

# **L3 Lead Examiner Report 1906**

June 2019

**L3 Qualification in Sport**

**Unit 2: Fitness Training and  
Programming for Health, Sport  
and Well-being (31525H)**

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June 2019

Publications Code 31525H\_1901\_ER

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### What is a grade boundary?

A grade boundary is where we set the level of achievement required to obtain a certain grade for the externally assessed unit. We set grade boundaries for each grade, at Distinction, Merit and Pass.

### Setting grade boundaries

When we set grade boundaries, we look at the performance of every learner who took the external assessment. When we can see the full picture of performance, our experts are then able to decide where best to place the grade boundaries – this means that they decide what the lowest possible mark is for a particular grade.

When our experts set the grade boundaries, they make sure that learners receive grades which reflect their ability. Awarding grade boundaries is conducted to ensure learners achieve the grade they deserve to achieve, irrespective of variation in the external assessment.

### Variations in external assessments

Each external assessment we set asks different questions and may assess different parts of the unit content outlined in the specification. It would be unfair to learners if we set the same grade boundaries for each assessment, because then it would not take accessibility into account.

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## 31525H – Unit 2: Fitness Training and Programming for Health, Sport and Wellbeing

Grade	Unclassified	Level 3			
		N	P	M	D
Boundary Mark	0	11	22	35	48

### Introduction

This was the fifth exam series for the Level 3 Nationals specification for Unit 2: Fitness Training and Programming for Health, Sport and Well-being. The unit is a combination of several previous QCF units such as Exercise, Health & Lifestyle, Fitness Training and Programming, Nutrition and Fitness Testing. There have been no major changes to the format of the examination from the previous exam series.

The task-based assessment followed the same format as previous series with the emphasis being around a different scenario. The task-based assessment is split into 6 questions which are all open response answers and are awarded different marks.

Question 1 identified the different lifestyle factors of the chosen individual within the scenario as well as assessing their health monitoring test results. There was a total of 12 marks for this question. Question 2 covered the different lifestyle modification techniques that were appropriate for the individual and would be awarded a total of 12 marks. Question 3 would ask the learners to propose and justify nutritional guidance for the selected individual and would be awarded a total of 8 marks. Question 4 covered different training methods for the selected individual and would be awarded a total of 8 marks. Question 5 asked the learners to design weeks 1, 3 and 6 of a 6-week training programme taking into account the individuals training needs and would be awarded a total of 6 marks. The final question looked at giving a justification of the design of the training programme that learners had completed in the previous question, taking into consideration the principles of training, and this would be awarded a total of 14 marks.

## Introduction to the Overall Performance of the Unit

Learners are starting to perform consistently better across the paper following previous exam series. Learners are giving more detailed answers that are both taken from the unit specification as well as being made specific to the given scenario and individual. Learners appear to be using their preparation and research time effectively before part B is released and utilising the use of their notes within the controlled assessment period. The scenario for this exam series was based around a 70 year old man who has recently retired from a busy stressful job and is now looking to start physical activity again as he feels he has more time. The individual stated that he had a passion for playing tennis but the scenario would also greatly emphasize that his health is not as good as it should be and that this would be the main priority for the individual to improve.

Question 1 responses again performed consistently well across the board due to the amount of information that was available for the learners to discuss within Part A and Part B of the scenario. The scenario allowed for all of the lifestyle factors from the specification to be discussed and their implications on the health and wellbeing of the individual. All four health monitoring tests were also accessible from the scenario. Majority of the responses performed consistently well as learners had a lot of information that they could use within their answer.

Question 2 is responding consistently better across exam series with learners giving more specific lifestyle modification techniques from the specification for the chosen individual. This series allowed for the learners to give lifestyle modification techniques based around exercise, alcohol consumption and smoking. A large proportion of learners gave lifestyle modification techniques taken from the specification and justified these to some extent. The better responses also linked the barriers to change to each lifestyle modification technique for each of the three different targeted lifestyle factors for this individual.

Question 3 has not performed as well as expected over several exam series and it appears that the learner's nutritional knowledge is not as vast as it should be for this unit. Learners often give a response that is geared towards food replacements and does not cover more of the unit content within their answer. The better responses for this exam series covered the macronutrients, micronutrients, recommended daily

allowance of calories and hydration. These then needed to be justified in relation to the individual and the scenario.

Question 4 performed well this series as the scenario allowed for training methods to be proposed for aerobic endurance, muscular endurance, flexibility and core stability. The individual within the scenario was not a professional athlete and instead was a 70 year old man who wanted to improve in his fitness and health. Learners seem to respond better to this style of scenario and therefore can provide the correct training methods that are suitable.

Question 5 performed as expected and in line with other exam series. Learners either give a good detailed training programme specific for the individual within the scenario with intensity values and types of training or they give a very basic programme with no intensity values highlighted. The main emphasis around this question for this exam series was to provide a realistic training programme for a 70 year old man with low intensity values to start with and progressing slightly.

Question 6 performed as expected against previous exam series with a high proportion of learners giving responses based around the principles of training that they had implemented into their 6-week training programme. However, there are still a large number of learners that are giving responses that are away from the mark scheme and are justifying their 6-week training programme without mentioning the principles of training at all. Some learners are also giving limited information around the design of the programme taking into account its aims and objectives, equipment needed, personal goals and finally periodisation. Learners planning their exam time for each question should also be taken into consideration here as there are still a large proportion of responses that appear to have run out of time towards the final question.

For this examination series, the mark scheme for unit 2 had the following percentage weighting for the different questions and traits;

Question/Traits	1	2	3
1	35%	35%	30%
2	30%	50%	20%

3	40%	60%	
4	40%	60%	
5	40%	60%	
6	70%	30%	

This was taken into account when marking the learner work and placing their answers into the relevant mark bands to decide their overall score for each question. This percentage weighting for the mark scheme may change every examination series to come in line with the current scenario being applied.

## Individual Questions

The following section considers each question on the paper, providing examples of popular learner responses and a brief commentary of why the responses gained the marks they did. This section should be considered with the live external assessment and corresponding mark scheme.

