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Pearson BTEC
Level 3 Nationals
Extended
Certificate

Centre Number	Learner Registration Number
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Sport

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

Window for supervised period: Wednesday 10 January 2018 – Morning Supervised hours: 2 hours 30 minutes	Paper Reference 31525H
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You must have: Your research notes from Part A (maximum four A4 sides)	Total Marks <input style="width: 100%; height: 40px;" type="text"/>
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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.*

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 question.*

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 all of the activities in **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.

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Part A

Case study

Adam is a 23-year-old full-time athlete. He competes as a long-distance runner. He trains every day and drives for 20 minutes to get to his training venue.

Adam uses a combination of different training methods. He often competes in high level competitions around the world. His main target is to qualify for the next Olympic Games for Team GB.

Adam is going to train away from home for one month in a remote environment. His emphasis will be on improving his general performance for his next competition. Adam will have a full health screening assessment before he goes away to train.

Adam tries to look after his health and fitness because he wants to be one of the best long-distance runners in the country. He also hopes to compete in many future Olympic Games.

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Part B

Lifestyle questionnaire

Section 1: Personal details

Name: **Adam King**

Address: **12 Runner Drive
Anytown
The County**

Home telephone: **01234 987654**

Mobile telephone: **07525 336777**

Email: **adam7@email.com**

Age: **23**

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

Occupation

1. What is your occupation?
Full-time athlete
2. How many hours do you work daily?
5-6 hours a day
3. How far do you live from your workplace?
20-minute drive
4. How do you travel to work?
By car

Section 2: Current activity levels

1. How many times a week do you currently take part in physical activity?
Every day of the week
2. What type of activity/exercise do you mainly take part in?
Long-distance running and strength and conditioning sessions

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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	6pm	Variable times throughout the day
Food intake	Bowl of porridge	Jacket potato with cheese and beans	Roast chicken with potatoes, carrots and broccoli	Apple Packet of crisps
Fluid intake	3 litres of water, 1 cup of tea, 1 cup of coffee 1 large glass of white wine			

Day 2	Breakfast	Lunch	Dinner	Snacks
Y/N	Y	Y	Y	Y
Time of day	7am	12.30pm	6pm	Variable times throughout the day
Food intake	Scrambled eggs on toast	Chicken and pasta in a tomato based sauce	Steak and chips	An orange Chocolate bar
Fluid intake	3 litres of water, 1 cup of tea, 1 cup of coffee 1 large glass of red wine			

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? **21 units**
2. Do you smoke? **No** If yes, how many a day? **N/A**
3. Do you experience stress on a daily basis? **Yes**

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

Pressure of training and expectations of winning competitions

4. On average, how many hours sleep do you get per night? **5-6**

Section 5: Health monitoring tests

Test results

Test	Result
Blood pressure	119/81 mmHg
Resting heart rate	45 bpm
Body mass index	18
Waist-to-hip ratio	0.75

Section 6: Physical activity/Sporting goals

What are your physical activity/sporting goals?

To compete for Team GB at the next Olympic Games.

To be a world-class long-distance marathon runner.

CLIENT DECLARATION

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

Signed Client: **A. King** Print Name: **Adam King**

Date: **19/11/17**

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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 Adam King.

(12)

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(Total for Activity 1 = 12 marks)



2 Provide and justify lifestyle modification techniques for Adam King.

(12)

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(Total for Activity 2 = 12 marks)



3 Provide and justify nutritional guidance for Adam King to meet his specific requirements.

(8)

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(Total for Activity 3 = 8 marks)



4 Propose and justify different training methods that meet Adam King's training needs.

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(Total for Activity 4 = 8 marks)



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

(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)

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6 Justify the fitness training programme that you have designed for Adam King.

(14)

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(Total for Activity 6 = 14 marks)

TOTAL FOR TASK = 60 MARKS



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