Pearson BTEC Level 3 Nationals Extended Certificate

January 2020

Paper Reference **31525H**

Sport

Unit 2: Fitness Training and Programming for Health, Sport and Wellbeing

Part A

You do not need any other materials.

Instructions

- Your Unit 2 assessment task contains two parts.
- **Part A** will contain a case study based on an individual who requires guidance on training, lifestyle and nutrition, on which secondary research will be conducted.
- **Part A** is specific to each series and this material must only be issued to learners who have been entered to undertake the task in the relevant series.
- We suggest that you spend no more than 4 hours independently conducting your research and making notes over the course of one week.
- You can take a maximum of four A4 sides of your research notes into the supervised assessment session (**Part B**).
- In **Part B**, you will be issued with supplementary stimulus information building on the case study information in **Part A**.
- In **Part B**, you will have 2 hours and 30 minutes under supervised conditions specified by Pearson to respond to the task.
- Do not return research notes or **Part A** to Pearson.
- **Part B** should be kept securely until the start of the 2 hours and 30 minutes supervised assessment period.

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Instructions to Teachers/Tutors

This paper must be read in conjunction with the unit information in the specification and the BTEC Nationals Instructions for Conducting External Assessments (ICEA) document. See the Pearson website for details.

Learners have 4 hours from the release date and before the supervised assessment (**Part B**) to carry out research.

This can be done across multiple sessions.

Learners will be expected to conduct research over a maximum of 4 hours. Up to four sides of A4 notes (minimum font size 11) can be taken into the supervised assessment (**Part B**).

Teachers/tutors cannot give any support to learners during the production of the notes and the work must be completed independently by the learner.

Part B is taken under supervision in a single session of 2 hours and 30 minutes on the timetabled date.

Guidance for Learners

Read **Part A** information carefully as this contains the information you will need to prepare for **Part B**.

You will need to carry out your own research.

You will then be given **Part B** to complete under supervised conditions.

You must work independently and should not share your work with other learners.

Your teacher/tutor cannot give you feedback during the completion of **Part A** or **Part B**.

Part A Instructions

You are required to prepare notes in response to the information provided in the case study in **Part A**.

The notes can be handwritten or typed and they must contain bullet points and not extended answers. Other content is not permitted.

Part A

Case study

Lisa is a 38 year-old female who works in an office. She sits at a desk from 9 am until 5 pm for five days a week. She drives 10 miles to work each day and takes her children to school on the way.

Lisa has spent many years working full time and also looking after her children. This has had a negative impact on her health and wellbeing. Lisa's family have noticed that she often looks very tired and she knows she has gained extra body weight.

Lisa has made an appointment to see an expert to get some lifestyle advice. Lisa has been told to have a full health screening assessment before she receives any guidance.

Lisa would like to improve her health and wellbeing by increasing her energy levels and by losing some of the extra weight she has gained.

Please check the examination details below before entering your candidate information

Candidate surname	Other names

Pearson BTEC Level 3 Nationals Extended Certificate

Centre Number

Learner Registration Number

Wednesday 8 January 2020

Morning (Time: 2 hours 30 minutes) | Paper Reference **31525H**

Sport

Unit 2: Fitness Training and Programming for Health, Sport and Wellbeing

Part B

You must have:
Your research notes from **Part A** (maximum four A4 sides)

Total Marks

Instructions

- Use **black** ink or ball-point pen.
- **Fill in the boxes** at the top of this page with your name, centre number and learner registration number.
- Answer **all** activities.
- Answer the activities in the spaces provided
  – *there may be more space than you need.*

Information

- The total mark for this paper is 60.
- The marks for **each** activity are shown in brackets
  – *use this as a guide as to how much time to spend on each activity.*

Advice

- Read each activity carefully before you start to answer it.
- Try to answer every activity.
- Check your answers if you have time at the end.

Turn over ▶

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Important Information

Refer to your research notes from **Part A** to complete **Part B**. You cannot access the internet or any other resources during the supervised assessment period.

