoning to why these results have occurred, linking this to their lifestyle factors. This part of the answer has fallen into mark band 4 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.

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 3 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 Sadie Shepherd.

(12)

To start off with you can see just off of the diet alone. She has lots of snacks with high sugar content. For example Sadie on Day 1 had 2x chocolate bars, a choc chip cookie, And a sausage Roll. In which all of these foods contain a terrible amount of calories. The way this can change is that the chocolates that can be changed for fruit and vegetables. In addition in Week 2 the snacks are just as bad, 2x doughnuts, 2x choc ~~bar~~ BARS ~~cookies~~, 1 whole chocolate cake. The chocolate Bars can Be changed for Protein Bars. This would be better for her as she will Be getting More Protien throughout the day

Day 1 Dinner is severly

unhealthy due to the high Amounts of fats and calories within the dinner I have identified this from The main meal having No veg which the meal would then lack Vitamins for the day. Instead its just Pizza ~~cheeseburger~~ and chips. Then ice-cream. this is very high calories and should be changed.

Shockingly her calories for the day dont actually come from the food Predominantly. It actually mainly comes from the drinks such as 2x bottle of beer, 2x glass of wine, 2x cups hot chocolate, 2 cans coke. This alone could all add to 1200 calories potenially which is way over what it should be.

Her lifestyle choices are a bad way of living for example She is drinking double the weekly allowing of alcohol. This could cause liver failure, cancer or cirrhosis.

Moreover, She Smokes 6 ciggarettes a day in Whion this can Further cause cancers or Bronchitis-

The learner has identified lifestyle factors from the scenario and included diet, alcohol and smoking only. This part of the answer has fallen into the mark band 1 for trait 1 of the mark scheme.

An interpretation of the impact of the lifestyle factors has been attempted by the learner and demonstrates limited relevance to the health and wellbeing of the individual. This part of the answer has fallen into mark band 1 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 Sadie Shepherd.

The higher band of marks were awarded for proposed lifestyle modification techniques that demonstrated specific relevance to Sadie's lifestyle and her requirements. A learner should be able to give at least one lifestyle modification technique for stress, alcohol, physical activity and/or 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, physical activity 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 10 out of 12 marks.

Q02

2 Provide and justify lifestyle modification techniques for Sadie Shepherd.

(12

The most important lifestyle factor for Sadie to modify is Smoking as it is highly addictive and has major health risks. Lifestyle modifications Sadie could take part in are the use of accupuncture, Smoking cessation strategies, nicotine replacment, patches, chewing gum. I am going to reccomend for Sandie to use nicotine replacment therapy in the form of patches as it will help with withdrawals and as she works a 9-5 job they arent obvious or in show unlike accupuncture would be, and there not too expensive. I reccomend She incrementally cutt down Smoking buy first gradually weaning herself of whilst the NHS Stop is the most effective way. The main barriers to this could be cost as you have to pay for nicotine patches but as She's gradually weaning herself off them She won't need them for that long and as She would buy aggress and smoke 6 a day still be saving money from not buying cigarettes anymore.

The Seccond most important lifestyle factor for Sadie to change is her alchol intake. Lifestyle Modifications Sadie could use are using the NHS helpline, Self help groups, non alcholic drinks,

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or set a limit and gradually reduce intake.
I reccomend that Sadie starts by setting a limit as her alcohol intake is so high of 28 units a week she wont be able to completely stop smoking as it could cause anxiety, depression. So I reccomend she also attends self help groups as it will be very hard for her to stop drinking and if she hears other peoples situations and how they reduced their intake it will help her. The only barrier with this is accessibility if the self help group isnt local but if so she could use the NHS help line and do it from home.

The third most important life style factor for Sadie to improve is her exercise and sedentary life style. The NHS reccomend 150 minutes a week and she endures in none. The modyacation techiniques she could use are, Coach to 5k, walking groups, weekly gardening and start to include 20 minutes of exercise weekly. The modyaction technique I reccomend for Sade is too do weekly gardening as it will get her out in the fresh air, walking about but wont be too high intencity as she has a medical condition which prevents her from enduring in any high intencity exercise. She should also start to make simple life style changes such as taking

the stairs instead of the lift and walking more places instead of driving. The only barrier which could prevent her from increasing gardening is cost, for tools plants or even if she has a garden. But as she's reducing so many other life style factors she should have more money to spend on her well being.

The fourth most important life style factor for Sadie to change is her stress levels as she's currently experiencing stress from work deadlines. The modification techniques she could use to prevent her from stressing are, being more organised, planning ahead, increasing sleep, chosing her wellbeing first. I recommend that Sadie starts becoming more organised as if she starts to plan her day or week a couple days before on a notpad then it would mean she can know exactly when her work deadline should be completed by and when she can fit them in. The only barriers to this would be time but as she'll spend less time worrying due to being organised it shouldn't be a problem. She should also increase her sleep to 8 hours so her brain has chance to recover and start fresh and work better in her 9-5. Feeling stressed also links to not having enough sleep and Sadie only has 6 hours a night

Which is under the reccomended and ~~will~~ will mean her body ~~th~~ and brain don't have time to reover meaning ~~st~~ the next day she dosent feel well rested which will add more stress.

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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 physical activity. The learner has given specific strategies taken from the specification to reduce smoking, alcohol, and increase physical activity. 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 3 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 and have been prioritised. This part of the answer has fallen into the top of mark band 4 for trait 3 of the mark scheme.