### Question 1 – Interpret the lifestyle factors and screening information for Alan Turner.

Majority of the marks would be awarded if learners could identify the lifestyle factors from the screening information and describe these comprehensively. The lifestyle factors that should be covered are Sleep, Diet, Exercise, Smoking, Alcohol, Stress and a Sedentary Lifestyle.

Learners should also be able to give a detailed analytical approach of the lifestyle factors identified for the chosen individual, leading to an interpretation of their impact on their health and wellbeing. The interpretation should have specific relevance to the health and wellbeing of the individual.

Learners also needed to give a detailed analytical approach and interpretation of the health monitoring test results for the chosen individual. The interpretation should be made specifically relevant to the individual and their health and lifestyle.

All 4 health monitoring test results should be covered from Resting Heart Rate, Blood Pressure, Waist to Hip Ratio and Body Mass Index (BMI).

**This response gained 11 out of 12 marks**



**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 Alan Turner.

(12)

From Alan's screening information it is clear that he doesn't take part in much physical activity currently with recently retiring. However his goal is to increase his activity level by returning to a childhood passion of tennis.

Alan also stated that he drinks 25 units of alcohol when the recommended weekly intake is 14 units, therefore he should try to decrease this to prevent health issues. This could be a reason for his high blood pressure indicated from the health monitoring tests. He currently has a blood pressure of 150/92 mmHg when a good blood pressure for someone of his age would be 120/80 mmHg. These tests also indicated he was overweight because his BMI was 29 and the recommended would be 18.5 - 24.9 which he is quite far over. Another indicator to him being overweight would be his waist to hip ratio which is 0.98 when it should be at least 0.9 to be

healthy. These tests did however show that he had a good heart rate of 72bpm which is within the healthy recommendation of 70-100bpm.

Alon indicated that he smoked daily with 5 cigarettes a day which could if not already affect his health. Therefore he should try and reduce this and finally stop smoking completely. ~~There~~ There are many ways in which he can do this. Smoking is bad because it can put Alon at risk of coronary heart disease, stroke, bronchitis and lung cancer.

Alon's ~~at~~ high alcohol intake can lead to brain damage, poor skin, weight gain, cancer (mouth, liver), depression, stroke and many other diseases that can affect his health negatively and therefore should try and decrease his intake.

A good thing about Alon's lifestyle would be that he doesn't experience stress daily. This is good because it reduces his risk of depression, high blood pressure, stroke, stomach ulcers and other diseases that

can affect his health. Even though he doesn't currently experience stress he could still do things to reduce his risk of becoming stressed.

Another good thing about Alon's screening information is that he gets a good 8 hours of sleep which is ~~within~~ within the recommended amount. Sleep is important because it helps our body to repair muscles, release hormones of growth and appetite and assist memory consolidation. By Alon getting enough sleep he ~~is~~ reduces his risk of diabetes, high blood pressure, heart disease, stroke, poor immune system etc.

He does however need to increase his activity levels. The recommended amount is 150 minutes a week and he currently takes part in none. Exercise is extremely important for our mental and physical health. And by part taking reduces risks of depression, obesity, ~~is~~ negative weight gain, hypertension etc.

Alan has given an example of his daily diet. From this it shows he has a fairly good diet. ~~His~~ His meal timing is good and he eats meals around the correct times that he should. He also has good food choices and balances his food groups fairly well but this could still improve. He does however have a low water intake that he needs to increase to stop dehydration and head aches.

(Total for Activity 1 = 12 marks)

The learner has interpreted and comprehensively described all of the relevant lifestyle factors from the screening information. Physical Activity, Alcohol, Smoking, Stress, Sleep and Diet have all been covered by the learner. This part of the answer has fallen into mark band 4 for trait 1 of the mark scheme.

The learner has also given an analytical approach to the interpretation and impact of each of the lifestyle factors which has been made specifically relevant to the health and wellbeing of the individual. This part of the answer has fallen into mark band 3 for trait 2 of the mark scheme.

There has also been a detailed analytical approach leading to the interpretation of the health monitoring test results and the interpretation has been made specifically relevant to the individual. This part of the answer has fallen into mark band 4 for trait 3 of the mark scheme.

**Activity 1**

Assessment focus	Band 0	Band 1	Band 2	Band 3	Band 4
	0	1–4	5–7	8–9	10–12
Interpret lifestyle factors and screening information for an individual	No rewardable material.	<p>Lifestyle factors are identified from screening information.</p> <p>An interpretation of the impact of the lifestyle factors might be attempted, however has limited relevance to the health and wellbeing of the individual.</p> <p>An interpretation of health monitoring test results might be attempted, however is generic, lacking relevance to the individual.</p>	<p>Lifestyle factors are identified from screening information, and are described.</p> <p>Attempted analytical approach leads to an interpretation of the impact of the lifestyle factors; interpretation demonstrates general relevance to the health and wellbeing of the individual.</p> <p>Attempted analytical approach leads to an interpretation of health monitoring test results; interpretation is generally relevant to the individual.</p>	<p>Lifestyle factors are identified from screening information, and are described in detail.</p> <p>Analytical approach leads to interpretation of the impact of the lifestyle factors; interpretation demonstrates relevance to the health and wellbeing of the individual.</p> <p>Analytical approach leads to interpretation of health monitoring test results; interpretation is relevant to the individual.</p>	<p>Lifestyle factors are identified from screening information, and are comprehensively described.</p> <p>Detailed analytical approach, leading to an interpretation of the impact of the lifestyle factors; interpretation has specific relevance to the health and wellbeing of the individual.</p> <p>Detailed analytical approach, leading to an interpretation of health monitoring test results; interpretation is specifically relevant to the individual.</p>

The extra one mark could have been awarded if the learner had given a more detailed analytical approach to the interpretation of the impact of each lifestyle factor on the chosen individual and their health and wellbeing.

Each scenario for all exam series will always allow for all seven lifestyle factors to be identified from the learner and therefore interpreted in the correct manner. Each scenario will also allow for all four health monitoring test results to be interpreted by the learner.

