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Pearson BTEC
Level 3 Nationals
Extended
Certificate

Centre Number	Learner Registration Number
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Sport

Unit 2: Fitness Training and Programming for Health, Sport and Well-being

Part B

Window for supervised period: Monday 8 May 2017 – Tuesday 9 May 2017 Supervised hours: 2.5 hours	Paper Reference 31525H
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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.*
- Do **not** return research notes or **Part A** to Pearson.
- Centres may choose **ONE** 2.5 hour slot on either of the two dates specified by Pearson. Centres must not schedule multiple sessions as this will be considered malpractice.

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.*
- Centres may choose **ONE** 2.5 hour slot on either of the two dates specified by Pearson. Centres must not schedule multiple sessions as this will be considered malpractice.

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 resource during the supervised assessment period.

You must plan your time and work independently throughout the 2.5 hour 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

Helen is a 48-year-old female. She works as a receptionist, spending eight hours a day sitting behind a desk. She drives two miles to work every day and does not take part in any exercise.

Helen notices that her health is starting to deteriorate. She often feels tired and regularly suffers from chest pains. She has decided to see her general practitioner who will do a health assessment on her. Helen's blood pressure, resting heart rate, Body Mass Index (BMI) and waist to hip ratio were all measured as part of her health assessment. The doctor has suggested that her lifestyle is not appropriate and that she is at risk of developing coronary heart disease (CHD).

Helen decides to change her lifestyle for the better as she does not want her condition to deteriorate any more. Her main aim is to increase her overall health and well-being.

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Part B

Lifestyle questionnaire

Section 1: Personal details

Name: Helen Jones

Address: 49 The Walk
Anytown
The County

Home telephone: 01234 567891

Mobile telephone: 07123 456790

Email: helen5@email.com

Date of birth: 12/10/1968

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

Occupation

1. What is your occupation?

A receptionist

2. How many hours do you work each day?

8 hours per day with a 45-minute lunch break

3. How far do you live from your workplace?

2 miles

4. How do you travel to work?

Car

5. How active would you say your job was?

Not very active

Section 2: Current activity levels

1. How many times a week do you take part in physical activity?

None

2. What type of activity/exercise do you usually do?

None



Section 3: Nutritional status

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

Day 1	Breakfast	Lunch	Dinner	Snacks
Y/N	Y	Y	Y	Y
Time of day	7am	12.30pm	7pm	Different times during the day
Food intake	Bowl of cereal	Sandwiches Packet of crisps	Chinese takeaway	Chocolate bar Packet of crisps Donut
Fluid intake	3 x cups of tea, 1 fizzy drink, 2 glasses of wine, cup of coffee.			
Day 2	Breakfast	Lunch	Dinner	Snacks
Y/N	Y	Y	Y	Y
Time of day	7am	12.30pm	7pm	Different times during the day
Food intake	2 x pieces of toast with jam	Portion of chips with mayo Cheeseburger	Pizza	Packet of crisps Chocolate bar
Fluid intake	3 x cups of tea, 1 fizzy drink, 2 glasses of wine, cup of coffee.			
2. Do you take any supplements? If yes, which ones?				No

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Section 4: Your lifestyle

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

- 1. How many units of alcohol do you drink in a typical week? **18**
- 2. Do you smoke? **Yes** If yes, how many cigarettes a day? **5 a day**
- 3. Do you experience stress on a daily basis? **Yes**
If yes, what causes you stress (if you know)?

Increase in workload and number of different tasks to complete

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

Section 5: Health monitoring tests

Test results

Test	Result
Blood pressure	160/95 mmHg
Resting heart rate	85 bpm
Body Mass Index	36
Waist-to-hip ratio	0.93
Weight	104kg / 16st 5
Height	1.7m / 5ft 7

Section 6: Physical activity/sporting goals

What are your physical activity/sporting goals?

To improve my overall health and wellbeing.

To do regular exercise and gradually improve my fitness.

CLIENT DECLARATION

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

Signed client: *H. Jones* Print name: Helen Jones

Date: 11/09/16



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(Total for Activity 1 = 12 marks)



2 Provide lifestyle modification techniques for Helen Jones.

(12)

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(Total for Activity 2 = 12 marks)



3 Provide and justify your nutritional guidance for Helen Jones to meet her specific requirements.

(8)

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(Total for Activity 3 = 8 marks)



4 Propose and justify different training methods that meet Helen Jones's training needs.

(8)

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(Total for Activity 4 = 8 marks)



5 Design weeks 1, 3 and 6 of a 6-week fitness training programme for Helen Jones.

(6)

Week 1

Physical activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

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Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Physical activity							



Week 6

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Physical activity							

(Total for Activity 5 = 6 marks)

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6 Justify the fitness training programme that you have designed for Helen Jones.

(14)

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(Total for Activity 6 = 14 marks)

TOTAL FOR TASK = 60 MARKS



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