You must plan your time and work independently throughout the 2 hours and 30 minutes supervised assessment period.

You will complete **Part B** under supervision and your work will be kept securely during any breaks taken.

You must not share your work with other learners.

Part A

Case study

Lisa is a 38 year-old female who works in an office. She sits at a desk from 9 am until 5 pm for five days a week. She drives 10 miles to work each day and takes her children to school on the way.

Lisa has spent many years working full time and also looking after her children. This has had a negative impact on her health and wellbeing. Lisa's family have noticed that she often looks very tired and she knows she has gained extra body weight.

Lisa has made an appointment to see an expert to get some lifestyle advice. Lisa has been told to have a full health screening assessment before she receives any guidance.

Lisa would like to improve her health and wellbeing by increasing her energy levels and by losing some of the extra weight she has gained.

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Part B

Lifestyle questionnaire

Section 1: Personal details

Name: Lisa Goddard

Address: 48 The Road
Smalltown
County

Home telephone: 03678 538653
Mobile telephone: 07645 234678
Email: lgoddard@email.com
Age: 38

Please answer the following questions.

Occupation

1. What is your occupation?
   Office worker
2. How many hours do you work each day?
   7.5 hrs
3. How far do you live from your occupation?
   10 miles
4. How do you travel to your occupation?
   Car
5. How active would you say your occupation was?
   Not active

Section 2: Current activity levels

1. How many times a week do you currently take part in physical activity?
   None
2. What type of activity/exercise do you mainly take part in?
   N/A

Section 3: Nutritional status

1. Complete the food diary for the previous two days.

Day 1	Breakfast	Lunch	Dinner	Snacks
Y/N	Y	Y	Y	Y
Time of day	8.00 am	12.30 pm	6.30 pm	Different times during the day
Food intake	1 piece of white toast with jam	Ham and cheese sandwich with crisps Chocolate bar	Chicken, chips and vegetables Ice cream	Chocolate bar Packet of crisps Sausage roll
Fluid intake	2 x cups of tea, 500 ml of water, 2 x glasses of white wine			

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Day 2	Breakfast	Lunch	Dinner	Snacks
Y/N	Y	Y	Y	Y
Time of day	8.00 am	12.30 pm	6.30 pm	Different times during the day
Food intake	Bowl of cereal (coco pops)	Lasagne and chips Ice cream	Fish, potatoes and vegetables	2 x packets of crisps Doughnut Chocolate bar Yoghurt
Fluid intake	2 x cups of tea, 500 ml of water, 3 x glasses of white wine			

2. Do you take any supplements? If yes, which ones?	No

Section 4: Your lifestyle

Please answer the following questions.

1. How many units of alcohol do you drink in a typical week? **35**
2. Do you smoke? **No** If yes, how many cigarettes a day? **N/A**
3. Do you experience stress on a daily basis? **Yes**

   If yes, what causes you stress (if you know)?

   Work and looking after the children
4. On average, how many hours of sleep do you get per night? **5**

Section 5: Health monitoring tests

Test results

Test	Result
Blood pressure	135/90 mmHg
Resting heart rate	75 bpm
Body mass index	28
Waist-to-hip ratio	0.85

Section 6: Physical activity/sporting goals

What are your physical activity/sporting goals?

To lose some of my extra weight and increase my health and wellbeing.

CLIENT DECLARATION

I have understood and answered all of the above questions honestly.

Signed client: L. Goddard Print name: Lisa Goddard

Date: 21/11/2019

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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 Lisa Goddard.

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(Total for Activity 1 = 12 marks)

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2 Provide and justify lifestyle modification techniques for Lisa Goddard.