**Question 2 – Provide and justify lifestyle modification techniques for Alan Turner.**

The higher band of marks were awarded here for proposed lifestyle modification techniques that demonstrated specific relevance to Alan’s lifestyle and his requirements. A learner should be able to give lifestyle modification techniques based around alcohol, smoking and physical activity. If a learner was to propose at least one technique from the specification for each of the 3 identified lifestyle factors, then their response would fall into mark band 4 for trait 1.

A learner will also be able to give a justification for the proposed modification techniques that are specifically relevant to the individual’s lifestyle factors. The specification states different lifestyle modification techniques for alcohol consumption, physical activity and smoking. Learners should be able to justify in detail at least one lifestyle modification technique from all three of these lifestyle factors making them specifically relevant to the chosen individual in the scenario. Learners should also take into consideration the ‘barriers to change’ while justifying their proposed lifestyle modification techniques to fall into mark band 4 for trait 2 of the mark scheme.

A learner should also be able to give proposals of lifestyle modifications that systematically link to the lifestyle factor analysis. The proposals given should demonstrate an understanding of significance, i.e. which is the most important lifestyle modification technique and why.

**This response gained 11 out of 12 marks.**

The learner has interpreted and comprehensively described all of the relevant lifestyle factors from the screening information. Smoking, Stress, Sleep, Sedentary Lifestyle, Alcohol, Physical Activity and Diet have all been covered by the learner. This part of the answer has fallen into mark band 4 for trait 1 of the mark scheme.

The learner has also given a detailed analytical approach to the interpretation and impact of each of the lifestyle factors which has been made specifically relevant to the health and wellbeing of the individual. This part of the answer has fallen into mark band 4 for trait 2 of the mark scheme.

There has also been a detailed analytical approach leading to the interpretation of the health monitoring test results and the interpretation has been made specifically relevant to the individual. This part of the answer has fallen into mark band 4 for trait 3 of the mark scheme.

**Activity 1**

Assessment focus	Band 0	Band 1	Band 2	Band 3	Band 4
	0	1–4	5–7	8–9	10–12
Interpret lifestyle factors and screening information for an individual	No rewardable material.	<p>Lifestyle factors are identified from screening information.</p> <p>An interpretation of the impact of the lifestyle factors might be attempted, however has limited relevance to the health and wellbeing of the individual.</p> <p>An interpretation of health monitoring test results might be attempted, however is generic, lacking relevance to the individual.</p>	<p>Lifestyle factors are identified from screening information, and are described.</p> <p>Attempted analytical approach leads to an interpretation of the impact of the lifestyle factors; interpretation demonstrates general relevance to the health and wellbeing of the individual.</p> <p>Attempted analytical approach leads to an interpretation of health monitoring test results; interpretation is generally relevant to the individual.</p>	<p>Lifestyle factors are identified from screening information, and are described in detail.</p> <p>Analytical approach leads to interpretation of the impact of the lifestyle factors; interpretation demonstrates relevance to the health and wellbeing of the individual.</p> <p>Analytical approach leads to interpretation of health monitoring test results; interpretation is relevant to the individual.</p>	<p>Lifestyle factors are identified from screening information, and are comprehensively described.</p> <p>Detailed analytical approach, leading to an interpretation of the impact of the lifestyle factors; interpretation has specific relevance to the health and wellbeing of the individual.</p> <p>Detailed analytical approach, leading to an interpretation of health monitoring test results; interpretation is specifically relevant to the individual.</p>



The extra one mark could have been awarded for a more detailed analytical approach to all four health monitoring tests. Both Resting Heart Rate and BMI have been covered well but Waist to Hip Ratio and Blood Pressure could have been covered in greater analytical depth by the learner.

Each scenario for all exam series will always allow for all seven lifestyle factors to be identified from the learner and therefore interpreted in the correct manner. Each scenario will also allow for all four health monitoring test results to be interpreted by the learner.

### **Question 2 – Provide and justify lifestyle modification techniques for Nyle Hudson.**

The higher band of marks were awarded here for proposed lifestyle modification techniques that demonstrated specific relevance to Nyle's lifestyle and his requirements. A learner should be able to give lifestyle modification techniques based around alcohol, smoking and physical activity. If a learner was to propose at least one technique from the specification for each of the 3 identified lifestyle factors, then their response would fall into mark band 4 for trait 1.

A learner will also be able to give a justification for the proposed modification techniques that are specifically relevant to the individual's lifestyle factors. The specification states different lifestyle modification techniques for alcohol consumption, physical activity and smoking. Learners should be able to justify in detail at least one lifestyle modification technique from all three of these lifestyle factors making them specifically relevant to the chosen individual in the scenario. Learners should also take into consideration the 'barriers to change' while justifying their proposed lifestyle modification techniques to fall into mark band 4 for trait 2 of the mark scheme.

A learner should also be able to give proposals of lifestyle modifications that systematically link to the lifestyle factor analysis. The proposals given should demonstrate an understanding of significance, i.e. which is the most important lifestyle modification technique and why.

**This response gained 11 out of 12 marks.**



2 Provide and justify lifestyle modification techniques for Alan Turner.

(12)

The first priority to change for Alan is physical activity <sup>as he leads a</sup> ~~sedentary~~ sedentary lifestyle. Partaking in no physical activity a week. Therefore Alan desperately needs to become more active to help him improve posture ~~and~~ bone density and strength to avoid slips and falls as an elderly man. As Alan has lots of free time due to being retired, he doesn't have to worry about implementing activity into work or transport, as he has a lot of home and leisure time. For example, in a morning Alan could take a brisk walk ~~or~~ ~~exercise~~ with friends/family for enjoyment or with a pet which will help to increase his activity level. To keep Alan social, he could also take up golf or ballroom dancing which are moderate activities\*. This will aid him in reaching the NHS guidelines of 150 minutes of moderate/25 minutes of vigorous exercise per week. This will enable him to reach his goal of improving his general fitness and taking part in exercise for fun. Furthermore, by becoming regularly <sup>\*or tennis which was his childhood passion he would like to take up again</sup>

above, this will reduce his risk of depression as he will become more confident and social by interacting with people more often, as well as it is a big issue amongst elderly individuals.

