Example Assignment
Unit 7: Health as a Lifestyle Choice

The portfolio work you produce for this assignment will be assessed to decide your mark for this unit.

You need to produce a report which will include:

- the positive effects of exercise on the physical, mental and social health of individuals;

- dietary needs of **one** individual;

- recommendations for improvements to the individual's diet based on current dietary guidelines;

- planning and designing an individual diet and **three-week** exercise programme;

- monitoring and evaluation of the likely success and effectiveness of the diet recommendations and exercise programme on the individual.

Activity 1 (AO1)

Design a questionnaire or interview questions to collect information from individuals or fitness-industry professionals. Your questionnaire must find out about the positive effects of exercise on:

- physical health e.g. fitness, muscular strength, flexibility, coronary heart disease, high blood pressure, osteoporosis;

- mental health e.g. sense of well-being, self-esteem, stress relief, motivation, mental alertness;

- social health e.g. friendship network.

Use your questionnaire with individuals of your choice and record your findings.

Invite a fitness-industry professional into your centre to talk about the positive effects of exercise.

Use your interview questions to collect further information.

Activity 2 (AO1)

Research, using books and the Internet, to find out more detailed information about the positive effects of exercise on individuals' physical, mental and social health.

Write up your findings and draw conclusions relating to the effects of exercise on daily living.

Use illustrations to highlight the physical effects where appropriate.

Activity 3 (AO2)

Choose **one** individual. Write an introduction to your individual (you must respect confidentiality so the name should be changed).

For your chosen individual you must:

- describe the nature and dietary function of macro- and micro nutrients;
- describe foods that provide the main sources of nutrients;
- describe the roles of water and non-starch polysaccharide (NSP/dietary fibre);
- describe their dietary needs.

Activity 4 (AO2)

Design a chart to record the dietary intake of your individual for one week.

Use the information you have gathered to:

- compare the dietary intake of the individual with their dietary needs;
- make recommendations for improvements which the individual could make to their diet to meet their dietary needs;
- give reasons for the recommendations you have made.

Activity 5 (AO3)

Design a **three-week** exercise programme for your chosen individual which includes **two** of the following types of exercise:

- continuous
- interval
- fartlek
- weight training

For the exercise programme designed you must include:

- the aims of the programme;
- time available;
- a description of the principles of exercise including specificity, overload and progression;
- **two** areas of fitness to improve – aerobic (cardio-vascular), muscle strength, muscular endurance or flexibility;
- an explanation of physiological benefits of warm-up and cool-down;
- an assessment of fitness level of the individual before and after the programme;
- monitoring techniques to be used;
- an advice sheet on safety factors to be considered whilst exercising.

2

Teacher Support Materials

Example Assignment
Unit 7: Health as a Lifestyle Choice
GCE in Health and Social Care

© OCR 2005

Oxford, Cambridge and RSA Examinations

Analyse how the programme will meet the needs of the individual.

Activity 6 (AO3)

Design and complete monitoring documents/charts to assess the likely success and effectiveness of the diet recommendations and exercise plan.

Activity 7 (AO4)

Evaluate the likely effects of the diet recommendations and exercise programme. Your evaluation should include:

- effectiveness of the diet recommendations and exercise programme;
- charts of the percentage improvements in each area;
- benefits to the individual;
- effects on the individual's physical health in the long-term;
- strengths of the programme;
- ways you would change the programme if you were to design it again.

Activity 8

Include a bibliography of all sources of information and reference those sources within the text.