

Pearson BTEC Level 3 Nationals Extended Certificate

Sport

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

Part A

June 2018

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 hours and 30 minutes 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 hours and 30 minutes 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 Instructions 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 (minimum font size 10) 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 hours and 30 minutes on the timetabled date. Centres may schedule a supervised rest break during the session.

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 must 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**.

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

Part A

Case study

Christine is a 48-year-old female. She works as a personal assistant for the managing director of a large company. Christine drives 2.5 miles to work every day. This takes an average of 30 minutes because of the heavy traffic.

Christine's workload has increased a lot and she also has some problems in her personal life. She has started to lose her appetite and she often doesn't have breakfast. This is having a negative effect on her health and wellbeing.

Recently Christine has started to feel both physically and mentally ill. She has needed to have a lot of time off work. Christine has decided to get some advice and guidance about her lifestyle. She is also going to go to her doctor for a health assessment.

Christine knows that her lifestyle is not healthy and that she needs to make some important changes. She would like to maintain a healthy work-life balance and to improve her general health and wellbeing.

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| Surname | | | | | Other names | | | | | |
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Sport

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

Part B

| | |
|---|----------------------------------|
| Window for supervised period: Tuesday 8 May 2018 – Morning Supervised period: 2 hours 30 minutes | Paper Reference 31525H |
|---|----------------------------------|

| | |
|---|-------------|
| You must have: Your research notes from Part A (maximum four A4 sides) | Total Marks |
|---|-------------|

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 activity.*

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.

Part A

Case study

Christine is a 48-year-old female. She works as a personal assistant for the managing director of a large company. Christine drives 2.5 miles to work every day. This takes an average of 30 minutes because of the heavy traffic.

Christine's workload has increased a lot and she also has some problems in her personal life. She has started to lose her appetite and she often doesn't have breakfast. This is having a negative effect on her health and wellbeing.

Recently Christine has started to feel both physically and mentally ill. She has needed to have a lot of time off work. Christine has decided to get some advice and guidance about her lifestyle. She is also going to go to her doctor for a health assessment.

Christine knows that her lifestyle is not healthy and that she needs to make some important changes. She would like to maintain a healthy work-life balance and to improve her general health and wellbeing.

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Part B

Lifestyle questionnaire

Section 1: Personal details

Name: Christine Timms

Address: 32 The Avenue
Smalltown
The City

Home telephone: 01234 667455

Mobile telephone: 07153 644888

Email: timms09@email.com

Age: 48

Please answer the following questions.

Occupation

1. What is your occupation?
A personal assistant
2. How many hours do you work each day?
9 hours per day
3. How far do you live from your work?
2.5 miles
4. How do you travel to work?
Car
5. How active would you say your job was?
Not very active

Section 2: Activity levels

1. How many times a week do you take part in physical activity?
None
2. What type of activity/exercise do you mainly take part in?
N/A



Section 3: Nutritional status

1. Complete the food diary for the previous two days.

| Day 1 | Breakfast | Lunch | Dinner | Snacks |
|--------------|---|---------------------------------|------------------------|-----------------------------------|
| Y/N | N | Y | Y | Y |
| Time of day | 6 am | 1 pm | 9.30 pm | Variable times throughout the day |
| Food intake | Nothing | Mixed salad 1 piece of fruit | Chicken and vegetables | 1 x yoghurt 1 x chocolate bar |
| Fluid intake | 5 x cups of coffee, half a bottle of wine | | | |

| Day 2 | Breakfast | Lunch | Dinner | Snacks |
|--------------|--|----------------|---|-----------------------------------|
| Y/N | N | Y | Y | Y |
| Time of day | 6 am | 1 pm | 10 pm | Variable times throughout the day |
| Food intake | Nothing | Vegetable soup | Work event buffet 2 small sandwiches, small portion of crisps | 1 piece of fruit Carrot sticks |
| Fluid intake | 5 x cups of coffee, 1 x bottle of 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.

- 1. How many units of alcohol do you usually drink in a week? **25**
- 2. Do you smoke? **No** If yes, how many cigarettes a day? **N/A**
- 3. Do you experience stress on a daily basis? **Yes**
If yes, what causes you stress (if you know)?

Increasing workload and changes in personal life

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

Section 5: Health monitoring tests

Test results

| Test | Result |
|--------------------|-------------|
| Blood pressure | 120/80 mmHg |
| Resting heart rate | 85 bpm |
| Body mass index | 16.5 |
| Waist-to-hip ratio | 0.70 |
| Weight | 47.7 kg |
| Height | 1.7 m |

Section 6: Physical activity/Sporting goals

What are your physical activity/sporting goals?

To improve my general fitness levels for health and wellbeing.

CLIENT DECLARATION

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

Signed client: C. Timms Print name: Christine Timms

Date: 22/5/18



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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 Christine Timms.

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(Total for Activity 1 = 12 marks)



2 Provide and justify lifestyle modification techniques for Christine Timms.

(12)

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(Total for Activity 2 = 12 marks)



3 Provide and justify your nutritional guidance for Christine Timms to meet her specific needs.

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(Total for Activity 3 = 8 marks)



4 Propose and justify different training methods that meet Christine Timms' training needs.

(8)

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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 Christine Timms.

(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 Christine Timms.

(14)

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(Total for Activity 6 = 14 marks)

TOTAL FOR TASK = 60 MARKS