The second priority to change is alcohol consumption as he is drinking 12 units more than the NHS's maximum recommended weekly intake of 14 units. This will lead to renal chronic health issues if this unit is changed.

To modify this issue, Alan needs to gradually decrease his alcohol consumption to a maximum of 14 units, which can be done through consulting GP's advice, attending counselling or self-help groups, or visiting the NHS website and taking in

groups and so on. The NHS also recommend to have alcohol free days which Alan doesn't seem to have, and spreading his intake over

3 days which Alan doesn't seem to do. The benefits of doing this include feeling a sense of achievement, a happier mind-set and reducing the risk of chronic disease, including brain damage, liver failure, and depression as alcohol is a depressant.

The main priority is change to smoking 5 cigarettes a day, whereas the NHS advise not to smoke at all. To stop smoking, Alan should consider non-nicotine medications, quit kit, support via or acupuncture. These methods all work in attempts to decrease Alan from obtaining lung cancer, COPD and emphysema, these illnesses would prevent Alan from becoming more active and reaching his goals of improving general fitness. The benefits of stopping smoking include increased energy, healthier looking skin and easier breathing, which is vital as a 67 year old man.

However, Alan may experience some barriers to change ~~which~~ including time, cost, transport and location. Cost should not be a problem to Alan as he is a recently retired managing director, also working 1 working is free and basic strength exercises can be done around the house & when at children's sports. Additionally, the money used on the account could be used on the gym or attending a club time is not an issue as Alan's retired as has lots of spare time. Location and transport shouldn't

be used as he could ask a friend or family member to take him to club etc if he doesn't drive, or use public transport. Also, exercise can be done around your own home / area for example in the garden.

The learner has proposed lifestyle modification techniques that demonstrate specific relevance to the individual's lifestyle and their requirements from the targeted scenario. Lifestyle modification techniques have been suggested around Physical Activity, Alcohol and Smoking. The learner has given specific strategies taken from the specification to reduce alcohol consumption, reduce smoking and strategies to increase the amount of physical activity. This part of the answer has fallen into mark band 4 for trait 1 of the mark scheme as the learner has proposed at least one technique from the specification for each of the three identified lifestyle factors.

The learner has also justified the proposed modification techniques and made them specifically relevant to the individual's lifestyle factors. The techniques that have been proposed have been justified in terms of the individual's lifestyle and work commitments and the 'barriers to change' have also been taken into consideration for Physical Activity. This part of the learners' answer has fallen into mark band 3 for trait 2 of the mark scheme.

The lifestyle modification proposals do systematically and consistently link to the individual's lifestyle factor analysis and the proposals have been prioritised demonstrating a thorough understanding of significance. This part of the answer has fallen into mark band 4 for trait 3 of the mark scheme.

**Activity 2**

Assessment focus	Band 0	Band 1	Band 2	Band 3	Band 4
Proposed lifestyle modification techniques	0	1-3	4-6	7-9	10-12
	No rewardable material.	Proposed lifestyle modification techniques are generic, with limited relevance to the individual's lifestyle or requirements.  Justification for proposed modifications might be attempted, however has limited relevance to the individual's lifestyle factors.  Linkage between proposals and factor analysis might be present.	Proposed lifestyle modification techniques demonstrate general relevance to the individual's lifestyle and requirements.  Justification for proposed modifications are often present and are generally relevant to the individual's lifestyle factors.  Proposals link to lifestyle factor analysis, although there may be occasional lapses.	Proposed lifestyle modification techniques demonstrate relevance to the individual's lifestyle and requirements.  Justification for proposed modifications are present and are relevant to the individual's lifestyle factors.  Proposals systematically link to lifestyle factor analysis; proposals demonstrate an understanding of significance.	Proposed lifestyle modification techniques demonstrate specific relevance to the individual's lifestyle and requirements.  Justification for proposed modifications are present and are specifically relevant to the individual's lifestyle factors.  Proposals systematically and consistently link to lifestyle factor analysis; proposals are prioritised, demonstrating a thorough understanding of significance.

The extra one mark could have been awarded if the learner had justified further the lifestyle modification techniques for smoking and alcohol using the barriers to change. The learner has commented on the barriers to change with regards to physical activity but not for smoking or alcohol.

Each scenario for the different exam series will always allow for lifestyle modification techniques to be proposed for either stress, alcohol, smoking and/or physical activity. The learner must propose lifestyle modification techniques that are taken from the specification for each of the identified lifestyle factors that need to be addressed for the chosen individual. If the chosen individual does not smoke, then a learner would not need to propose a lifestyle modification technique for this factor.

**Question 3 – Provide and justify your nutritional guidance for Alan Turner to meet his specific needs.**

The proposed nutritional guidance should demonstrate specific relevance to the individual's requirements. The recommended daily allowance of calories for the individual should be stated, quantities and sources of food for both macronutrients and micronutrients must be proposed as well as hydration levels. To make the nutritional guidance specifically relevant for Alan, the learner must propose for him to adapt his diet to initially lose weight before maintaining a positive energy balance while starting an exercise training programme.

The proposed nutritional guidance should be justified making it specifically relevant to the individual's dietary requirements for their health and wellbeing as well as their sport. The fact that the chosen individual has not taken part in exercise before and needs to lose weight must be taken into consideration here if the learner's response is to fall into the higher mark bands.

**This response gained 8 out of 8 marks.**

3 Provide and justify nutritional guidance for Alan Turner to meet his specific requirements.

(8) Q03

The ~~recommended~~ recommended government guidelines for a moderately active male is to consume 2500 calories a day. Due to Alan currently not partaking in any physical activity, this should be lowered to around 2000 calories. Alan wants to improve his general fitness levels and diet is a big part to this.