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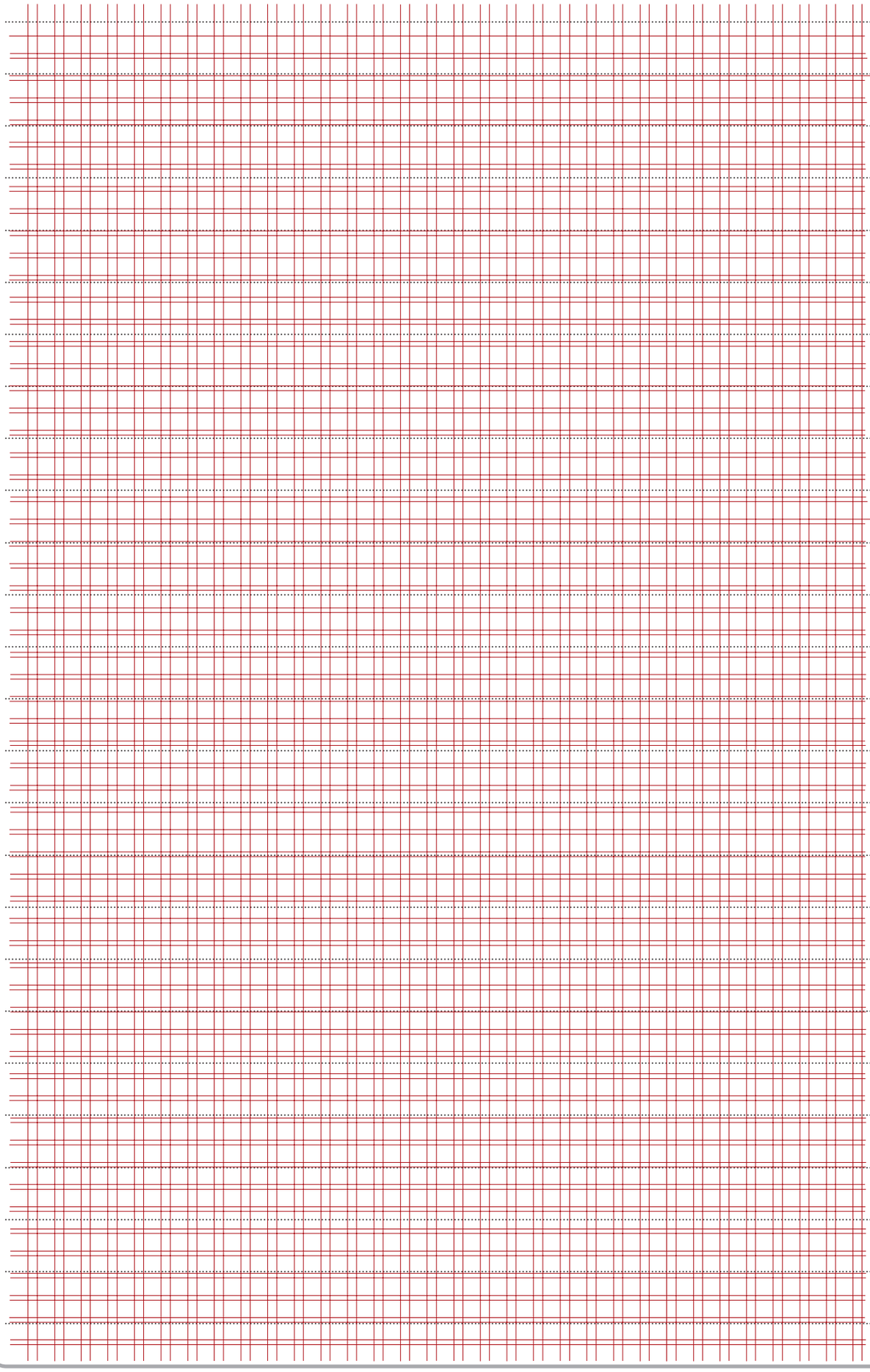

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(Total for Activity 2 = 12 marks)

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3 Provide and justify nutritional guidance for Lisa Goddard to meet her specific requirements.

