BTEC

Pearson BTEC Level 3 Nationals

Write your name here

| Surname | Forename |
|---|---|
| | |

Level 3

# Sport

## Unit 2: Fitness Training and Programming for Health, Sport and Well-being

Part A

Etended Certificate/Foundation Diploma/Diploma/ Extended Diploma

**Sample assessment material for first teaching September 2016**

**Instructions**

- **Part A** contains material for the completion of the preparatory work for the set task.
- **Part A** is given to learners one week before **Part B** is scheduled. Learners are advised to spend no more than four hours on **Part A**.
- **Part A** must be given to learners on the the specified date so that learners can prepare in the specified way.
- **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.
- **Part B** materials for the set task will be issued prior to the start of the supervised assessment period according to the guidance in the specification.



**Paper reference**
XXXX/XX
S50149A

©2015 Pearson Education Ltd.
1/1/1/1/1/1/1/1

PEARSON

## Instructions to Teachers/Tutors

Part A should be issued to learners one week prior to undertaking Part B of the assessment.

Learners will be expected to do preparatory work and can take up to four sides of notes into the supervised assessment. The notes can be hand written or typed and they must contain bullets and not extended answers. Other content is not permitted.

Learners are expected to spend up to four hours in undertaking **Part A**.

It is expected that scheduled lessons or other timetabled slots will be used for some or all of the preparation.

Teachers/tutors should note that:

- learners should not be given any direct guidance or prepared materials
- learners should not be given any support in writing or editing notes
- all work must be completed independently by learners.
- learner notes will be retained securely by the centre after Part B and may be requested by Pearson if there is malpractice suspected

Refer carefully to the instructions in this task booklet and the Information for Conducting External Assessments (ICEA) document to ensure that the preparatory period is conducted correctly and that learners have the opportunity to carry out the required activities independently.

## Instructions for Learners

Read the set task information carefully.

This contains **Part A** of the information you need to prepare for the set task.

You will need to carry out your own preparation over the next one week.

You will then be given the set task to complete under supervised conditions.

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

Your teacher may give guidance on when you can complete the preparation.

Your teacher cannot give you feedback during the preparation period.

## Set Task Brief

**You are required to prepare notes** in response to the information provided in the scenario in **Part A** Set Task Information.

The notes can be hand written or typed and they must contain bullets and not extended answers. Other content is not permitted.

## Part A Set Task Information

**Scenario**

Mr Mann is 30 years old and works 9 hours a day in an office. He does not take part in any exercise and often has to do more work when he gets home.

He catches the bus to work each day, a journey of 3 miles.

He has recently noticed that he is gaining weight. He works with Miss Tibbs who exercises regularly and seems to be fitter, healthier and happier than him. Miss Tibbs suggests that Mr Mann joins her gym and trains for an aerobic endurance event.

Mr Mann decides to join the gym and takes part in a fitness assessment. As part of the fitness assessment he will be given a training programme to follow.

Mr Mann has previously completed a PAR-Q form and has indicated that he has no medical conditions and is fit to take part in physical activity.

## Pearson BTEC Level 3 Nationals

Write your name here

| Surname | Forename |
|---|---|
| | |

Level 3

Learner Registration Number

Centre Number

# Sport

## Unit 2: Fitness Training and Programming for Health, Sport and Well-being

Part B

Marks

Supervised hours 2.5

Extended Certificate/Foundation Diploma/Diploma/ Extended Diploma

**Sample assessment material for first teaching September 2016**

### Instructions

- **Part A** will need to have been used in preparation for completion of **Part B**.
- **Part B** contains material for the completion of the set task under supervised conditions.
- **Part B** should be undertaken in a single 2.5 hours during the assessment timetabled by Pearson.
- **Part B** is specific to each series and this material must only be issued to learners who have been entered to undertake the task in relevant series.
- **Part B** should be kept securely until the start of the 2.5 hour supervised assessment period.

### Information

- The total mark for this paper is 60.



**Paper reference**

XXXX/XX

S50150A

©2015 Pearson Education Ltd.

1/1/1/1/1/1/1/1

PEARSON

## Instructions to Teachers/Tutors and/or Invigilators

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

The set task should be carried out under supervised conditions.

**Part B** is undertaken under supervision in a single session of 2.5 hours on the timetabled date. Centres may schedule a supervised rest break during the session.

Work should should be completed in this task and answer book.

All learner work must be completed independently and authenticated by the teacher/tutor and/or invigilator before being submitted to Pearson.

Learners must not bring anything into the supervised environment or take anything out without your knowledge and approval.

Centres are responsible for putting in place appropriate checks to ensure that only permitted material is introduced into the supervised environment.

**Maintaining security:**

Teachers/tutors and invigilators are responsible for maintaining security and for reporting issues to Pearson. In particular:

- Only permitted materials for the set task can be brought into the supervised environment
- During any permitted break and at the end of the session, materials must be kept securely and no items removed from the supervised environment.
- Learner notes related to part A must be checked to ensure length meets limitations
- Learner notes from Part A will be retained securely by the centre after Part B and may be requested by Pearson if there is suspected malpractice

**Outcomes for submission**

This task and answer booklet will need to be submitted by each learner.