Alan is currently not hydrating himself enough as he is drinking 3 cups of tea and between 2-3 glasses of wine a day, with on occasion drinking a glass of water. Alan should ~~keep~~ be aiming to drink 8 cups of water a day, this will ensure that he stays hydrated and his body can work properly to do so with this. Alan should also reduce the amount of wine he is drinking to ensure that he doesn't suffer with health conditions related to excess of alcohol consumption.

Alan is currently eating a large amount of protein, of which a meat being part of every meal. The recommended amount of protein to

consume from the eat-well plate is between 15-33% for muscle growth and repair. Alan is currently eating within and above this amount. Alan is currently ~~not~~ eating a small amount of carbohydrates. The recommended daily amount of carbohydrates is between 50-65% for energy. Alan needs to increase the amount of carbohydrates he is consuming to give him energy to take part in physical activity and feel energised. This can be done by introducing food sources such as rice and pasta into his meals. Alan is currently consuming a good amount of fats in his diet. The recommended daily amount of fats is between 20-30% for energy, warmth and protection. Alan should reduce his snacking of chocolate and crisps, replacing these with fruit and vegetables. Alan is currently consuming between 2-3 fruit and vegetables a day. The recommended amount is a minimum of 5. Alan should look to have at least one fruit/vegetable in every meal and start snacking on fruit.

Alan needs to ensure that he is getting all his ~~best~~ vitamins A, B, C and D through his food sources and if not to start taking

(Total for Activity 3 = 8 marks) Act3\_T



3.	Supplements to increase these. This will allow Alan to be kept in good health and keep his immune system strong, fighting off diseases and infections. Alan needs to increase the amount of calcium he is
	consuming by drinking cups of milk, eating food sources such as cheese and yoghurts to reduce the chances of him getting osteoporosis.
	To reduce Alan's BMI and waist-to-hip ratio he should start to eat in a calorie deficit, below 2500 calories to start losing weight. Alan should also start eating his dinner at an earlier time to allow it to be digested properly before he goes to sleep at night.

The learner has proposed nutritional guidance that demonstrates specific relevance to the individual's requirements. The nutritional guidance is specific to the individual as they have covered all three macronutrients, their quantities and sources of food, micronutrients and sources of food, hydration and the recommended daily allowance of calories. This part of the answer has fallen into mark band 4 for trait 1 of the mark scheme.

The learner has also justified the proposed nutritional guidance in detail and made it specifically relevant to the individual's dietary requirements. The justification takes into account that the individual has not taken part in exercise before and that they need to initially lose weight. The learner has also related the health monitoring test results to his dietary requirements. This part of the answer has fallen into mark band 4 for trait 2 of the mark scheme.

**Activity 3**

Assessment focus	Band 0	Band 1	Band 2	Band 3	Band 4
Nutritional guidance	0	1-2	3-4	5-6	7-8
	No rewardable material	Proposed nutritional guidance is generic, with limited relevance to the individual's dietary requirements.  Justification for proposed nutritional guidance has been attempted, however shows limited relevance to individual's dietary requirements.	Proposed nutritional guidance demonstrates general relevance to the individual's requirements.  Justification for proposed nutritional guidance is generally relevant to the individual's dietary requirements.	Proposed nutritional guidance demonstrates relevance to the individual's requirements.  Justification for proposed nutritional guidance is relevant to the individual's dietary requirements.	Proposed nutritional guidance demonstrates specific relevance to the individual's requirements.  Justification for proposed nutritional guidance is specifically relevant to the individual's dietary requirements.

Some of the learner's responses are still not giving specific nutritional guidance that is taken from the specification. Instead, they are proposing meal replacements for Alan's breakfast, lunch and dinner and not stating specific nutritional guidance around macronutrients, micronutrients, hydration and the recommended daily allowance of calories.

**Question 4 – Propose and justify different training methods that meet Alan Turner’s training needs.**

To gain maximum marks for this question learners should be able to propose training methods that demonstrate specific relevance to the individuals training requirements. A learner should be able to propose training methods based around either Aerobic Endurance, Muscular Endurance, Flexibility or Core Stability. If a learner proposes at least one training method from the specification for three different components of fitness identified above, then they would fall into mark band 4 for trait 1.

A learner should be able to justify their proposed training methods identified making them specifically relevant to the individual’s training needs. Learners should be able to state which method of training would be most appropriate and why for the components of fitness highlighted in this scenario.

**This response gained 8 out of 8 marks**

4 Propose and justify different training methods that meet Alan Turner's training needs.

(8) Q04

As Alan wants to play tennis recreationally I think that Alan should improve the components of fitness: cardiovascular endurance, flexibility and muscular endurance in order to be able to play at a basic level.

When doing this training it should be done at a low intensity to avoid injury due to Alan's old age and weaker muscles and bones.

The first component of fitness Alan should aim to improve is cardiovascular endurance. <sup>By improving this it can help him reach his overall goal of improving his general fitness levels.</sup>

Cardiovascular endurance is the ability to exercise the whole body for a long period of time. In order for Alan to do this he can do continuous training. This is training completed at a steady pace over a long distance. Alan can simply do a 30 minute walk everyday at a low intensity.

This type of training is very suitable for beginners and is also suited for specific populations such as the elderly. Following this, it is easy to carry out and is very accessible. It is effective for aerobic

Fitness and losing of weight. If Alan does this he will also reach the government recommendations of doing 30 minutes of exercise, 5 days a week. Interval training is another way to improve cardiovascular endurance however, this isn't suitable for Alan. Interval training is done at a high intensity and as Alan hasn't done exercise in a long time, can cause injury if he does this.

In tennis flexibility is used to stretch and reach for a shot.  
Flexibility is another component of fitness that Alan can aim to improve. Flexibility is the range of movement around a joint. The range of movement around a joint can be improved through static stretching. This can either be active or passive. Active stretching is done alone. ~~The individual~~ <sup>the individual</sup> takes a body part and ~~moves it~~ holds it at the point of stretch for 6-8 seconds. Passive stretching is achieved by having a partner to move the joint at the point of tension in the muscle and holding it for 6-8 seconds. I recommend Alan to begin with active stretching as it is simpler and then passive stretching. I do

(Total for Activity 4 = 8 marks) Act4\_Ti

4 not think that Alan should do proprioceptive neuromuscular facilitation (PNF) as it uses more advanced techniques and he is only a beginner.