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(Total for Activity 3= 8 marks)

4 Propose and justify different training methods that meet Lisa Goddard's training needs.

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

(6)

Week 1

	Physical activity
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

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Week 3

	Physical activity
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

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Week 6

	Physical activity
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

(Total for Activity 5 = 6 marks)

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

(14)

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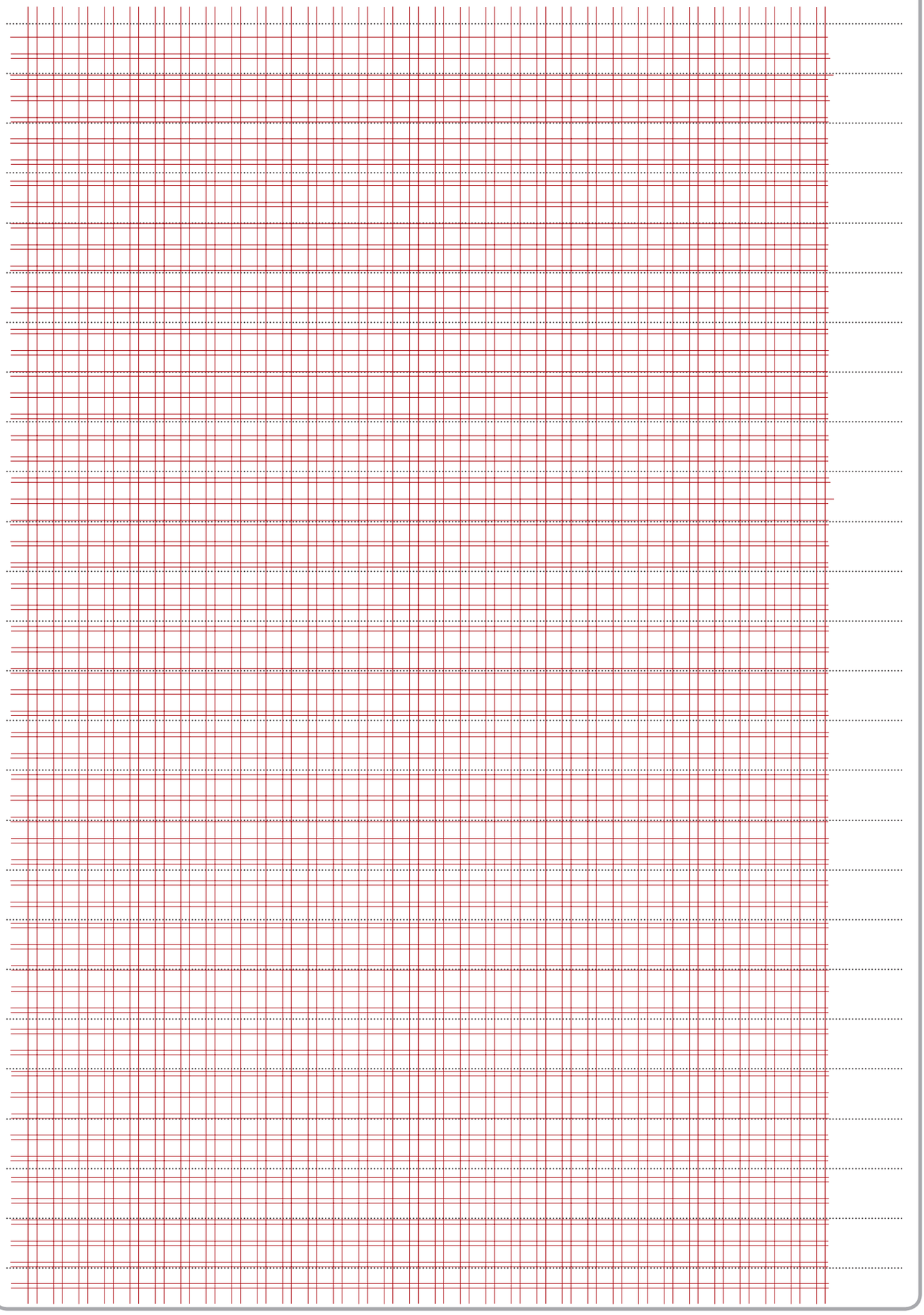

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(Total for Activity 6 = 14 marks)

TOTAL FOR TASK = 60 MARKS

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