

Pearson BTEC Level 3 Nationals Extended Certificate

January 2021

Paper Reference **31525H**

Sport

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

Part A

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** 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 4 hours independently conducting your research and making notes.
- 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.

Learners have 4 hours from the release date and before the supervised assessment (**Part B**) to carry out research.

This can be done across multiple sessions.

Learners will be expected to conduct research over a maximum of 4 hours. Up to four sides of A4 notes (minimum font size 11) 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.

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.

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 bullet points and not extended answers. Other content is not permitted.

Part A

Case study

Trevor is 48 years old and works as a lorry driver. He works very long hours and drives all over the UK and Europe. Due to the long hours and constant driving, Trevor often feels tired and does not feel like exercising at all. His driving schedule has had a negative effect on his diet, which is not healthy.

After 20 years of being a lorry driver, Trevor has problems with his health and wellbeing. Many of these problems have occurred because Trevor is very overweight.

Trevor sees a doctor about his poor health condition and how overweight he is. The doctor wants Trevor to undertake a full health screening assessment before any advice is given.

Trevor wishes to continue working as a lorry driver but wants to lose a large amount of weight and improve his general lifestyle and wellbeing.

Please check the examination details below before entering your candidate information

Candidate surname

Other names

Pearson
BTEC Level 3
Nationals Extended
Certificate

Centre Number

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Learner Registration Number

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Wednesday 6 January 2021

Morning (Time: 2 hours 30 minutes)

Paper Reference **31525H**

Sport

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

Part B

You must have:

Your research notes from **Part A** (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.*

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 **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

Trevor is 48 years old and works as a lorry driver. He works very long hours and drives all over the UK and Europe. Due to the long hours and constant driving, Trevor often feels tired and does not feel like exercising at all. His driving schedule has had a negative effect on his diet, which is not healthy.

After 20 years of being a lorry driver, Trevor has problems with his health and wellbeing. Many of these problems have occurred because Trevor is very overweight.

Trevor sees a doctor about his poor health condition and how overweight he is. The doctor wants Trevor to undertake a full health screening assessment before any advice is given.

Trevor wishes to continue working as a lorry driver but wants to lose a large amount of weight and improve his general lifestyle and wellbeing.

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Part B

Lifestyle questionnaire

Section 1: Personal details

Name: Trevor Bishop

Address: 77 Long Lane
The City
Shire

Home telephone: 03456 348964

Mobile telephone: 07347 768000

Email: bishopt@email.com

Age: 48

Please answer the following questions.

Occupation

1. What is your occupation?
Lorry driver
2. How many hours do you work each day?
Approx. 10 hours
3. How far do you live from your occupation?
1 mile
4. How do you travel to your occupation?
Car
5. How active would you say your occupation was?
Not very active

Section 2: Current activity levels

1. How many times a week do you currently 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	Y	Y	Y	Y
Time of day	8.00 am	12.30 pm	7.00 pm	Different times during the day
Food intake	Egg, bacon, sausage, mushrooms, baked beans and 2 x slices of toast	Cheeseburger and chips	Chicken, chips and salad	1 x chocolate bar 1 x packet of crisps
Fluid intake	2 x cup of tea, 4 x can of fizzy drink			

Day 2	Breakfast	Lunch	Dinner	Snacks
Y/N	Y	Y	Y	Y
Time of day	8.15 am	12.45 pm	7.30 pm	Different times during the day
Food intake	Egg, bacon, sausage, mushrooms, baked beans and 2 x slices of toast	Bacon sandwich	Fish and chips takeaway	1 x chocolate bar 1 x packet of crisps
Fluid intake	3 x cup of tea, 5 x can of fizzy drink			

2. Do you take any supplements?

No

If yes, which ones?

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Section 4: Your lifestyle

Please answer the following questions.

- 1. How many units of alcohol do you drink in a typical week? **3**
- 2. Do you smoke? **Yes** If yes, how many cigarettes a day? **10**
- 3. Do you experience stress on a daily basis? **Yes**
If yes, what causes you stress (if you know)?

Driving conditions and meeting deadlines of arrival

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

Section 5: Health monitoring tests

Test results

Test	Result
Blood pressure	165/95 mmHg
Resting heart rate	86 bpm
Body mass index	39
Waist-to-hip ratio	1.16

Section 6: Physical activity/sporting goals

What are your physical activity/sporting goals?

To lose a lot of weight and improve my general lifestyle and wellbeing.

CLIENT DECLARATION

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

Signed client: T. Bishop Print name: Trevor Bishop

Date: 12/11/2020



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(Total for Activity 1 = 12 marks)



2 Provide and justify lifestyle modification techniques for Trevor Bishop.

(12)

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(Total for Activity 2 = 12 marks)



3 Provide and justify nutritional guidance for Trevor Bishop 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 Trevor Bishop's training needs.

(8)

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Lined writing area for student response.

(Total for Activity 4 = 8 marks)



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

(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 Trevor Bishop, considering the principles of fitness training.

(14)

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(Total for Activity 6 = 14 marks)

TOTAL FOR TASK = 60 MARKS



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