BTEC

Pearson BTEC Level 3 Nationals

Sport

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

Level 3

Part A

Extended Certificate/Foundation Diploma/Diploma/ Extended Diploma

Sample assessment material for first teaching September 2016

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** will be released one week before your supervised assessment session (**Part B**).
- **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 four 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 2.5 hours 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 2.5 hour supervised assessment period.



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Turn over

Instructions to Teachers/Tutors

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 the Pearson website for details.

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

Learners will be expected to conduct research over a maximum of four hours. Up to four sides of A4 notes 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 2.5 hours on the timetabled date. Centres may schedule a supervised rest break during the session.

Centres may choose **ONE** 2.5 hour slot on either of the two dates specified by Pearson. Centres must not schedule multiple sessions as this will be considered malpractice.

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 over one week.

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** and **Part B**.

Part A: Instructions

You are required to prepare notes in response to the information provided in the case study 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

Case study

John is a 32-year-old male who works approximately 7–8 hours a day as a full-time builder.

He takes part in regular exercise and has a passion for weightlifting. John has recently participated in numerous competitions to challenge himself further within his sport. John trains twice every day, once before and once after work, and tries to follow a diet plan that will maximise his potential and performance.

John has recently hired a strength and conditioning coach, as he wants to improve his weightlifting technique, as well as different components of fitness that can take him to a higher level within the sport.

John's coach has decided to put him through a health screening procedure to see what his general health is like, as well as design a new diet plan and a fitness training programme. The aim of this is to improve his components of fitness, with the main objective being to win the next competition in 3 months' time.

BTEC

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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

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Sample assessment material for first teaching September 2016

Part B

Marks

Supervised hours 2.5

Instructions

- Use **black** ink or ball-point pen.
- **Fill in the boxes** at the top of this page with your name.
- Answer **all** activities.
- Answer the activities in the spaces provided
  – *there may be more space than you need.*
- Do **not** return research notes or **Part A** to Pearson.

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.*
- Centres may choose **ONE** 2.5 hour slot on either of the two dates specified by Pearson. Centres must not schedule multiple sessions as this will be considered malpractice.

Advice

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

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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 resource during the supervised assessment period.

You must plan your time and work independently throughout the 2.5 hour 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

John is a 32-year-old male who works approximately 7-8 hours a day as a full-time builder.

He takes part in regular exercise and has a passion for weightlifting. John has recently participated in numerous competitions to challenge himself further within his sport. John trains twice every day, once before and once after work, and tries to follow a diet plan that will maximise his potential and performance.

John has recently hired a strength and conditioning coach, as he wants to improve his weightlifting technique, as well as different components of fitness that can take him to a higher level within the sport.

John's coach has decided to put him through a health screening procedure to see what his general health is like, as well as design a new diet plan and a fitness training programme. The aim of this is to improve his components of fitness, with the main objective being to win the next competition in 3 months' time.

Part B

Lifestyle questionnaire

Section 1: Personal details

Name: **John Smith**

Address: **49 The Walk**
Anytown
The County

Home telephone: **01234 567891**
Mobile telephone: **07123 456790**
Email: **john7@email.com**
Date of birth: **25/07/1984**

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

Occupation

1. What is your occupation?
   Builder

2. How many hours do you work daily?
   7–8 hours per day with a 30-minute lunch break

3. How far do you live from your workplace?
   I work in lots of different places

4. How do you travel to work?
   Drive

5. How active would you say your job was?
   Very active

Section 2: Current activity levels

1. How many times a week do you currently take part in physical activity?
   Six days a week, twice a day

2. What type of activity/exercise do you mainly take part in?
   Weight training

Section 3: Nutritional status				
1. Complete the food diary for the previous two days.				
Day 1	Breakfast	Lunch	Dinner	Snacks
Yes/No	No	Yes	Yes	Yes
Time of day		12.45pm	8.30–9pm	Variable times throughout the day
Food intake		Jacket potato with cheese and beans	Steak and potatoes	Chocolate bar Packet of crisps Peanuts
Fluid intake	3 x cups of tea, 3 pints of beer, 1 small bottle of water			
Day 2	Breakfast	Lunch	Dinner	
Yes/No	No	Yes	Yes	Yes
Time of day		12.45pm	8.30–9pm	Variable times throughout the day
Food intake		Ham and cheese sandwich 1 apple	Spaghetti Bolognese	1 apple Chocolate bar Peanuts
Fluid intake	3 x cups of tea, 3 pints of beer, 1 small bottle of water			
2. Do you take any supplements? If yes, which ones?				No

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? **24**
2. Do you smoke? **Yes** If yes, how many cigarettes a day? **3 a day**
3. Do you experience stress on a daily basis? **Yes**

   If yes, what causes you stress (if you know)? **I worry that my work may interrupt my training programme in the future.**
4. On average, how many hours sleep do you get per night? **7**

Section 5: Health monitoring tests

Test results

Test	Result
Blood Pressure	123/81 mmHg
Resting Heart Rate	65 bpm
Body Mass Index	35
Waist-to-Hip Ratio	0.80

Section 6: Physical activity/sporting goals

What are your physical activity/sporting goals?

To win my next weightlifting competition in 3 months' time.

To increase my strength and the amount of weight I can lift.

CLIENT DECLARATION

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

Signed client: J. Smith Print name: John Smith

Date: 11/09/16

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 John Smith.

12 marks

Total for Activity 1 = 12 marks

2 Provide lifestyle modification techniques for John Smith.

12 marks

Total for Activity 2 = 12 marks

3 Provide and justify your nutritional guidance for John Smith to meet his specific requirements.

8 marks

Total for Activity 3 = 8 marks

4 Propose and justify different training methods that meet John Smith's training needs.

8 marks

Total for Activity 4 = 8 marks

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

6 marks

Week 1							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Physical activity							

Week 3							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Physical activity							

Turn over

Week 6							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Physical activity							

Total for Activity 5 = 6 marks

6 Justify the fitness training programme that you have designed for John Smith.

14 marks

Total for Activity 6 = 14 marks

END OF TASK

TOTAL FOR TASK = 60 MARKS