Lastly, Alan should aim to improve muscular endurance. Muscular endurance is the ability to repeat a series of muscular contractions without fatigue. This is necessary for people who make repetitive muscle movements for extended periods of

time, so, useful for when playing tennis.

Alan can use resistance machines in order to improve this at low load and high reps to improve endurance. Resistance machines are safer than free weights and are more suitable for beginners. This should be done at a low intensity to avoid injury for Alan.

If Alan carries out these training methods then he should notice some gradual improvements in his BMI, blood pressure, and waist to hip ratio. It will also increase his general fitness levels so he can play tennis recreationally.

The learner has proposed at least one training method for aerobic endurance, flexibility and muscular endurance from the specification showing specific relevance to the individuals training requirements and the scenario. The learner has proposed at least three training methods from different components of fitness that are specifically relevant to Alan and his lifestyle. This part of the answer has fallen into mark band 4 for trait 1 of the mark scheme.

The learner has also justified the proposed training methods making them specifically relevant to the individuals training needs. The learner has justified each training method for each of the main components of fitness highlighted that could be used for the chosen individual and their training needs. The learner has also mentioned training methods that would not be suitable for Alan and why. This part of the answer has fallen into mark band 4 for trait 2 of the mark scheme.

#### Activity 4

Assessment focus	Band 0	Band 1	Band 2	Band 3	Band 4
Training methods	0	1-2	3-4	5-6	7-8
	No rewardable material	The proposed training methods are generic, with limited relevance to the individual's training requirements.  Justification for proposed methods is attempted however, is not always relevant to the individual's training needs.	The proposed training methods demonstrate general relevance to the individual's training requirements.  Justification for proposed training methods is generally relevant to the individual's training needs.	The proposed training methods demonstrate relevance to the individual's training requirements.  Justification for proposed training methods is relevant to the individual's training needs.	The proposed training methods demonstrate specific relevance to the individual's training requirements.  Justification for proposed training methods is specifically relevant to the individual's training needs.

Learners must ensure that they state a training method taken from the specification for the selected components of fitness that are relevant to the individual within the scenario. If strength and/or muscular endurance is highlighted in a given scenario then the term 'weight training' would not be acceptable here as this is not a specific training method taken from the specification. Training methods such as free weights, fixed resistance machines and circuit training would be acceptable.

### **Question 5 – Design weeks 1, 3 and 6 of a 6-week fitness training programme for Alan Turner.**

Majority of the marks for question 5 would be awarded if candidates could design a training programme that demonstrated specific relevance to the fitness requirements for the chosen individual within the scenario. Candidates could choose from Aerobic Endurance, Flexibility, Muscular Endurance and Core Stability activities within the programme design. If a learner identified at least three different components of fitness within the programme design then their response would fall into mark band 3 for trait 1.

The training programme should also demonstrate a thorough understanding of the principles of fitness training, in the context of the individual's lifestyle or training requirements. The FITT principle must be applied in full detail to the programme, being specific with the intensity of the activities. Additional principles of fitness training must also be applied such as specificity, overload, progression, reversibility, rest and recovery, adaptation, variation and individual needs. Not all of the additional principles of fitness training need to be applied here but the programme must demonstrate a thorough understanding of these and that they have been taken into account when designing the 3 weeks of the 6-week programme.

**This response has gained 6 out of 6 marks.**



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

(6) **Q05**

**Week 1**

	Physical activity	
<b>Monday</b>	Warm up - 5 min jog <del>on treadmill</del> - stretch all major muscles. Continuous training - 20 min swim at 50% of MHR	
<b>Tuesday</b>	Rest	
<b>Wednesday</b>	AM Warm up 5 min jog on treadmill stretching. Continuous training 30 min jog on treadmill 50% of MHR.	PM Pilates class 50% of MHR
<b>Thursday</b>	AM Rest	PM Yoga class 50% of MHR
<b>Friday</b>	Warm up. 5 min jog on treadmill stretch all muscle groups especially stiff areas. Continuous training 20 min light at 50% of MHR.	
<b>Saturday</b>	AM Warm up 20 seconds on 20 second off at 50% of MHR 5 min jog stretching Circuit training - Squats - Press - Mountain Climbers - Lunges - Snapping - Russian Twists 1 round	PM Rest
<b>Sunday</b>	Rest	

Week 3			
	Physical activity		
Monday	<p>Warm up: walk to swimming pool stretch all major muscles continuous training 30 min swim at 55% of MHR.</p>		
Tuesday	<table border="1"> <tr> <td> <p>AM Rest and go for a walk.</p> </td> <td> <p>PM Aqua aerobic class 55% of MHR</p> </td> </tr> </table>	<p>AM Rest and go for a walk.</p>	<p>PM Aqua aerobic class 55% of MHR</p>
<p>AM Rest and go for a walk.</p>	<p>PM Aqua aerobic class 55% of MHR</p>		
Wednesday	<table border="1"> <tr> <td> <p>AM Warm up treadmill 5 min jog stretching Circuit training 30 seconds on 30 seconds off - Squats - Lunges - Arm rotations - Side stretching</p> </td> <td> <p>PM Aerobics class at local gym 55% of MHR</p> </td> </tr> </table>	<p>AM Warm up treadmill 5 min jog stretching Circuit training 30 seconds on 30 seconds off - Squats - Lunges - Arm rotations - Side stretching</p>	<p>PM Aerobics class at local gym 55% of MHR</p>
<p>AM Warm up treadmill 5 min jog stretching Circuit training 30 seconds on 30 seconds off - Squats - Lunges - Arm rotations - Side stretching</p>	<p>PM Aerobics class at local gym 55% of MHR</p>		
Thursday	<p>Active Recovery → Go for a walk. Joint stretching - Lunges - Squats - Arm rotations - Side stretching</p>		
Friday	<table border="1"> <tr> <td> <p>AM Warm up. 5 min jog stretching muscles and any stiff areas. 30 min jog at 55% of MHR.</p> </td> <td> <p>PM Tennis session at local club Technique work 55-60% of MHR</p> </td> </tr> </table>	<p>AM Warm up. 5 min jog stretching muscles and any stiff areas. 30 min jog at 55% of MHR.</p>	<p>PM Tennis session at local club Technique work 55-60% of MHR</p>
<p>AM Warm up. 5 min jog stretching muscles and any stiff areas. 30 min jog at 55% of MHR.</p>	<p>PM Tennis session at local club Technique work 55-60% of MHR</p>		
Saturday	<p>Warm up 5 min jog on treadmill stretch major muscle groups and any stiff areas. Continuous training 30 min cycle at 55% of MHR</p>		
Sunday	<p>Rest</p>		