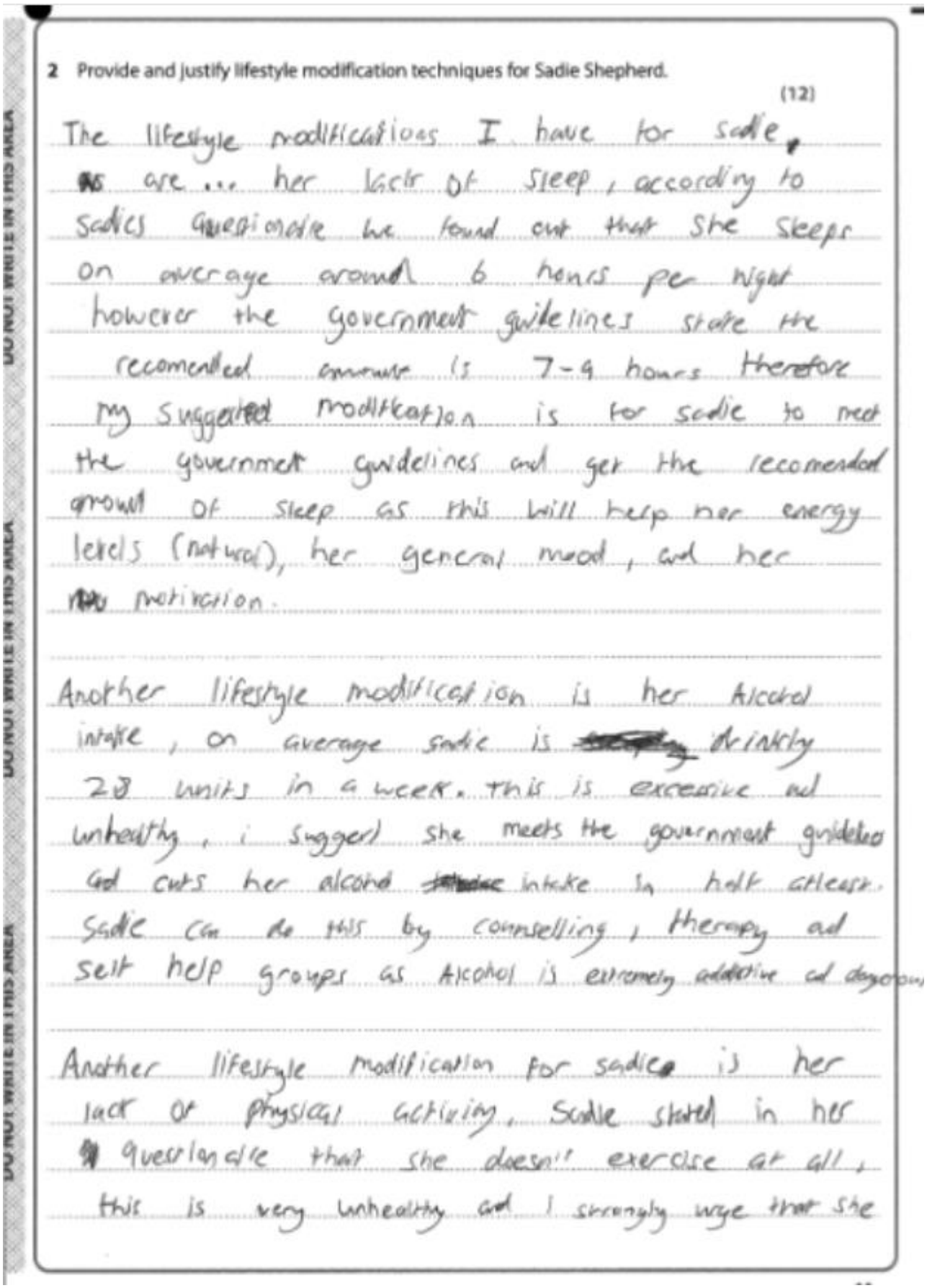
Activity 2

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 two marks could have been awarded if the learner had justified in greater detail each of the lifestyle modification techniques and the barriers to change making it specifically relevant to the individual in the scenario.

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 5 out of 12 marks.



2 Provide and justify lifestyle modification techniques for Sadie Shepherd.

(12)

The lifestyle modifications I have for Sadie, are ... her lack of sleep, according to Sadies questionaire we found out that she sleeps on average around 6 hours per night however the government guidelines state the recomended amount is 7-9 hours therefore my suggested modification is for sadie to meet the government guidelines and get the recomended amount of sleep as this will help her energy levels (natural), her general mood, and her motivation.

Another lifestyle modification is her Alcohol intake, on average sadie is drinking 28 units in a week. this is excessive and unhealthy, i suggest she meets the government guideleo and cuts her alcohol intake in half atleast. Sadie can do this by counselling, therapy and self help groups as Alcohol is extremely addictive and dangerous

Another lifestyle modification for sadie is her lack of physical activity, Sadie stated in her questionaire that she doesn't exercise at all, this is very unhealthy and I strongly urge that she

Seeks to follow Government guidelines for physical activity, these guidelines state a suggest amount of time and intensity which is 150 minutes of moderate activity or 75 minutes of vigorous activity per week. If Sadie does meet the government guidelines for physical activity she will see a dramatic improvement in her general health and well being.

Another lifestyle modification I have for Sadie is smoking, according to her questionnaire Sadie has stated that she smokes 6 cigarettes a day this is extremely unhealthy, damaging at addictive. Accordg to government guidlines their advice is not to smoke. Sadie can quit smoking by calling the NHS help-line, Nicotine replacement such as nicotine patches or 'snus' which is a small item containg nicotine you put in your mouth, or E-Cigarettes/Vapes.

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

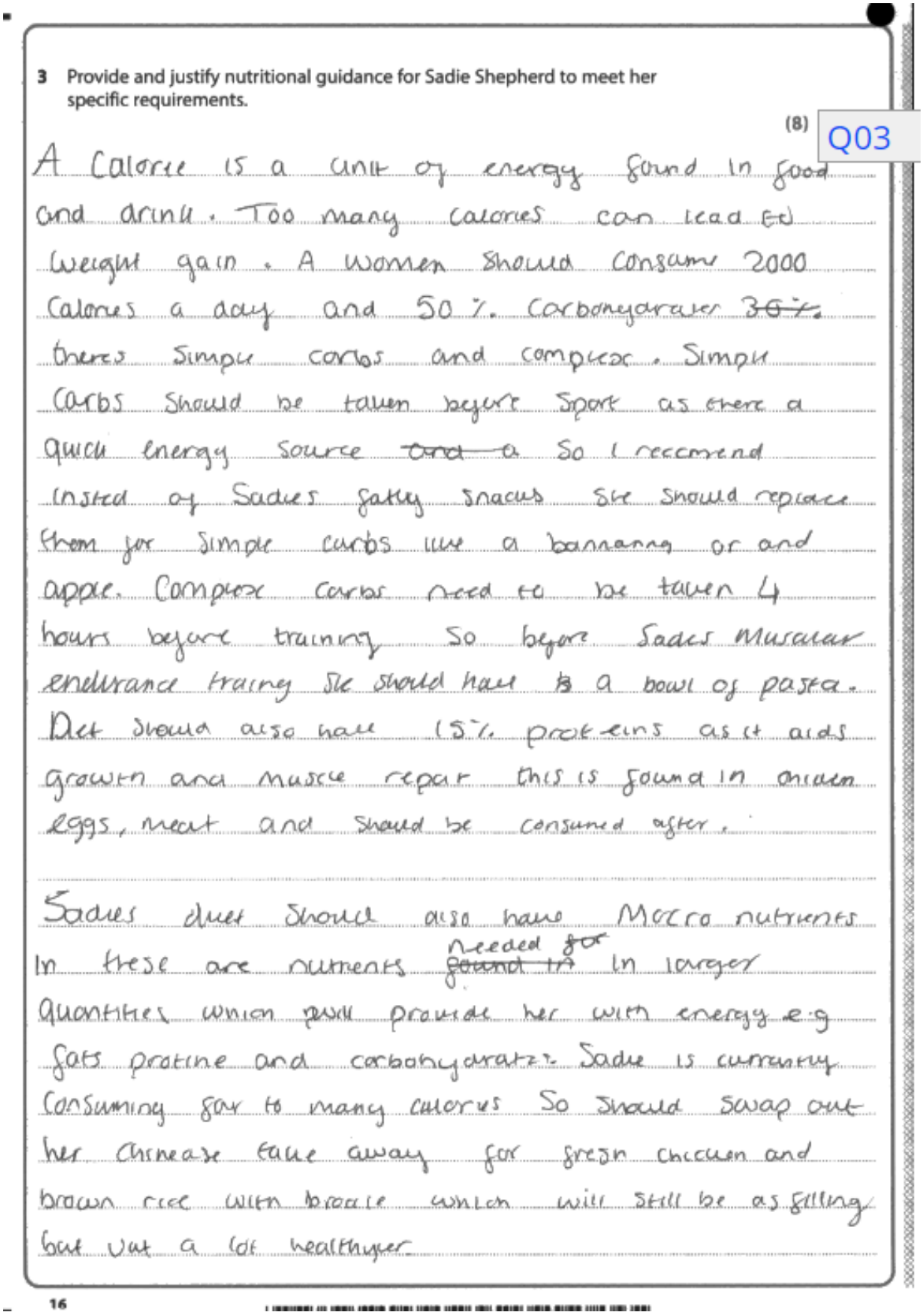
The lifestyle modification techniques proposed have only been very briefly justified with the response lacking in detail and understanding.

Question 3 – Provide and justify nutritional guidance for Sadie Shepherd to meet her 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 Sadie, learners should propose a decrease in calorie intake to ensure Sadie is working at a calories deficit to lose weight.