## Instructions for Learners

Read the set task information carefully.

You will need to refer to any preparatory work from **Part A** to complete the set task in **Part B**.

You will complete this set task under supervision in a single session of 2.5 hours. Your tutor/invigilator will tell you if there is a supervised break. Plan your time carefully. Your work will be kept securely during any break taken.

You must work independently throughout the supervised assessment period and should not share your work with other learners.

**Outcomes for submission**

You will need to submit the task and answer booklet on completion of the supervised assessment period.

## Set Task

**Complete the task and answer booklet based on your preparation and the additional information in the lifestyle questionnaire.**

In your answer develop and justify lifestyle, nutritional guidance and a fitness training programme for a specific individual in response to the scenario and stimulus material.

## Set Task Information

### Scenario

Mr Mann is 30 years old and works 9 hours a day in an office. He does not take part in any exercise and often has to do more work when he gets home.

He catches the bus to work each day, a journey of 3 miles.

He has recently noticed that he is gaining weight. He works with Miss Tibbs who exercises regularly and seems to be fitter, healthier and happier than him. Miss Tibbs suggests that Mr Mann joins her gym and trains for an aerobic endurance event.

Mr Mann decides to join the gym and takes part in a fitness assessment. As part of the fitness assessment he will be given a training programme to follow.

Mr Mann has previously completed a PAR-Q form and has indicated that he has no medical conditions and is fit to take part in physical activity.

**Lifestyle questionnaire**

| **Section 1: Personal details** |
|---|
| Name: Mr A Mann<br>Address: 5 The High Street<br>Anytown<br><br>Home telephone: 01234 567890 Mobile telephone: 07123 456789<br><br>Email: amann1@email.com<br><br>Date of birth: 01/01/1975<br><br>**Please answer the following questions to the best of your knowledge.**<br><br>**Occupation**<br><br>1. What is your occupation?<br><br>Office worker<br><br>2. How many hours do you work daily?<br><br>9am-6pm with a 1 hour lunch break<br><br>3. How far do you live from your workplace?<br><br>3 miles<br><br>4. How do you travel to work?<br><br>Bus |
| **Section 2: Current activity levels** |
| 1. How many times a week do you currently take part in physical activity?<br><br>Not at all |

**Section 3: Nutritional status**

1. How many meals and snacks do you have each day?
2. Do you take any supplements? If yes, which ones?

| Day 1 | Breakfast | Lunch | Dinner | Snacks |
|---|---|---|---|---|
| Y/N | N | Y | Y | Y |
| Time of day | | 12.30pm | 7pm (ish) | Different times in day<br>- normally<br>- morning<br>- afternoon<br>- evening |
| Food intake | | Ham and Cheese Baguette<br>Packet of crisps<br>Cake | Takeaway - fish and chips | A banana<br>Chocolate bar<br>Crisps |
| Fluid intake | Coffee x3 cups, Can of fizzy drink x2, Small bottle of water, 3 pints of beer | | | |

| Day 2 | Breakfast | Lunch | Dinner | Snacks |
|---|---|---|---|---|
| Y/N | N | Y | Y | Y |
| Time of day | | 12.30pm | 7pm (ish) | Different times in day<br>- normally<br>- morning<br>- afternoon<br>- evening |
| Food intake | | Chicken Caesar Baguette<br>Packet of crisps<br>Chocolate bar | Takeaway -<br>12" Pepperoni Pizza and Garlic bread | An apple<br>Chocolate bar<br>Popcorn |
| Fluid intake | Coffee x3 cups, Can of fizzy drink x1, Small bottle of water x2, 3 pints of lager | | | |

**Section 4: Your lifestyle**

**Please answer the following questions to the best of your knowledge.**

1. How many units of alcohol do you drink in a typical week? 29
2. Do you smoke? No If yes, how many a day? .....
3. Do you experience stress on a daily basis? Yes

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

   Tight deadlines at work
4. On average, how many hours sleep do you get per night? 6

**Section 5: Health monitoring tests**

- Test results

| Test | Result |
|---|---|
| Blood Pressure | 135/88 mmHg |
| Resting Heart Rate | 85 bpm |
| Body Mass Index | 32 |
| Waist-to-Hip Ratio | 1.3 |

**Section 6: Physical activity/sporting goals**

1. What are your physical activity/sporting goals?

   To run a 5K road race in 6 weeks

   To improve lower body flexibility

**CLIENT DECLARATION**

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

Signed Client: A Mann Print Name: Andrew Mann

Date: 01/09/16

## Task and answer booklet

Please do not write answers outside the spaces provided below.

**1** Interpret the lifestyle factors and screening information for the selected individual.

12 marks

**2** Provide lifestyle modification techniques.

12 marks

**3** Nutritional guidance.

8 marks

**4** Training methods.

8 marks

**5** Six-week training programme – Design key stages (weeks 1, 3 and 6) of a six week training programme for the selected individual.

6 marks

## Week 1

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| Physical activity | | | | | | | |

## Week 3

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| Physical activity | | | | | | | |

## Week 6

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| Physical activity | | | | | | | |

**6** Provide justification for the training programme that has been produced for the selected individual.

14 marks

END OF TASK

**TOTAL FOR TASK = 60 MARKS**