Week 6	
	Physical activity
Monday	Warm up 5 min jog on treadmill To 30 min swim at 60% of MHR
Tuesday	Rest   Yoga session at gym 60% MHR
Wednesday	Warm up 5 min jog on treadmill Circuit training 60% of MHR 2 rounds - Squats - Lunges - Mountain Climbers Press ups - burpees - Russian twists
Thursday	Pilates session at gym 60% MHR   local tennis club I have senior skills and technique 60% MHR
Friday	Warm up 5 min jog on treadmill Continued training 30 min cycle at 60% of MHR.   Rest and go for a walk
Saturday	Game of tennis   Active recovery stretching twice in the day - Lunges Squats Side - Arm rotations Gait Stretching Balance
Sunday	Rest

(Total for Activity 5 = 6 marks)

Act5\_T

The learner has designed a training programme that demonstrates specific relevance to the fitness requirements of the individual as they have included at least one training method and/or training session for aerobic endurance, core stability and muscular endurance. The learner has included at least one training method or training session for three different components of fitness that are specifically relevant to Alan and his sport. This part of the answer has fallen into mark band 3 for trait 1 of the mark scheme.

The training programme that has been designed has also demonstrated a thorough understanding of the principles of fitness training, in the context of the individual's lifestyle or training requirements. The learner has implemented the FITT principle each week and clearly stated the intensity for majority of the sessions. The programme progresses each week, has included rest and recovery days, has variation included with a variety of different training methods being used and the programme also takes the persons individual needs into account by including the relevant fitness requirements. The intensity values stated are also very specific to the individual as they have started on 50% MHR and progressed to 60% MHR by week 6. This part of the answer has fallen into mark band 3 for trait 2 of the mark scheme.

#### Activity 5

Assessment focus	Band 0	Band 1	Band 2	Band 3
Six-week training programme	0 No rewardable material	1-2 The training programme is generic, with limited relevance to the fitness requirements of the individual. Certain requirements may be omitted.  The training programme demonstrates a limited understanding of the principles of fitness training, in the context of the individual's lifestyle or training requirements.	3-4 The training programme demonstrates relevance to the fitness requirements of the individual, although not all requirements are covered.  The training programme demonstrates an understanding of the principles of fitness training, in the context of the individual's lifestyle or training requirements.	5-6 The training programme demonstrates specific relevance to all fitness requirements of the individual.  The training programme demonstrates a thorough understanding of the principles of fitness training, in the context of the individual's lifestyle or training requirements.

There was a high percentage of learners that did not correctly apply the FITT principle to the training programme in question. Many learners did not state an intensity for majority of the sessions for the individual or include the bpm (beats per minute) or MHR (Maximal Heart Rate) where relevant. 1RM or RPE would also be acceptable for intensity values.

**Question 6 – Justify the fitness training programme that you have designed for Alan Turner considering the principles of fitness training.**

A learner should be able to give a justification that demonstrates a thorough understanding of the principles of fitness training applied to their training programme. The FITT principle must be justified in relation to their training programme and again majority of the additional principles of fitness training should be justified such as specificity, overload, progression, reversibility, rest and recovery, adaptation, variation and individual needs in terms of the training programme that has been designed. If learners justify correctly and in detail the FITT principle plus at least 6 additional principles of training, then their response would fall into mark band 4 for trait 1 of the mark scheme.

A learner should be able to give a justification that demonstrates relevance to the design of the training programme and the training requirements of the individual. Learners should be able to justify the aims and objectives of the training programme for the chosen individual as well as any personal goals (SMARTER) and resources required. Periodisation should also be mentioned in the context of the design of the 6-week fitness training programme. If a learner justifies the client's aims of the programme, their goals using the SMARTER acronym, Periodisation and resources required then their answer would fall into mark band 4 for trait 2 of the mark scheme.

**This response gained 13 out of 14 marks**

6. Justify the fitness training programme that you have designed for Alan Turner, considering the principles of fitness training.

(14)

The training programme I have designed for Alan Turner is based on the SPORT principles as well as FITT and SMARTER principles. This is how the SPORT principles helped me, the first principle is Specificity. Alan had a goal and needed to improve certain components of fitness. Alan wished to play tennis again so I focused the programme on cardiovascular endurance, muscular endurance and flexibility. I also included tennis sessions within the programme. I made sure my training programme ~~showed~~ demonstrated progression. Each week the programme gets harder and contains more activities. Alan's heart rate is also improved as the weeks go by. Overload is represented by the FITT principles. By increasing the frequency of exercise Alan's body will keep working as hard as it can. By also increasing intensity of the programme Alan would have to push himself in order to complete activities. The time of workouts and activities was increased meaning every week he had to keep pushing himself harder and harder. The type of activities he done

varied and this is good because his body ~~was~~ is always pushing ~~itself~~ to do new things.