The proposed nutritional guidance should be justified making it specifically relevant to the individual's dietary requirements for their health and wellbeing. Sadie needs to decrease her calorie intake to ensure she is working at a calorie deficit and achieve her aim of losing a significant amount of weight. Sadie also needs to increase her hydration levels.

This response gained 7 out of 8 marks.



3 Provide and justify nutritional guidance for Sadie Shepherd to meet her specific requirements.

(8) Q03

A Calorie is a unit of energy found in food and drink. Too many calories can lead to weight gain. A women should consume 2000 Calories a day and 50 %. Carbohydrates ~~30 %~~ theres simple carbs and complex. Simple carbs should be taken before sport as there a quick energy source ~~and a~~ So I reccomend insted of Sadies fatty snacks she should replace them for simple carbs like a banaring or and apple. Complex carbs need to be taken 4 hours before training So before Sades Muscular endurance traing she should have ~~b~~ a bowl of pasta. Diet should also have 15% proteins as it aids growth and muscle repair this is found in chicken eggs, meat and should be consumed after.

Sadies diet should also have Macro nutrients In these are nutrients ~~found in~~ needed for in larger quantities which will provide her with energy e.g fats protine and carbohydrates. Sadie is currently consuming far to many calories So should swap out her chinease take away for fresh chicken and brown rice with broccle which will still be as filling but vat a lot healthyer

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Micro nutrients are vitimins and minerals ~~nea~~ needed in ~~large amounts which will provide Sadie with energy~~ small quantities. Including Vitimin A B C and D + 5 a day which Sadie is currently not having. By having these it enables the body to produce enzymes, hormones and other substances needed for normal growth and development. Vitimin B is found in eggs meat and ~~fish~~ cereales and these are essential for energy release instead on her ham sadwich and bag of crisps for lunch she should have scrambled egg on ~~to~~ brown bread. Vitimin D regulates the amount of calcium, phosphate in the body and aids bone health, this is found in fish, eggs and fiber. So instead of her Pizza and chips for dinner she should have fresh cod and brown rice with carrot sticks. Vitimin C protects the cells and its found in veg so I reccomend instead of her 2 chocolate bars she has each day she should have carrot sticks and cellary sticks.

Hydration is the process of making your body absorbe water or other liquids this will be very important ~~as~~ for Sadie as she starts to exercise as

every hour you do of exercise another Liter of water is needed. The national School of Medicine suggest an adequate intake of daily fluids should be around 2L/4L if doing exercise as you need to replenish the lose fluid from sport. Water protects your voint, organs and brings nutrients to the tells if you don't have enough like Sadie dosen't it cases reduction of strength, power and aerobic endurance capacity and you will suffer from energy difficiency. Your water intake should change depending on the ~~time of year~~ time of year as it gets hotter you need more. If Sadie makes a change to her lifestyle and has 2L/3L of water she will be able to achive her aim.

For Sadies Diet if she includes the modfactions I said and cuts out the Chocket chip cockie 2x chocolate bass, 1x Sausag sandwich and 2x downaghts and replace them with carrot sticks, celary sticks apples, Bananas th and she changes her meals for what I recommend (fresh cod brown rice and broccli and chicken brown rice and carrot, and scrambled egg on brown bread) then she will be able to achive

18

her aim of losing a significant amount of weight and improving lifestyle choices.

(Total for Activity 3 = 8 marks

Q03_T

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.

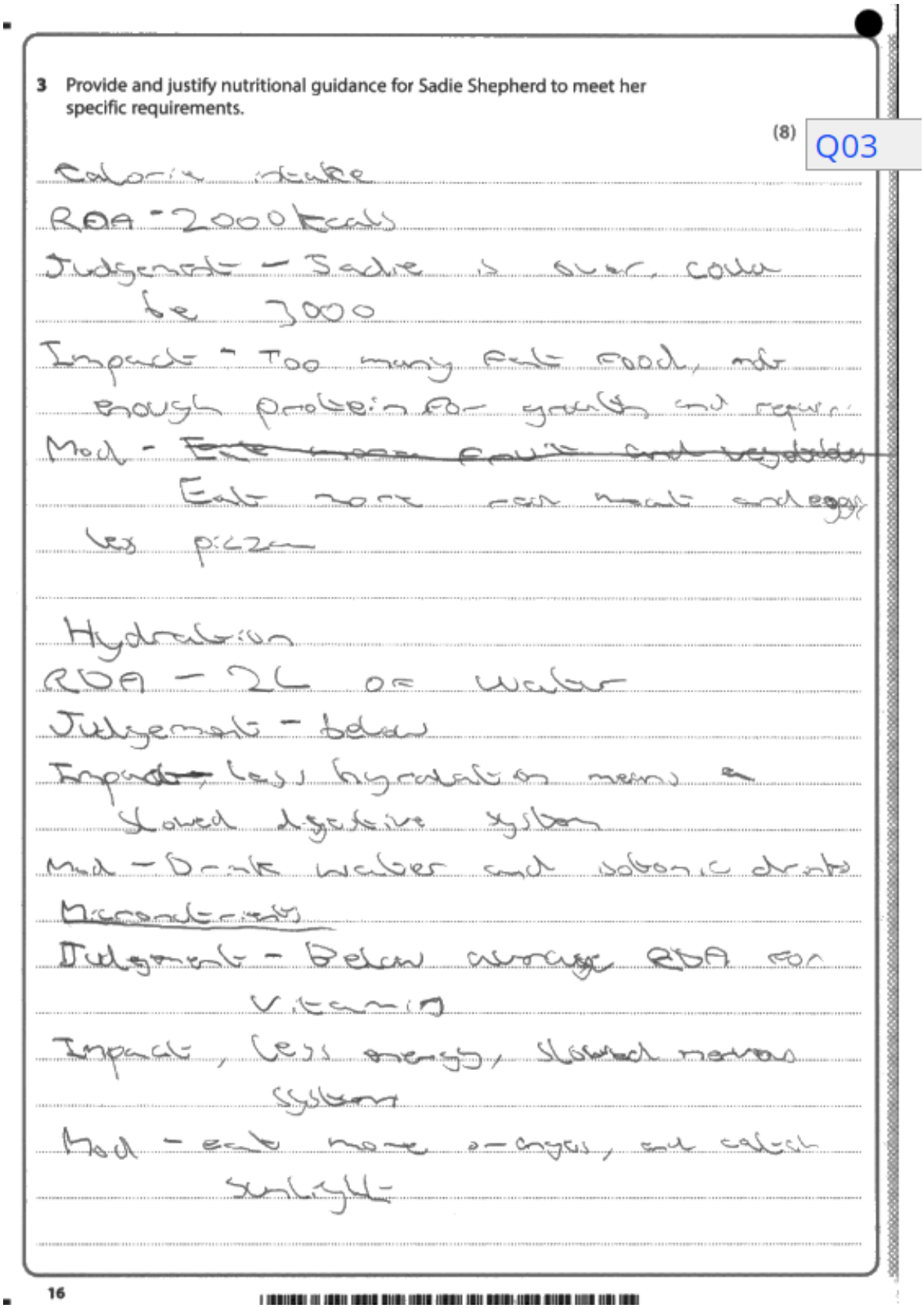
The learner has also justified the proposed nutritional guidance and made it relevant to the individual's dietary requirements and overall fitness goals. The justification has linked the nutritional guidance to the individual's goal's and the individuals training. This part of the answer has fallen into mark band 3 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 could have been awarded if the learner had justified further the nutritional guidance that has been proposed and made it more relevant to the scenario.

This response gained 2 out of 8 marks.



