Pearson BTEC Level 3 Nationals Extended Certificate

January 2023

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 four 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 four 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 four 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

Ben is 42 years old. He works in an office two days a week and he works from home three days a week. Ben works from 9 am to 5 pm each of these five days.

Ben used to train regularly at a gym and always maintained a good level of health and fitness. Over the last two years, Ben's workload and family commitments have increased and he has not been able to do any fitness training. As a result, his fitness levels have decreased.

Ben has decided to work with a personal trainer to get back to his previous fitness levels. The personal trainer would like Ben to have a full health screening assessment before the first session.

Ben's goal is to decrease his body fat percentage and improve his overall health and fitness.

Please check the examination details below before entering your candidate information

Candidate surname	Other names

Centre Number

Learner Registration Number

Pearson BTEC Level 3 Nationals Extended Certificate

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

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.

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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

Ben is 42 years old. He works in an office two days a week and he works from home three days a week. Ben works from 9 am to 5 pm each of these five days.

Ben used to train regularly at a gym and always maintained a good level of health and fitness. Over the last two years, Ben's workload and family commitments have increased and he has not been able to do any fitness training. As a result, his fitness levels have decreased.

Ben has decided to work with a personal trainer to get back to his previous fitness levels. The personal trainer would like Ben to have a full health screening assessment before the first session.

Ben's goal is to decrease his body fat percentage and improve his overall health and fitness.

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Part B

Lifestyle questionnaire

Section 1: Personal details

Name: Ben Martin
Address: 15 The Close
Atown
County

Home telephone: 01266 678722
Mobile telephone: 07556 565222
Email: martin09@email.com
Age: 42

Please answer the following questions.

Occupation

1. What is your occupation?
   Office worker

2. How many hours do you work each day?
   8 hours

3. How far do you live from your occupation?
   35 miles from the office

4. How do you travel to your occupation?
   Travel on the train, when working in the office

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?

   No activity

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	6.30 pm	Different times during the day
Food intake	1 x bowl of cereal with milk	Sandwiches with ham and cheese 1 x banana 1x packet of crisps	Pizza 1 x ice cream	5 x biscuits 1 x chocolate bar 1 x chocolate cookie
Fluid intake	2 x cups of tea, 1 x can of cola, 2 x glasses of red wine			

Day 2	**Breakfast**	**Lunch**	**Dinner**	**Snacks**
Y/N	N	Y	Y	Y
Time of day	N/A	12.30 pm	7.30 pm	Different times during the day
Food intake	N/A	Cheeseburger and chips	Lasagne and salad 1 x ice cream	1 x chocolate cookie 1 x chocolate bar
Fluid intake	3 x cups of tea, 1 x hot chocolate and cream, 3 x pints of lager			

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 drink in a typical week? **18**

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)?

   Work and family commitments

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

Section 5: Health monitoring tests

Test results

Test	Result
Blood pressure	130/95 mmHg
Resting heart rate	72 bpm
Body mass index	26
Waist-to-hip ratio	0.98

Section 6: Physical activity/sporting goals

What are your physical activity/sporting goals?

To decrease my body fat percentage and improve my overall health and fitness levels.

CLIENT DECLARATION

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

Signed client: B. Martin Print name: Ben Martin

Date: 10/12/2022

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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 Ben Martin.

(12)

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(Total for Activity 1 = 12 marks)

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2 Provide and justify lifestyle modification techniques for Ben Martin.

(12)

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(Total for Activity 2 = 12 marks)

3 Provide and justify nutritional guidance for Ben Martin 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 Ben Martin'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 Ben Martin.

(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 Ben Martin, considering the principles of fitness training.

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(Total for Activity 6 = 14 marks)

TOTAL FOR TASK = 60 MARKS

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