I have ensured that reversibility does not occur and Alan is always progressing. Rest and recovery is extremely important especially for someone of Alan's age. I have given him rest days within the programme and stated the times in which the activities are so he can rest after a class in the morning. I have also stated after every gym session he does a cool down which helps the body when recovering within the programme. There's lots of static stretches in which Alan will adapt and be able to complete them more easily. His Cardiovascular System will ~~also~~ adapt helping his performance. ~~and~~ His muscular endurance will adapt when transporting oxygen and removing lactic acid meaning he will get less fatigue. Variation is very important because Alan does not want to be doing the same activities all the time. Changing the duration, intensity and the activity ~~itself~~ increases ~~performance~~ gains in performance. The thing I heard

to consider the most was Alan's ~~an~~ individual needs. At the beginning of the programme Alan took part in fitness test which I then took into consideration. I had to think about his fitness levels and not push him too hard in week one. With Alan being 70 I was wary of his joints and walking on an incline helps joints. Alan was motivated because he knew he wanted to play tennis again. I related every activity back to his goal.

When creating the programme I also took into consideration smarter. I made the programme specific for his needs and specifically focused on cardiovascular endurance, muscular endurance and flexibility to help with his overall fitness and tennis. His progress is measurable by doing fitness test at the beginning and at the end of the programme. The programme is realistic because I considered his individual need of age, fitness levels and his main goal. This programme was timed. It's a medium term training programme which is 1-3 months. The programme is 6 weeks, just over a month. The training programme



~~was~~ is a mesocycle which last 4-24 weeks with microcycles within it. the individual weeks were the micro cycles. 6 week is perfect amount of time to see progress. I made sure the programme was exciting. Every Saturday Alan took part in walking football where he made friends. He also attends a local bowls club and water polo for over 60s. His goal was to play tennis so he joined ~~an~~ an over 60s tennis club. His activities varied and many involved him interacting ~~with~~ with friends. The training programme was made 6 weeks so it was recordable. The fitness test before and after also help us record progress. we also recorded Alans heart rate. The 6 week training programme was made considering smarter, fitt and seawavi principles.

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(Total for Activity 6 = 14 marks)

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TOTAL FOR TASK = 60 MARKS

The learner’s justification has demonstrated a thorough understanding of the principles of fitness training that have been applied to the training programme. The learner has justified the FITT principle in relation to the training programme as well as the individual and they have also included majority of the additional principles of fitness training from the specification. They have commented on specificity, progression, overload, variation, rest and recovery, individual needs and adaptation. The learner has justified correctly the FITT principle, plus at least 6 additional principles of fitness training to allow this response to fall into mark band 4 for trait 1 of the mark scheme.

The justification given demonstrates relevance to the design of the training programme and the training requirements of the individual. The learner has included the SMARTER acronym in relation to the individual and the training programme as well as the individual’s goals. They have also briefly covered Periodisation and its relevance to the training programme. This part of the answer has fallen into mark band 3 for trait 2 of the mark scheme.

#### Activity 6

Assessment focus	Band 0	Band 1	Band 2	Band 3	Band 4
	<b>0</b>	<b>1-4</b>	<b>5-7</b>	<b>8-10</b>	<b>11-14</b>
Provide a justification for the training programme that has been produced for an individual	No rewardable material	<p>The justification demonstrates a limited understanding of the principles of fitness training.</p> <p>The justification is generic with limited relevance to the design of the training programme, or the training requirements of the individual.</p>	<p>The justification demonstrates a limited understanding of the principles of fitness training applied to the training programme.</p> <p>The justification is generally relevant to the design of the training programme and the training requirements of the individual.</p>	<p>The justification demonstrates an understanding of the principles of fitness training applied to the training programme.</p> <p>The justification demonstrates relevance to the design of the training programme and the training requirements of the individual.</p>	<p>The justification demonstrates a thorough understanding of the principles of fitness training applied to the training programme.</p> <p>The justification demonstrates specific relevance to the design of the training programme and the training requirements of the individual.</p>

The extra one mark could have been awarded if the learner had given further justification around the training programme design making it specifically relevant to the chosen individual in the scenario. The learner could have added the resources to be used in the training programme making the justification relevant to Alan. This would have allowed the learners response to fall into mark band 4 for trait 2 and gain full marks.

There are still learners that do not include any principles of fitness training when it comes to their justification. Learners spoke about their fitness training programme but only in terms of what they had included for each of the 3 weeks, making their justification show a limited understanding of the principles of fitness training.

## Summary

- Please make sure that all centres read the Administrative Support Guide document for BTEC National in Sport that can be found on the Pearson Website at; [http://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/Sport/20161/external-assessment/2017\\_Sport\\_ASG\\_L3\\_U2.docx](http://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/Sport/20161/external-assessment/2017_Sport_ASG_L3_U2.docx) Centres need to print off a Learner Record Sheet for each learner taking the task-based assessment and these should be submitted with their learner booklet.
- The scenario will always allow for all seven lifestyle factors to be commented on from the specification with regards to question 1. These are diet, exercise, smoking, alcohol, stress, exercise, sleep and sedentary lifestyle.
- Question 2 should see learners giving lifestyle modification techniques that are taken from the unit specification and that are relevant to the chosen individual within the scenario. These lifestyle modification techniques should then be justified taking the individual into content as well as the common barriers to change.
- Question 2, trait 3 asks learners to link their lifestyle modification techniques to the lifestyle factors from question one and give a conclusion that prioritises the different lifestyle modification techniques for the chosen individual. This will allow for more responses to fall into band 4 of the mark scheme for trait 3.
- Question 3 did not answer as well as expected and again in line with previous series. Learners must be giving specific nutritional guidance that is from the specification for the chosen individual and justified accordingly.
- For question 5, ensure the FITT principle is fully applied to the training programme including the intensity. For any aerobic based activity, the intensity values must include either MHR (Maximal Heart Rate) or BPM (Beats per Minute). For any strength or muscular endurance based activities, the intensity must be in %1RM (One Rep Max). RPE would also be acceptable here for an intensity value.
- For question 6, ensure that the learners are justifying the design of their training programme through the application of the principles of fitness training. Some learners are only commenting on what they have planned for on specific days and weeks instead of demonstrating their knowledge around all of the principles of fitness training.
- Centre's should not be submitting the learner's notes with the booklet as these must be retained and stored by the centre.

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