3 Provide and justify nutritional guidance for Sadie Shepherd to meet her specific requirements.

(8) Q03

Calorie intake
RDA - 2000 kcals
Judgement - Sadie is over, could be 3000
Impact - Too many fat food, not enough protein for growth and repair
Mod - ~~Eat more fruit and vegetables~~
Eat more red meat and eggs
less pizza

Hydration
RDA - 2L of water
Judgement - below
Impact - less hydration means a slowed digestive system
Mod - Drink water and isotonic drinks
Micronutrients
Judgement - Below average RDA for vitamin
Impact, less energy, slowed nervous system
Mod - eat more oranges, and catch sunlight

16

The learner has proposed nutritional guidance for recommended daily allowance (RDA) of calories and hydration. This part of the response has fallen into the top of mark band 2 on the mark scheme.

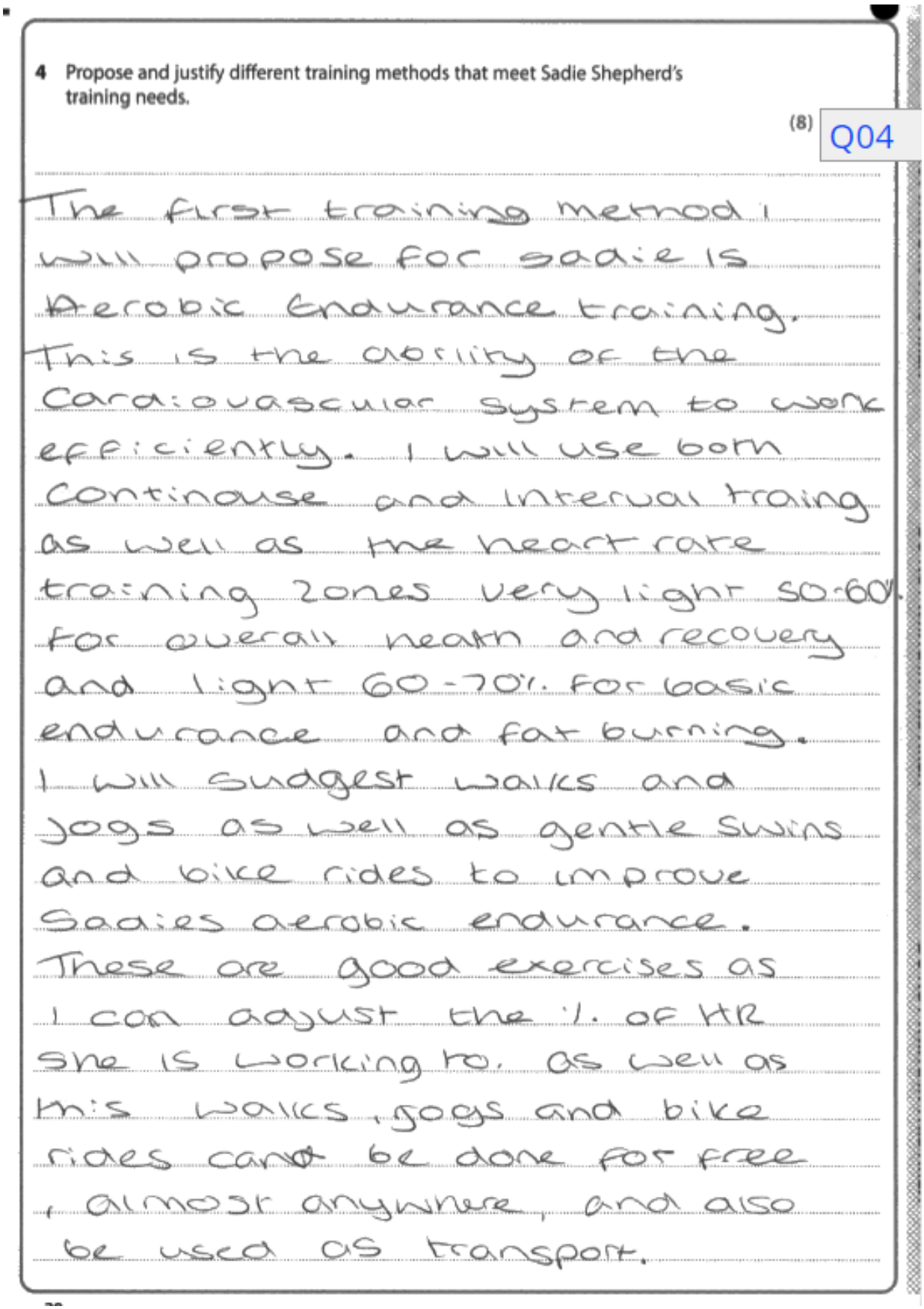
The justification for the proposed nutritional guidance has been attempted, however shows limited relevance to the individual's dietary requirements. This part of the learner's response has fallen into the bottom of mark band 1 for trait 2 of the mark scheme.

Question 4 – Propose and justify different training methods that meet Sadie Shepherd'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 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 Sadie Shepherd's training needs.

(8)

Q04

The first training method I will propose for sadie is Aerobic Endurance training. This is the ability of the Cardiovascular system to work efficiently. I will use both Continouse and Interval traing as well as the heart rate training zones very light 50-60% for overall heath and recovery and light 60-70%. For basic endurance and fat burning. I will sudgest walks and jogs as well as gentle Swims and bike rides to improve Saaies aerobic endurance. These are good exercises as I can aqust the % of HR she is working to. as well as this walks, jogs and bike rides cant be done for free, almost anywhere, and also be used as transport.

The second training method I will use is Core Stability. This is the ability of the muscles of the torso to aid in the maintenance of good posture, balance esepecially during movements. I will use a variety of exercises including planks, sit ups, using fitness balls and bridges as well as squats and deadlifts alongside yoga & pilates to improve Sadies core stability. None of these exercises require a lot of space so can be done at work during breaks. Yoga and pilates can also be done on days off so won't impact work.

A third training method I will propose for Sadie is flexability. This is the ability to move muscles and joints through a full range of motion. I will suggest Sadie try static Streches such as lunges, calf streches and arm streatches. These

are free and can be done almost anywhere or anytime as they arnt time consuming at all. They will improve Sadies posture and preformance as well as reducing injury risk and helping her achieve her goals of loosing weight and making better lifestyle choices.

a fourth and final training method I will recomend for Sadie is muscular Endurance. This is the ability to continue contracting a muscle, against a resistance such as weights or body weights over a period of time. I will use a combination of free weights as well as machines to compleate a range of exercises such as Squats lunges push ups and deadlifts. This will help Sadie to loose weight + build muscle one limitation could

be expence as I do belive a gym membership could be required.

(Total for Activity 4 = 8 marks) Q04_T

The learner has proposed at least one training method for Aerobic Endurance, Core Stability, Flexibility and Muscular Endurance 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 Sadie and her lifestyle. 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 methods in relation to the individual's circumstances. 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 in greater detail the different training methods that had been chosen, making their answer specifically relevant to Sadie and her individual 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 2 out of 8 marks.

4 Propose and justify different training methods that meet Sadie Shepherd's training needs.

(8)

Q04

· Continuous training: Walking / cycling

- These sessions are focused on aerobic endurance and typically last from 30 mins - 1 hr. Sadie would be working at a max HR from 60 - 65% during these sessions. It would tend to be 60 - 80% however she has been told to avoid high intensity exercise by her doctor. Also, it will be the most pivotal component of fitness in helping her lose weight and reduce her BMI and waist - to-hip ratio as a result.

· Interval training:

· This type of training helps develop strength, speed and muscular endurance.

· One of the components of fitness that Sadie will be working on is muscular endurance so it's ideal.

· Since these sessions have rest periods in between sets, it allows Sadie to rest and recover. This is ideal since she isn't allowed to partake in high intensity exercise so the rest periods make the sessions more achievable.

