

## Pearson BTEC Level 3 Nationals Extended Certificate

# Sport

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

**Part A**

June 2017

Paper Reference

**31525H**

**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** 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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## 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**

Helen is a 48-year-old female. She works as a receptionist, spending eight hours a day sitting behind a desk. She drives two miles to work every day and does not do any exercise.

Helen notices that her health is starting to deteriorate. She often feels tired and regularly suffers from chest pains. She has decided to see her general practitioner who does a health assessment on her. Helen's blood pressure, resting heart rate, Body Mass Index (BMI) and waist to hip ratio were all measured as part of her health assessment. The doctor has suggested that her lifestyle is not appropriate and that she is at risk of developing coronary heart disease (CHD).

Helen decides to change her lifestyle for the better as she does not want her condition to deteriorate any more. Her main aim is to increase her overall health and well-being.

Write your name here

Surname	Other names
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Extended  
Certificate

Centre Number	Learner Registration Number
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# Sport

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

### Part B

Window for supervised period: Monday 8 May 2017 – Tuesday 9 May 2017 <b>Supervised hours: 2.5 hours</b>	Paper Reference <b>31525H</b>
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<b>You must have:</b> Your research notes from <b>Part A</b> (maximum four A4 sides)	Total Marks
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### 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.*
- Do **not** return research notes or **Part A** to Pearson.
- 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.

### 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 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 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

Helen is a 48-year-old female. She works as a receptionist, spending eight hours a day sitting behind a desk. She drives two miles to work every day and does not take part in any exercise.

Helen notices that her health is starting to deteriorate. She often feels tired and regularly suffers from chest pains. She has decided to see her general practitioner who will do a health assessment on her. Helen's blood pressure, resting heart rate, Body Mass Index (BMI) and waist to hip ratio were all measured as part of her health assessment. The doctor has suggested that her lifestyle is not appropriate and that she is at risk of developing coronary heart disease (CHD).

Helen decides to change her lifestyle for the better as she does not want her condition to deteriorate any more. Her main aim is to increase her overall health and well-being.

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**Part B**

**Lifestyle questionnaire**

**Section 1: Personal details**

**Name:** Helen Jones  
**Address:** 49 The Walk  
Anytown  
The County

**Home telephone:** 01234 567891  
**Mobile telephone:** 07123 456790  
**Email:** helen5@email.com  
**Date of birth:** 12/10/1968

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

**Occupation**

1. What is your occupation?

**A receptionist**

2. How many hours do you work each day?

**8 hours per day with a 45-minute lunch break**

3. How far do you live from your workplace?

**2 miles**

4. How do you travel to work?

**Car**

5. How active would you say your job was?

**Not very active**

**Section 2: Current activity levels**

1. How many times a week do you take part in physical activity?

**None**

2. What type of activity/exercise do you usually do?

**None**



### 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	7am	12.30pm	7pm	Different times during the day
Food intake	Bowl of cereal	Sandwiches Packet of crisps	Chinese takeaway	Chocolate bar Packet of crisps Donut
Fluid intake	3 x cups of tea, 1 fizzy drink, 2 glasses of wine, cup of coffee.			
Day 2	Breakfast	Lunch	Dinner	Snacks
Y/N	Y	Y	Y	Y
Time of day	7am	12.30pm	7pm	Different times during the day
Food intake	2 x pieces of toast with jam	Portion of chips with mayo Cheeseburger	Pizza	Packet of crisps Chocolate bar
Fluid intake	3 x cups of tea, 1 fizzy drink, 2 glasses of wine, cup of coffee.			
2. Do you take any supplements? If yes, which ones?				No

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**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? **18**
- 2. Do you smoke? **Yes** If yes, how many cigarettes a day? **5 a day**
- 3. Do you experience stress on a daily basis? **Yes**

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

**Increase in workload and number of different tasks to complete**

- 4. On average, how many hours sleep do you get per night? **8**

**Section 5: Health monitoring tests**

Test results

Test	Result
Blood pressure	160/95 mmHg
Resting heart rate	85 bpm
Body Mass Index	36
Waist-to-hip ratio	0.93
Weight	104kg / 16st 5
Height	1.7m / 5ft 7

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

What are your physical activity/sporting goals?

**To improve my overall health and wellbeing.**

**To do regular exercise and gradually improve my fitness.**

**CLIENT DECLARATION**

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

Signed client: *H. Jones* Print name: Helen Jones

Date: 11/09/16







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(Total for Activity 1 = 12 marks)



2 Provide lifestyle modification techniques for Helen Jones.

(12)

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**(Total for Activity 2 = 12 marks)**



3 Provide and justify your nutritional guidance for Helen Jones to meet her specific requirements.

(8)

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**(Total for Activity 3 = 8 marks)**





4 Propose and justify different training methods that meet Helen Jones's training needs.

(8)

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**(Total for Activity 4 = 8 marks)**



5 Design weeks 1, 3 and 6 of a 6-week fitness training programme for Helen Jones.

(6)

**Week 1**

Physical activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

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**Week 3**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Physical activity							



**Week 6**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Physical activity							

**(Total for Activity 5 = 6 marks)**

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6 Justify the fitness training programme that you have designed for Helen Jones.

(14)

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**(Total for Activity 6 = 14 marks)**

**TOTAL FOR TASK = 60 MARKS**



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