· Intensity is measured by max HR, therefore Sadie's output can be tracked and the intensity levels can be kept at a

20

reasonable rate.

Flexibility training:

- ~~Hel~~ It will ~~help~~ decrease Sadie's chance of getting injured
- Intensity is measured as a % of ROM (range of motion)
- Time is measured by the length of the hold & the recovery period between holds

21

The learner has proposed one training method from the specification for one component of fitness, aerobic endurance. Flexibility did not have a specific training method identified. This part of the answer has fallen into mark band 1 for trait 1 of the mark scheme.

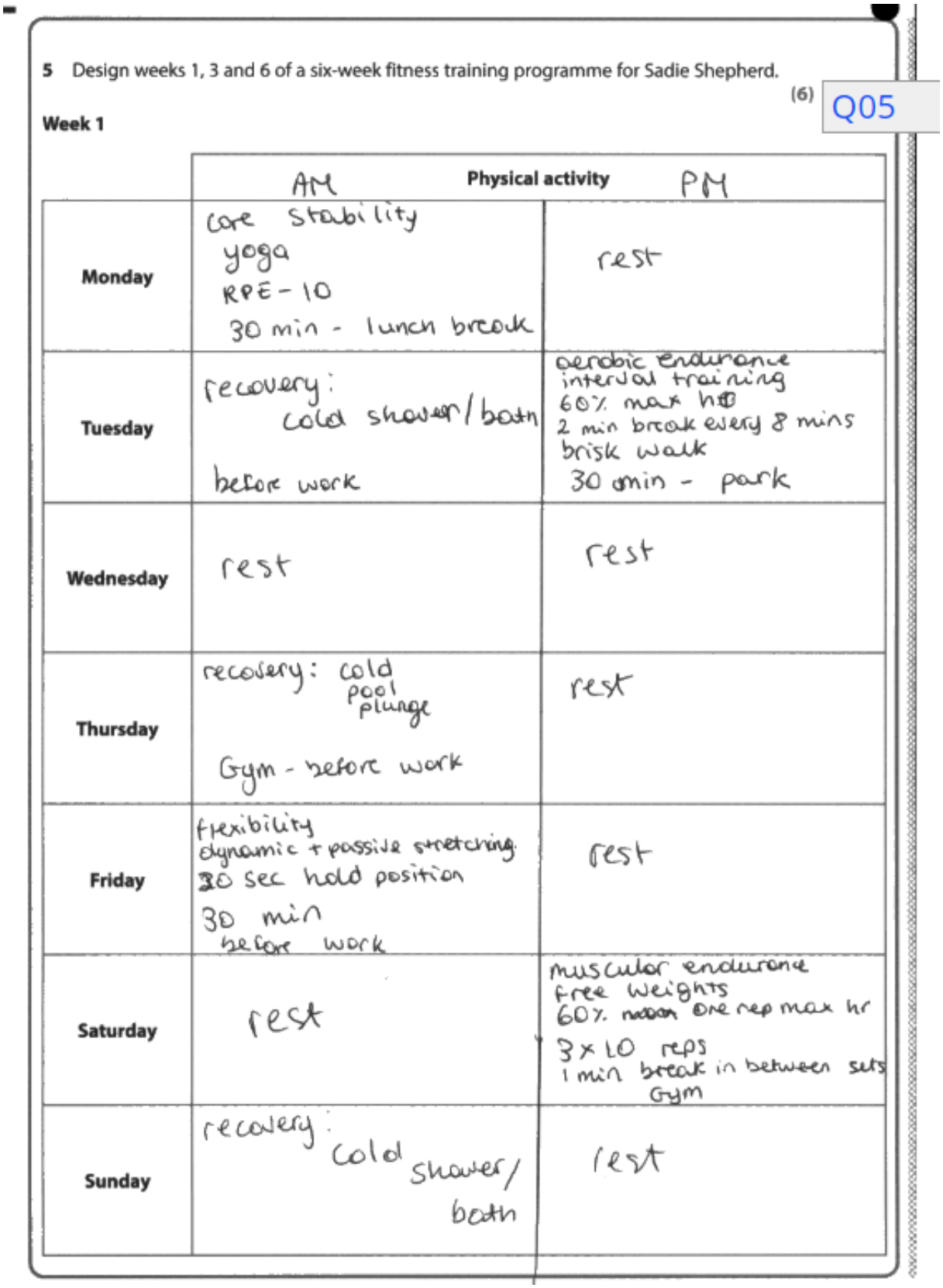
The justification for the proposed training methods has been attempted with limited relevance to Sadie's training requirements. This part of the learner response has also fallen into mark band 1 for trait 2 of the mark scheme.

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

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 and Muscular Endurance 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 6 out of 6 marks.



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

Q05

Week 1

	Physical activity AM	PM
Monday	core stability yoga RPE - 10 30 min - lunch break	rest
Tuesday	recovery: cold shower / bath before work	aerobic endurance interval training 60% max HR 2 min break every 8 mins brisk walk 30 min - park
Wednesday	rest	rest
Thursday	recovery: cold pool plunge Gym - before work	rest
Friday	flexibility dynamic + passive stretching 30 sec hold position 30 min before work	rest
Saturday	rest	muscular endurance free weights 60% max one rep max hr 3 x 10 reps 1 min break in between sets Gym
Sunday	recovery: cold shower/ bath	rest

Week 3

	Physical activity	
Monday	Core stability yoga RPE - 11 30 min - lunch break	rest
Tuesday	recovery: cold shower or bath before work	aerobic endurance interval training 60% max hr 2 min break every 8 min brisk walk 30 min - park
Wednesday	rest	rest
Thursday	recovery : cold pool plunge Gym	aerobic endurance interval training 60% max hr 2 min break every 8 min ~~running~~ jogging 30 min - ~~park~~ Gym
Friday	flexibility dynamic r passive stretching ~~30~~ 15sec hold position 40 min before work	rest
Saturday	rest	muscular endurance free weights 65% one rep max hr 3x10 reps 1 min break in between sets Gym
Sunday	recovery: Cold shower / bath	rest

Week 6

	AM Physical activity	PM
Monday	core stability RPE - 12 pilates 30 min - lunch break	rest
Tuesday	recovery: cold shower / bath before work	aerobic endurance 60% max hr interval training jogging 2 min break every 8min 30 min - park
Wednesday	rest	rest
Thursday	recovery: cold pool plunge	aerobic endurance 60% max hr interval training Jogging 2 min break every 8min 30 min - park
Friday	flexibility dynamic + passive stretching 30 sec hold position 30 mins before work	rest
Saturday	rest	muscular endurance 70% one rep max free weights 3 x 10 reps - 1 min break every set 30 min - Gym
Sunday	recovery! cold shower / bath	aerobic endurance continuous training cycling 60% max hr 30 min - park bag

(Total for Activity 5 = 6 marks) Q05_

26

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 Sadie and her fitness goal. This part of the answer has fallen into the top of mark band 3 for trait 1 of the mark scheme.

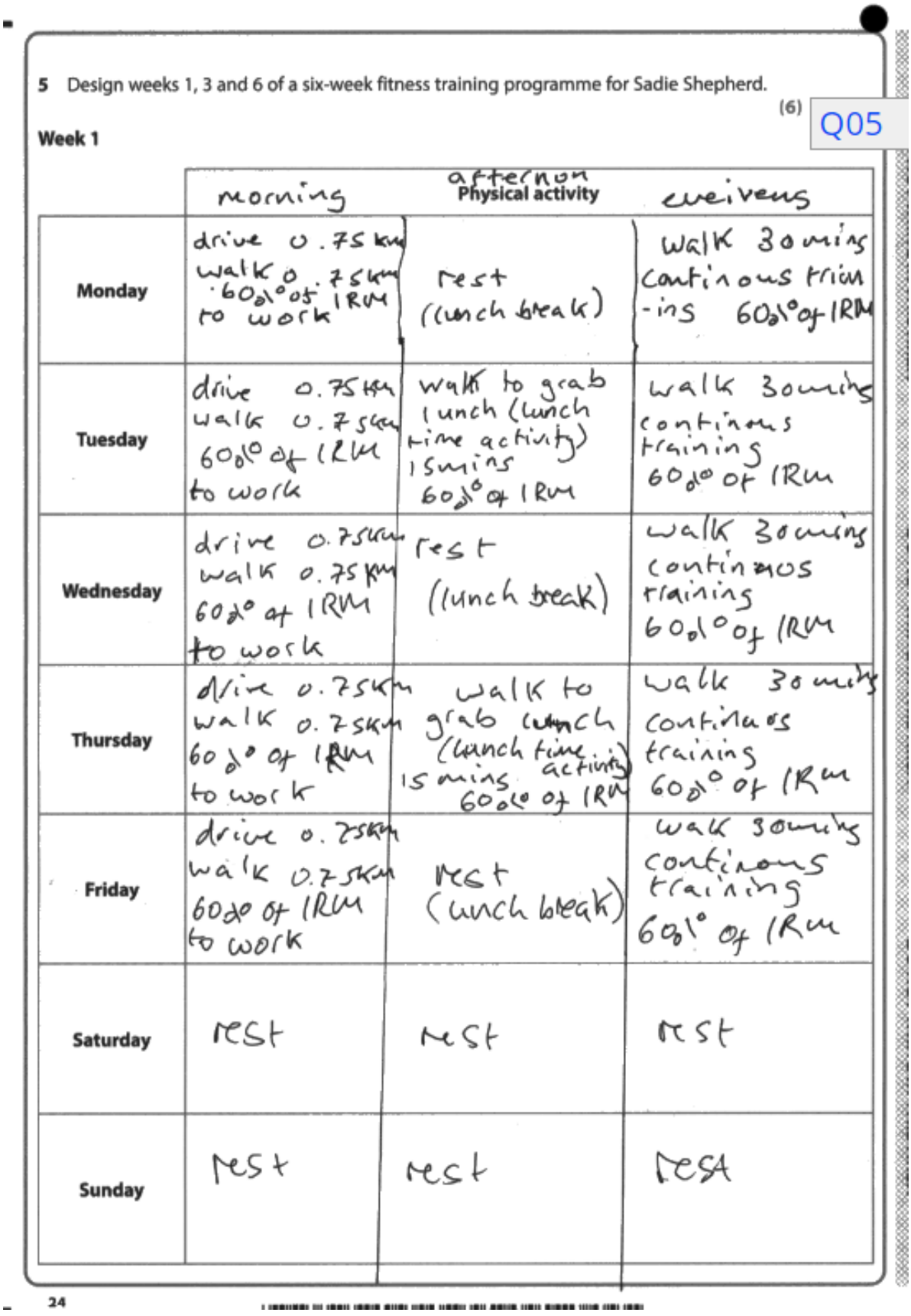
The training programme that has been designed has also demonstrated a thorough understanding of the principles of fitness training, in the context of the individual's lifestyle or training requirements. The learner has implemented the FITT principle each week and clearly stated the intensity for majority 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 Sadie as it considers her overall fitness goal as well as her individual needs and not exercising at a high intensity. 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.

Learners need to ensure that they 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 3 out of 6 marks.



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

Q05

Week 1

	morning	afternoon Physical activity	evenings
Monday	drive 0.75 km walk 0.75km 60d° of 1RM to work	rest (lunch break)	walk 30 mins continous train -ins 60d° of 1RM
Tuesday	drive 0.75km walk 0.75km 60d° of 1RM to work	walk to grab lunch (lunch time activity) 15mins 60d° of 1RM	walk 30mins continous training 60d° of 1RM
Wednesday	drive 0.75km walk 0.75km 60d° of 1RM to work	rest (lunch break)	walk 30mins continuos training 60d° of 1RM
Thursday	drive 0.75km walk 0.75km 60d° of 1RM to work	walk to grab lunch (lunch time activity) 15 mins 60d° of 1RM	walk 30 mins continuos training 60d° of 1RM
Friday	drive 0.75km walk 0.75km 60d° of 1RM to work	rest (lunch break)	walk 30mins continous training 60d° of 1RM
Saturday	rest	rest	rest
Sunday	rest	rest	rest

24

Week 3

	Physical activity		
Monday	drive 0.5km walk 1.0km to work 60%10 1RM	rest (lunch break)	walk 30-45 mins continous trainins 60-65%10 of 1RM
Tuesday	drive 0.5km walk 1km to work 60%10 of 1RM	walk 20 mins to grab lunch 60%10 of 1RM	walk 30-45 mins continous training 60-65%10 of 1RM
Wednesday	drive 0.5km walk 1.0km to work 60%10 of 1RM	rest	walk 30-45 mins continous training 60-65%10 of 1RM
Thursday	drive 0.5km walk 1.0km to work 60%10 of 1RM	walk 20mins to grab lunch 60%10 of 1RM	walk 30-45 mins continous training 60-65%10 of 1RM
Friday	drive 0.5km walk 1.0km to work 60%10 of 1RM	rest	walk 30-45 mins continous training 60-65%10 of 1RM
Saturday	drive/walk 0.5km/1.0km rest	rest	rest
Sunday	driving/walk 0.5km/1.0km rest	rest	rest

Week 6

	Physical activity		
Monday	drive 0.25 walk 1.25 to work 70,10 of 1RM	walk 20 mins to grab lunch 60,10 of 1RM	body weight exercises 3 sets 5 reps 70-80,10 of 1RM
Tuesday	drive 0.25 walk 1.25 to work 70,10 of 1RM	walk 20mins to grab lunch 60,10 of 1RM	B W exercises 3 sets 5 reps 70-80,10 of 1RM
Wednesday	drive 0.25 walk 1.25 to work 70,10 of 1RM	walk 20mins to grab lunch 60,10 of 1RM	B W exercises 3 sets 5 reps 70-80,10 of 1RM
Thursday	drive 0.25 walk 1.25 to work 70,10 of 1RM	walk 20mins to grab lunch 60,10 of 1RM	B W exercises 3 sets 5 reps 70-80,10 of 1RM
Friday	drive 0.25 walk 1.25 to work 70,10 of 1RM	walk 20 mins to grab lunch 60,10 of 1RM	B W exercises 3 sets 5 reps 70-80,10 of 1RM
Saturday	rest	rest	rest
Sunday	rest	rest	rest

(Total for Activity 5 = 6 marks) Q05_T

26

The training programme that has been designed demonstrates relevance to the fitness requirements of the individual, as aerobic endurance and muscular endurance 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.

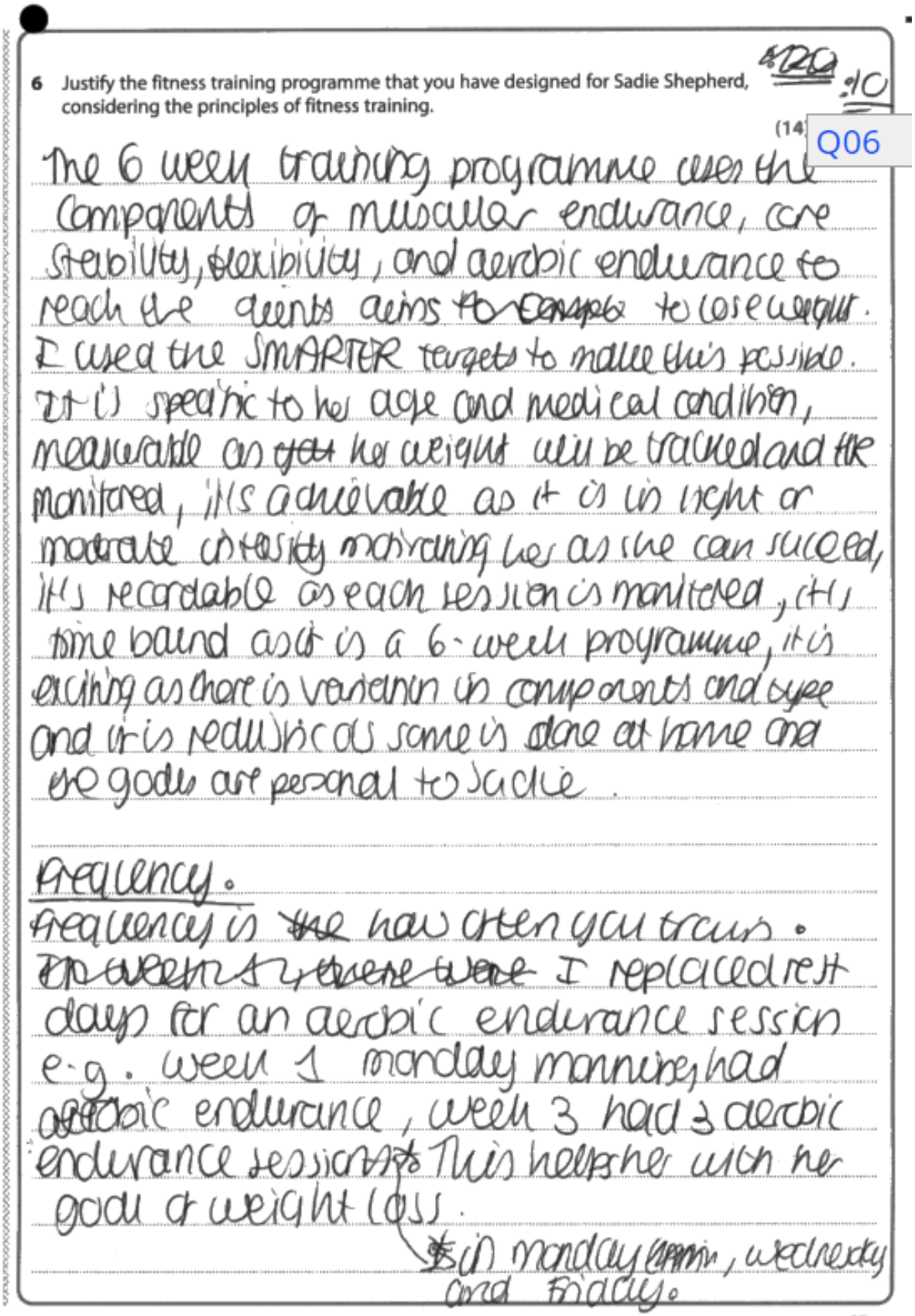
The training programme demonstrates an understanding of the principles of fitness training, in the context of the individual's lifestyle or training requirements. The learner has included the FITT principle but only two different components of fitness have been included and variation has not been applied that well. This part of the learner response has fallen into the bottom of mark band 2 for trait 2 of the mark scheme.

Question 6 – Justify the fitness training programme that you have designed for Sadie Shepherd, 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 13 out of 14 marks.



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

(14)

Q06

The 6 week training programme uses the components of muscular endurance, core stability, flexibility, and aerobic endurance to reach the clients aims ~~to compl~~ to lose weight. I used the SMARTER targets to make this possible. It is specific to her age and medical condition, measurable as ~~you~~ her weight will be tracked and HR monitored, it's achievable as it is in light or moderate intensity motivating her as she can succeed, it's recordable as each session is monitored, it's time bound as it is a 6-week programme, it is exciting as there is variation in components and type and it is realistic as some is done at home and the goals are personal to Sadie.

Frequency.

Frequency is ~~the~~ how often you train. ~~In week 1, there were~~ I replaced rest days for an aerobic endurance session e.g. week 1 monday morning had aerobic endurance, week 3 had 3 aerobic endurance sessions* This helps her with her goal of weight loss.

*in monday ~~[illegible]~~, wednesday and friday.

Intensity

Intensity is how hard you train. I increased the intensity of muscular endurance from 60% in week 1 to 70 to 75% in week 6, keeping in the medical requirements but also allowing progression.

Type

Type is the method of training I did and complete. The chosen training of yoga in week one and three on Saturday morning suits her medical requirements and ability. This was changed to Pilates in week 6 for progression and to make it exciting.

Time

Time is how long a session is. I increased the ~~to~~ length of training sessions for flexibility. In week 1 (Mrs Ann) the session was 30 minutes, but in week 3 it was 1 hour.

Specific

~~The programme~~ Specificity is if the training is specific to the clients aims and lifestyle. It is specific to her aim

of losing weight as AE is the tours which will promote fat burning to and intensity is specifically it is kept as 60% of her max HR, keeping with her medical requirements.

Progression

Progression is the process of gradually developing towards a more advanced state. Each week gets progressively harder throughout the 6 week period. For example, increasing the time of work in flexibility from 30 minutes in week 1 to 1 hour in week 6 as well as increasing intensity of muscular endurance from 60% 1 rep max in week 1 to ~~70%~~ 65% in weeks 3 to 70% in week 6.

Overload

Overload is working harder than the clients normal fitness level. This can be shown by the increase in intensity from week 1 RPE in yoga at 8 to an RPE in Pilates (saturday pm) at 10.

at 10

29

Reversibility

Reversibility is any adaptations ~~that~~ or gains made are lost if the ~~clien~~ client is not consistent or stops training e.g. due to motivation ~~&~~ or injury. I have made sure that Sadies plan has her working consistently with week 6 working ~~5 out~~ 6 out of 7 days. ~~but also ensuring rest is given~~ There isn't too long of a rest period at risk of reversing gains.

Variation

Variation is using different types of training so that it doesn't become boring or monotonous. ~~In~~ I have made a variation in the type of core stability training, seen in week 1 Saturday morning was yoga, but in week 6 it is Pilates, in order to make it more exciting.

Adaptability

Adaptability is the ability of the body to adapt to the training. ~~The~~ ~~Aus~~ Each week Sadie does muscular endurance, she will get stronger and so on increase ~~&~~ in

weights and intensity is needed e.g. week one at 60 1 rep max, week 6 70% 1 rep max. This allows the body to continue to be challenged as her body adapts.

Rest and Recovery.

Rest and recovery is allowing the body to return to a better state. Rest days are incorporated, for example in week 1 we had rest days on wednesday, friday and sunday and week 6 we had a rest day on sunday - as well as afternoons and mornings of rest e.g. mondays before work and friday after work. This allows the muscles to heal and grow back stronger. The days are needed for ladies as her recovery rate is a lot less.

Resources

Resources is the equipment that is used. For Jackie she will need suitable running trainers (AE), pilates/yoga mat, dumbbells, a gym membership and a heart rate watch or monitor.

(Total for Activity 6 = 14 marks) Q06_T

TOTAL FOR TASK = 60 MARKS

31

Question Number 6

Individual needs

~~Progr~~ Individual needs is when the training is adapted to the clients age, gender and lifestyle. Intensity is kept lower at RPE of 8 in week one for yoga and (aerobic endurance) 60 % max HR for continuous training in weeks 1 through 6. This also meets her individual needs of her medical requirements of keeping at a lower intensity. Furthermore, she does not have much previous exercise experience and so in weeks 4 and 5, ~~As~~ muscular endurance and flexibility is done at home to boost confidence.

Periodisation

Periodisation is when you split the programme and goals into 3 time periods of short, medium - and long term goals. These are your micro-, meso- and macro- cycle. For Sadie, her microcycle is to complete 1 session, and time each day

Turn over ▶

Question Number	
	individually. Her meso-cycle is to complete the first two weeks of the programme. ~~Here~~ Her macro cycle is to complete the full 6 weeks weeks, and start to see some progress in her goal of weight loss and a reduction in her sedentary lifestyle.

The learner's justification has demonstrated a thorough 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 a further 7 of the additional principles of fitness training from the specification. They have commented on specificity, progression, reversibility, variation, adaptability, rest and recovery and finally individual needs. The learner has correctly justified at least 6 principles of fitness training plus the FITT principle to allow this response to fall into mark band 4 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 aim of the training programme, the SMARTER acronym, resources required and periodisation. This part of the answer has fallen into the top of mark band 4 for trait 2 of the mark scheme.

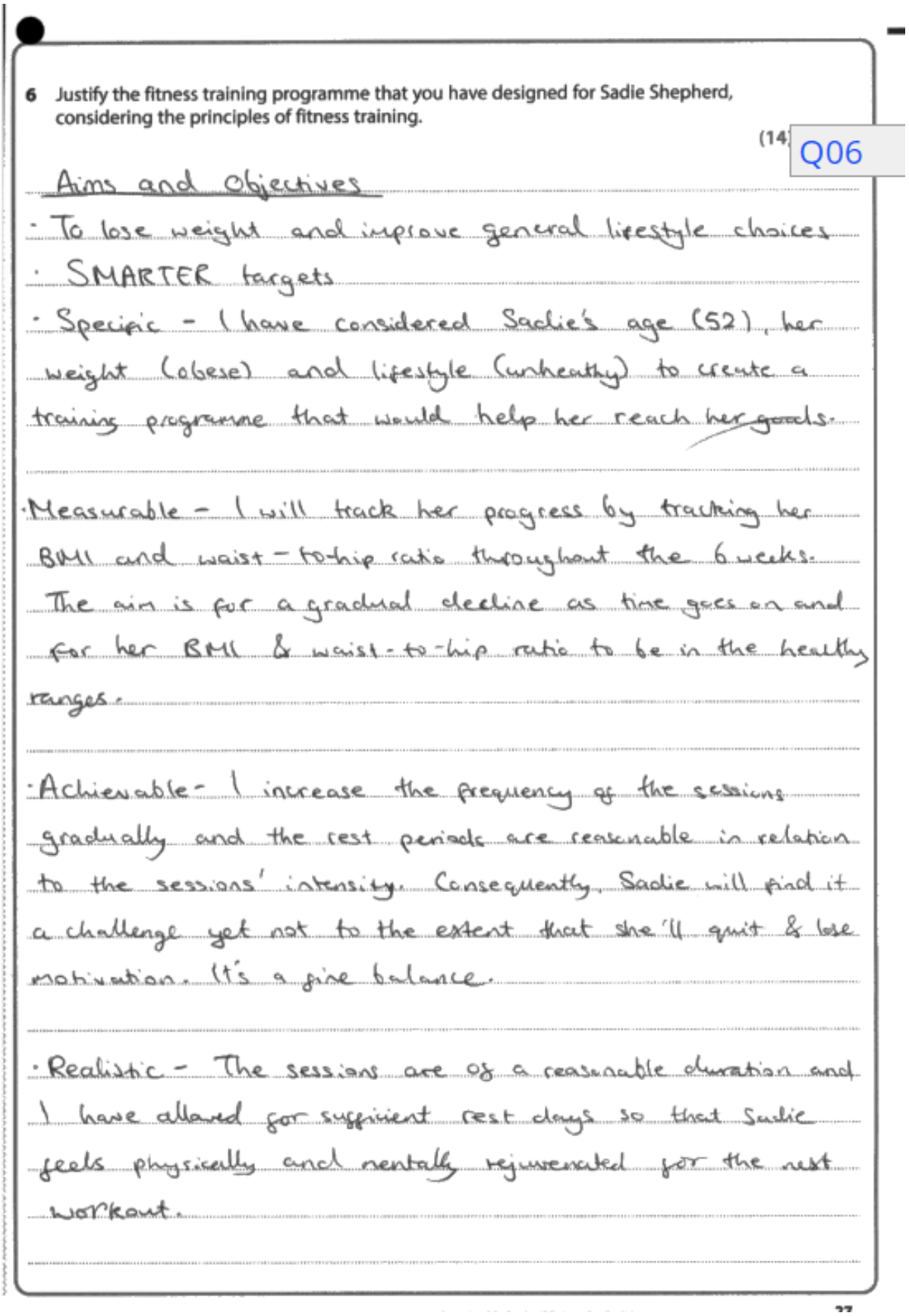
Activity 6

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 one mark would have been awarded if the learner had justified further the principles of training in relation to the training programme that they had designed in question 5 and the specific requirements of the individual.

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 4 out of 14 marks.



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

(14)

Q06

Aims and objectives

- To lose weight and improve general lifestyle choices
- SMARTER targets
- Specific - I have considered Sadie's age (52), her weight (obese) and lifestyle (unhealthy) to create a training programme that would help her reach her goals.

- Measurable - I will track her progress by tracking her BMI and waist-to-hip ratio throughout the 6 weeks. The aim is for a gradual decline as time goes on and for her BMI & waist-to-hip ratio to be in the healthy ranges.

- Achievable - I increase the frequency of the sessions gradually and the rest periods are reasonable in relation to the sessions' intensity. Consequently, Sadie will find it a challenge yet not to the extent that she'll quit & lose motivation. It's a fine balance.

- Realistic - The sessions are of a reasonable duration and I have allowed for suffivient rest days so that Sadie feels physically and mentally rejuvenated for the next workout.

- Time : Each session starts at 30 mins and gradually increases by 5 mins after 3 weeks. Also, the training programme is a total of 6 weeks.

- Exciting - I have ensured to vary the locations of the workouts to avoid Sadie being bored and losing interest.

- Recordable - I will record the training programme on paper & I'll track her progress on an Excel document.

FITT

Frequency : 4 sessions on week 1, 5 sessions on week 3 & 6 sessions on week 6.

Intensity : On week 1, Sadie is working at a max Hr of aerobic endurance 60% for her ~~interval~~ & muscular endurance sessions. This then increases to 65% on week 3 & 6. During her flexibility and core stability sessions, she works at an RPE of 6 which remains constant throughout.

Time : Week 1 (30 mins session), Week 3 (35 min sessions), Week 6 (40 min sessions)

Type : Interval, continuous

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Progression : Sadie will get fitter & healthier as the weeks progress and she will lose weight

Reversibility : Since I've increased ~~both~~ the frequency, duration & intensity of the sessions, the chance of reversibility occurring is extremely slim

Overload :

Specificity : I have ensured that the sessions are relevant to Sadie and will help her reach her ambitions. ~~After the aerobic endurance sessi~~

Interval training (+ continuous) — lose weight

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The learner has only justified correctly one of the principles of fitness training in relation to the training programme (Specificity). The learner covered the FITT principle, but this was not fully justified to show knowledge and understanding. 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 justified two of the design areas, the aim of the training programme and the SMARTER acronym, showing a generally relevant response. This part of the learner's response has fallen into mark band 2 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.
- Within question 6, learners must ensure they fully outline the SMART or SMARTER acronym and not miss any section out. Some learners are not including 'achievable' or 'realistic' for example. They should also ideally be covered in the correct order.
- 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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